

**Year 8 Girls  
Knowledge  
organiser Booklet  
For PE**

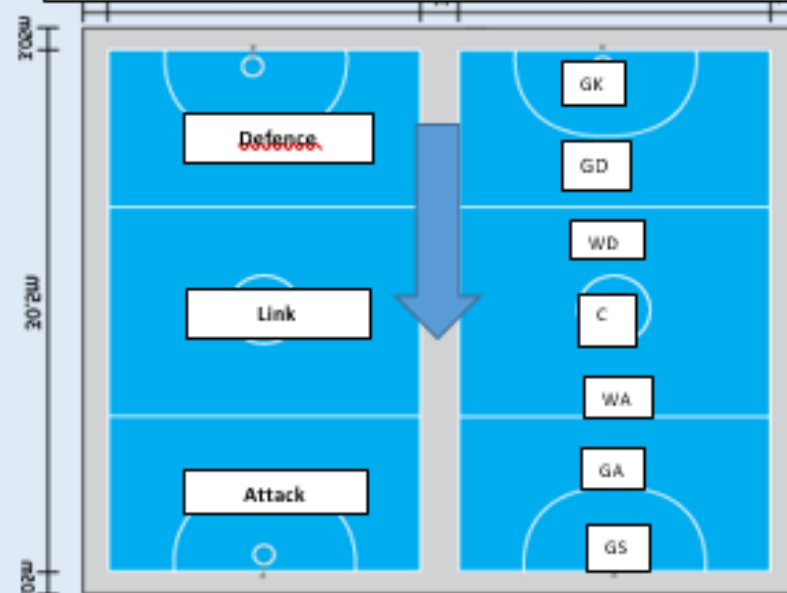
## Year 8 Netball Knowledge Organiser

Key Term	Description	Main Coaching Point
The Feint Dodge	A method of getting free.	Quick change of direction
The Roll	A method of getting free	Turn away from defender
The Drive	Run forward to receive ball	Sprint forward with an indication
Ordered Passing	Sequenced	Remain in zone to receive ball
Decoy	Alternative runner	Different directions
Turning in the Air	To receive the ball in direction of attack	Turn away from defender landing
Rules	Free Pass -3 second rule, repossession, offside, over a third	Pass ball from where infringement occurred.



**The Decoy.** An additional running player in the passing order to add disguise or as an alternative player to receive the ball.

**Passing Order** –To improve tactical knowledge of positioning on court in normal game play. To create space so that an effective dodge can be made.



## The Drive



P: On toes, aware and ready.



E: Sprint into space.



F: Receive ball in space, land balanced.

## The Dodge



P: On toes, ready and signal.



E: Drop shoulder pretending to go one way.



F: Sprint into space.

P.E.F

Prepare Execute Follow-through

## The Double Dodge



P: On toes, ready and signal.



E: Drop shoulder one way then the other.

## The Roll Off



P: On toes, ready and signal.

**Rules:** The game starts with a centre pass and the ball must be caught in the centre third. (F)

You must comply with the footwork rule e.g. a 1-2 landing or a 2-footed landing. (F)

You only have 3 seconds to release the ball. (F)

Teams take it in turns to take a centre pass. (F)

The ball must be touched in each third of the court. (F)

You cannot catch the ball, drop it and then try to catch it again or bounce the ball. (F)

## Are there different types of static stretching?

### **Active stretches:**

The performer holds the muscle in place during the stretch



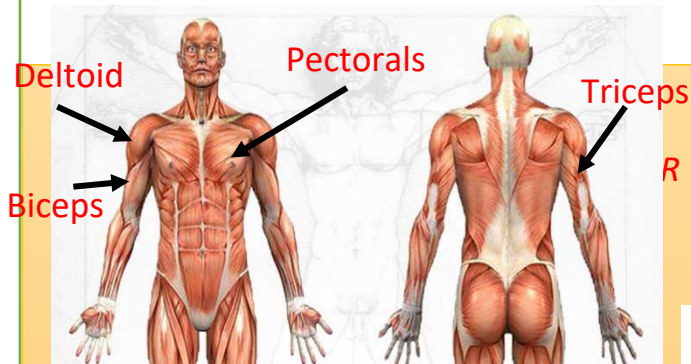
### **Passive stretches:**

Another person or object is used, performer relaxes



## What muscles do I need to know?

Here are the 4 main Arm & Chest muscles to learn:



$$(206 \div 100) \times 60 = 124\text{bpm (lower)}$$

$$(206 \div 100) \times 85 = 175\text{bpm (upper)}$$

# Fitness – Year 8

## Physical Fitness components (MASMFB)

### Muscular Endurance

“Repeatedly use muscle at low intensity”

1 min sit ups/press ups

### Aerobic Endurance

“Ability to supply oxygen to the body”

Bleep test (MSFT)

### Muscular Strength

“Max force to pull or push an object”

Hand grip dynamometer

### Speed

“Distance ÷ Time =  
Straight line speed”

20 or 35m sprint test

### Flexibility

“Range of movement at a joint”

Sit and Reach test

### Body composition

“Ratio of muscle to fat”

Are



ent training methods to



al?

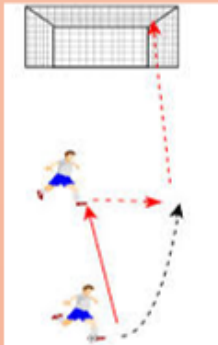
## What happens to my Heart rate and Breathing rate when I stop exercising?

They both return back to normal. The better endurance you have the quicker this will happen

- Improves a variety of fitness components
- Uses different terrains e.g. hills
- Avoid exercising same muscle twice in a row
- Improves endurance



### One, two:



Playing a wall pass with a team mate.

Waiting to commit the defender.

### Keeping possession:

Your team has the ball, keeping it away from the opponents. Accurate passing, moving into space.

### Back pass:

When a defender passes the ball back to their keeper, they are **NOT** allowed to pick it up. If they do then an **INDIRECT FREE KICK** will be awarded to the attacking team.

### Drag back turn:



# Football – Year 8

### Block tackle:



Tackling foot make's contact with the middle of the ball. Using your instep, knee over the foot/ ball

### Shielding the ball:



Attacker positions themselves between the ball and their opponent. The player uses their body as a shield to keep distance between the ball and the defender.

### Attacking heading:

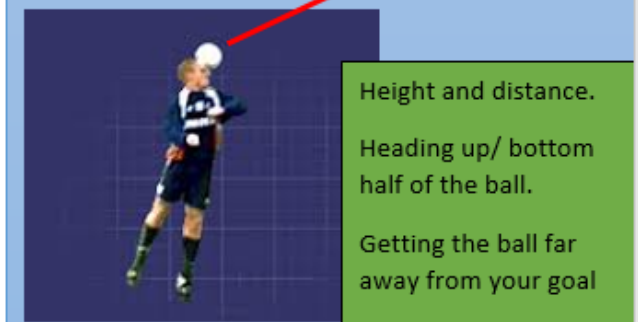


Eyes open, mouth closed, heading the ball down towards the keeper's feet/ corners.

### Stop turn:



### Defensive heading:



# DANCE

The movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself.

## Skills and Techniques:

- Dance Warm up (pulse raiser, stretch, mobiliser, skill rehearsal)
- Step patterns (set steps/movement phrases unique to a style of dance)
- Dynamics (fast/slow, sudden/sustained, strong/light, flowing/abrupt)
- Space (pathways, levels, directions, size of movement, patterns, spatial design)
- Relationships (individual, partner, group, lead and follow, mirroring, matching, action and reaction)
- Form and Structure
- Timing
- Rhythm

## Choreographic Principles:

### Tools that help you develop a motif and create a dance

- Repetition
- Direction
- Bigger - Smaller
- Match, Mirror, Canon
- Changes in Direction
- Front
- Levels
- Pause
- Relationship (Action Reaction)
- Floor Pattern
- Group Shape
- Reverse
- Changes in Speed

## Styles of Dance

Style is a particular manner or technique by which something is done, created, or performed.

**Line Dance**

**Rock n Roll**

**Bollywood**

**Street**

**70s Disco**

**Charleston**

**Ballet**

**Question:** How can you identify each of these styles of dance?

## Key Words:

Style  
Step pattern/phrases  
Music Genre  
Fashion  
Influences  
Choreography  
Choreographic Principles  
Timing  
Stimulus  
Relationship  
Link  
Fluency  
Hold

## Performance Checklist

Stimulus/Theme: Dance Styles

Group size: Solo, duo, trio, quartet, small group

Must include at least 2 Styles

Must have used at least 6 CP's (2 highlighted)

Clear start and finish

Confident performance (focus, clarity, timing)

Can have costume



## Performance skills & Fitness for Dance:

Posture  
Alignment  
Balance  
Coordination  
Control  
Flexibility  
Mobility  
Strength  
Stamina  
Extension



# Basketball – Year 8

## Lay up:



Attacker takes two steps from a 45-degree angle. Extends their arm and banks the ball off the top corner of the inner square.

Worth 2 points

## Free throw:

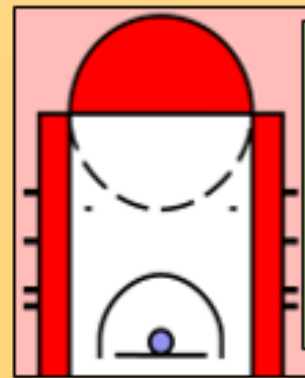
Worth 1 point.

Free shot from the free throw line.

Set shot technique.



## The key:



The area under each basket.

The White area

Attackers can only spend 3 seconds in that area when they do NOT have the ball.

## Pressure:

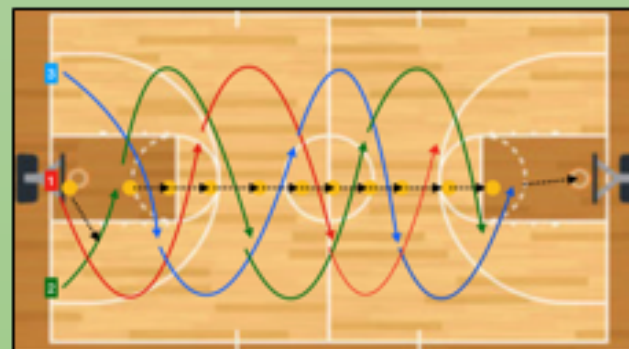
Defenders mark opponents closely.

Trying to force an error/ turn over to gain possession back.

## Half court man to man:

Defend in your own half. When opponents cross the halfway line, each defender goes and marks their assigned attacker. Putting pressure on the ball/ attackers.

## 3-man weave:



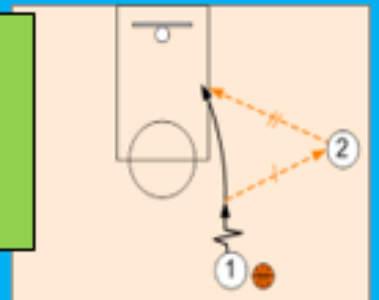
Drill: creates space, you pass and then follow. Passing and moving down the court.

## Give and go:

To create space.

Pass a 1 – 2 with teammate.

Running into space.



## Rebounding:



When a shot has not gone in the basket.

Catching the ball at its highest point, arms up, athletic stance, anticipating the shot.

## Basket side:

When defending, you position yourself in between the attacker and your basket.

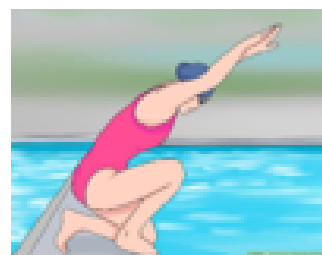
## Travelling signal:



Referee will roll both hands in a forward motion when a player has travelled with the basketball

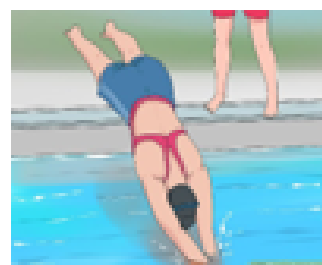
## How do I dive safely?

# Swimming – Year 8



### Starting position

Both hands gripping side of pool or block. Bum up, starting foot forward with toes over the edge

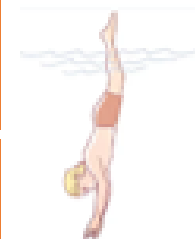


### Flight

On go, throw hands forward into streamline position. Push off with front foot forwards.

### Water entry

Hands should hit first with body in pencil shape – hold position into underwater phase



### Learn how to surface dive:

- Big breath, head down
- arms below head pointed towards the bottom of the pool
- Hips/bottom above torso in straight line to use own body weight
- Kick legs and can do big arm pull to create momentum down.

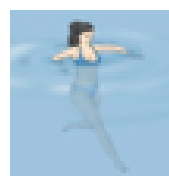
## Breast Stroke

- **Arm action:** hands together reach forwards, cup and pull in small circle to chest
- **Leg action:** Heels together toes out, kick back in big circle, feet together and repeat
- **Breathing:** As hands pull to chest head lifts forward to breathe, then return as arms thrust forward
- **Timing:** hands and feet come in at the same time, and go out at the same time



### Treading water – it could save your life!

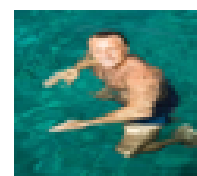
Treading water is a vital water skill as it may be needed when in deep water (pool or open water). With treading water you must be able to keep your head above water whilst using as little energy as possible via hand/arm and leg/feet movements.



**Front crawl**  
leg kick,  
hands waving  
by side



**Breast stroke leg**  
kick, both hands  
push down at  
same time as the  
legs kick down



**Egg beater kick,**  
alternating breast  
stroke leg kick, one  
hand pushes down  
at a time

## Butterfly

- **Leg action:** Legs together, double kick down hard. Big kick from hips.
- **Arm action:** Hands enter together in front, pull in a key hole shape down. Fling arms over back to the front
- **Breathing:** As arms are pulling down in the key hole: lift head forwards and return as arms come over
- **Body and timing:** Dolphin action, with 2 legs kicks to every one arm pull (body goes up and down)



### Starting position

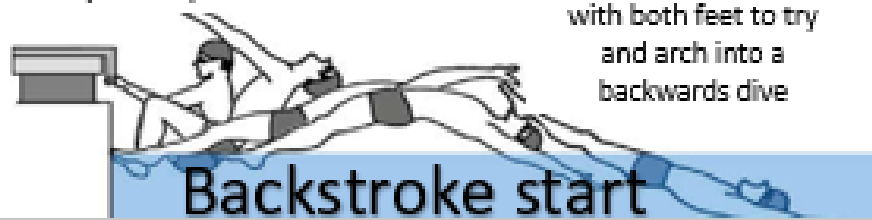
Both feet on the wall, hands on the starting block or wall with knee's tucked and head down. On take your marks – pull body closer to the wall

### Flight

On go, throw arms over together into pencil shape, push off strongly with both feet to try and arch into a backwards dive

### Water entry

Hands should hit first with body in pencil shape – hold position into underwater phase



**Backstroke start**

Aerobic  
Endurance

Fitness for  
swimming

Muscular  
Endurance

Coordination

Power

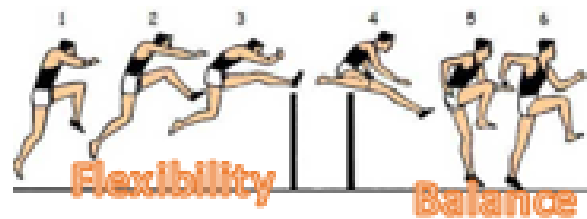
Flexibility



# Athletics – Yr 8

**Speed** **Reaction Time**  
Running events **Power**

## Hurdles technique:



**Lead leg:** Front leg straightens with heel towards hurdle

**Trail leg:** Back leg, 90° knee/hip angle, bring through quickly

## Sprint starts:

“Take your marks” – get ready into starting position

“Set” – Raise hips up

“Go/Gun” – drive forwards



## Time keeping/officiating:

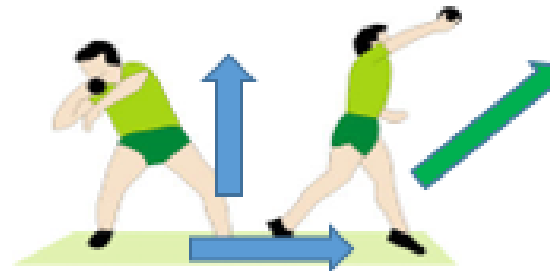
**Minutes and Seconds:** All running race times are recorded in these units to 100<sup>th</sup> of a second e.g. 1min 10.07s

**Disqualified** – performer goes before the gun/go or runs out of their lane

**Power** **Balance**  
Throwing events

## Maximising distance for all throws:

**Momentum** – move weight from back to front and from low to high position



**Release angle = 45°** - Greater angle goes too high and comes down short, lower angle hits ground before max distance

**Run ups:** In shot putt and Javelin a run up may be used to increase momentum

## Officiating:

**Metres and centimetres** – All throws are measured in these e.g. 20.52m. Measured from where the object first lands

## Foul throw:

- Performer uses incorrect technique
- Performers body touches throw line or ground over throw line
- Throw must land in correct sector
- Javelin tip must land first

**Speed** **Power**  
Jumping events **Flexibility**

## Triple Jump technique:

**Approach:** Fast run up (90% sprint) then 3 phases in next section

**Take off:** head up, jumping foot on take-off board behind foul line into

**Hop, then step, then jump**

**Flight:** in air technique to maximise distance: Hang or stride

**Landing:** mark in the sand, ensure momentum and exit forwards



## Foul Jump:

- Triple jump – incorrect 3 phases
- Foot over take off board

## Officiating:

- **Metres and centimetres** – All jumps are measured in these e.g. 4.67m
- Measured from the closest mark made to the take-off board

## Fitness components in Athletics

- All 11 fitness components are important, however some are vital for certain events
- See headings on the events

**Middle Dist running = Endurance**

## Year 8 Knowledge organiser- ROUNDERS – page 2

### Key Words

Long Barrier  
One hand pick up  
Backhand Batting  
Chasse Step Bowl  
Back up  
Support Play  
Pick up  
Obstruction  
Foot Fault  
Run Out  
Backwards Hit

### Fitness Requirements

Agility  
Coordination  
Power  
Speed  
Balance

### Rules and regulations

- A rounders' team has 9 player
- A rounders' game consists of 2 innings; whilst one team bats, the other one bowls.
- Batters must run on a good ball
- The batter must not 'foot fault' (step out of the front of the batting square) whilst hitting the ball
- A batter will 'run out' another batter if they overtake them whilst running around the posts.
- Batters must stop at the post if Bowler has the ball in the Bowling Square.
- A Post Player must not obstruct the path of a batter running to a post

## Year 8 Knowledge organiser- ROUNDERS

### Backhand Hit

The backhand technique is used for tactical reasons to trick the opposition. You start out in a normal batting stance-facing bowler and once the bowler releases the ball, you bring the bat across your body and strike the ball using a backhand hit. If executed with accuracy, the ball should be placed between first and the back line where many teams will not have a fielder in position.

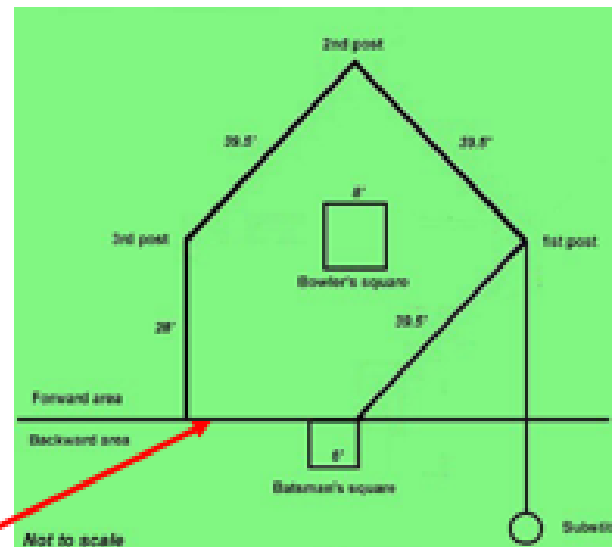
### Backwards Hit

When the ball is hit and lands in the area behind the line from 4<sup>th</sup> Post and passes in front of the batting square.

### Chasse Step Bowling

The chasse step is performed to increase the power of the bowling action. The non-dominant foot steps forward, the back leg moves alongside it, the dominant leg steps forward again. The movement includes a small jump as the back leg moves forward. (Step, together, step)

The bowler must not step out of the bowling square during the bowling action



### Alternate fielding positions

In rounders' there are no set positions.

You can place fielders where they can be the most effective. You will base your decision on the strengths of the opposition and your players.

The rule for fielding is only 5 players are allowed inside the diamond (these are usually post players and bowler).

Example: Against a team who hit the ball well.

Only 2 post players in the diamond with bowler they will cover posts. The rest are outside the diamond in short and long positions, those playing short can come on to a post, backstop covers 4<sup>th</sup> post.

### Long Barrier – fielding technique to retrieve the ball

Move forwards quickly to meet the rolling ball.

Bend knees to kneel with one knee on the floor. Your knee and your other non-kneeling foot should be side by side but your body twisted sideways towards the ball.

Leave no gap between your foot and your knee (your outstretched lower leg creates the long barrier).

Keep your hands in front of your knee and heel to collect the ball, with your fingers pointing down.

Important! Do not get into the long barrier position too quickly; get as close to the moving ball as possible.

Retrieve the ball and return over/underarm, depending on situation.

### When should you use the long barrier?

When you do not know the speed or the bounce of the ball coming towards you. When you do not know its travelling path and you need to block off a large amount of space to stop it.

When you need to be accurate with stopping the ball going any further past you.

### One handed pick up

Run towards the ball, ball picked up with a scoop action, throw initiated from the ground.

Used when ball is close to the diamond to pass to posts or bowler.

