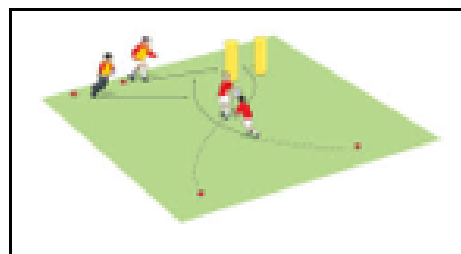


**Year 9 Boys
Knowledge
organiser Booklet
for PE**

Full Scrum: Two flankers bind with full arm around the locks and help push/ channel the ball, the No8 pushes from the back holding the locks together and keeps the ball at his/her feet.

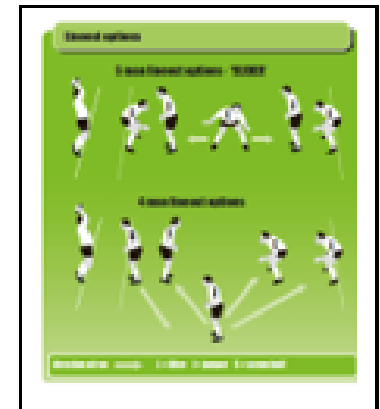
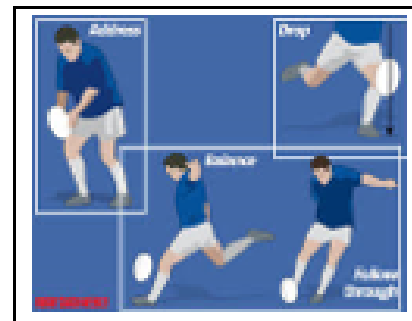


The Switch: The 'switch' is used to get through a line of defence. The ball carrier runs across the pitch, the receiver runs straight then cuts across behind the ball carrier, the ball carrier turns towards the receiver 'hiding' the ball from the defenders then passes the ball.



Dummy Pass: An attacker can pretend to pass to a team mate sending the opposition the wrong way. The passing action is often exaggerated and the ball is retained at the last minute often with a change of running direction

Drop kick: A team can score three points if they can drop kick the ball over the horizontal bar during the game. The ball should be held low and dropped to land on its point, contact with the laces should be made as the ball hits the ground. Keep the head down, eyes focused on the ball and follow through to add power and direction.



Rugby

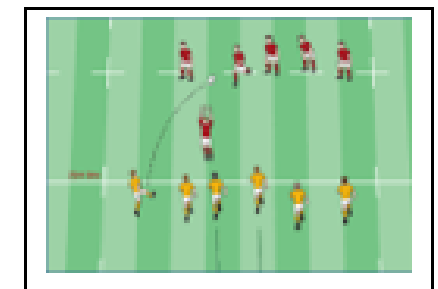
Y9

Fitness for Rugby / Positions

The different positions in rugby need different fitness factors for success. Methods of training for fitness position dependent.

Refereeing Penalty/ Free kick

Free kick awarded for minor offences, knock on/ forward pass, Penalty for more serious offence, high tackle dangerous play. Penalty, kick directly to touch and over posts for 3pts.



The 22 drop out: is used to restart the game if the ball goes out of play from the 'try zone', if the ball is held up off the ground in the 'try zone', or the attacking team take the ball into the 'try zone' but the defending team touch the ball down. The drop kick must be taken from behind the 22m line with team mates level/behind the kick. The receivers can stand anywhere beyond the 22m line they cover the field and may try to block the kick.

Swimming – Year 9

Can you save a life?

What is Sculling?

It's a hand movement technique that when can be applied to all strokes but mostly Front crawl and back stroke in the form of the 'S' pull



- Body position flat – no use of the legs
- Hands down by the sides
- Fingers closed and slightly cupped
- Move hands in a figure of 8.
- Palms pointing down to stay up, palms pointing towards feet to move head first
- Need to feel the water moving in your hands



Tumble Turn

- **Strokes Used:** for Front crawl and Back crawl
- **Approach:** On front, last big front crawl arm pull into a 'bow', double kick over
- **Turn:** speed, tuck knees in (ball shape – forwards roll), feet over head, plant feet on wall
- **Push and glide:** Extend legs with arms together in pencil shape



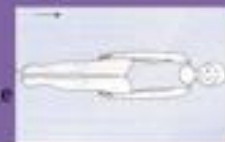
Side stroke – to support chin tow

- **Body side on**, head out the water but try and keep body position almost level
- **Arm under body** reach forward, cup the water and pull to belly button (pick the apple, give it to the other hand)
- **Arm on top** goes from the belly button and push hand away (put the apple in the basket on the hip)
- **Legs split**, one leg forward, one leg backwards in a scissor action – then close together



Lifesaving back stroke – to support cross arm tow

- **Body position** is on the back, head back and looking up – keep body flat
- **Breast stroke leg kick** – Big kick following technique points above but on back (try and keep knees in the water)
- **Double or single arm** - pushes up in the water above head and then pull down to side in an arc
- **Timing** – Arms go over as the legs push, arms pull down as the legs come up (everything in, everything out)



Saving a casualty using a lifesaving tow:

If you see a casualty in the water always alert a lifeguard and help from adults. To perform one of these tows, check for dangers first, keep talking to the casualty and enter the water safely. Swim to the injured person and perform one of the two tows shown below:



Chin tow – fingers under chin, straight arm, ensure face out the water and use lifesaving stroke

Cross arm/chest tow – Arm under casualties arm, across chest and hold under arm pit, pull body up so face out of the water. Perform lifesaving stroke



How to officiate a swimming race:

- **Starter** – Blows the whistle to get swimmers ready, then "Take your marks, go!"
- **Finish/place judge** – help to give finish positions to the swimmers in the race e.g. 1st – 6th (check for correct finish 2 hands for butterfly and breaststroke)
- **Changeover judge** – for relays they check that the next swimmer doesn't go too early
- **Stroke judge** – checks to make sure correct technique is used for the full race
- **Time keeper** – each lane has one. Records the time to 100th of a second e.g. 12.83ses

Lifesaving equipment



Lifeguard wade

If the casualty is the shallow end, lifesavers should walk towards them with the equipment out in front



Basketball – Year 9

Defending:

Full court press – defensive team apply the man to man defence as soon as the opponents gain possession of the ball.

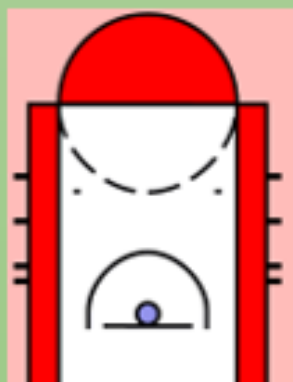
Half court press – defensive team apply the man to man defence when the opponents enter their half of the court.

Screen:



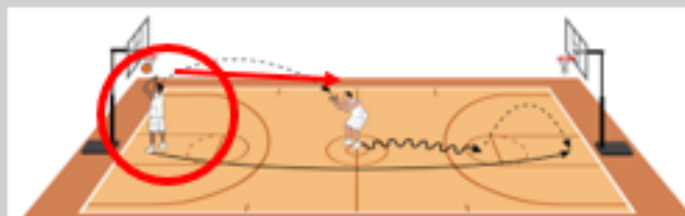
Is a blocking move by an attacking player in which they stand beside or behind a defender in order to free a teammate to drive to the basket.

3-second rule:



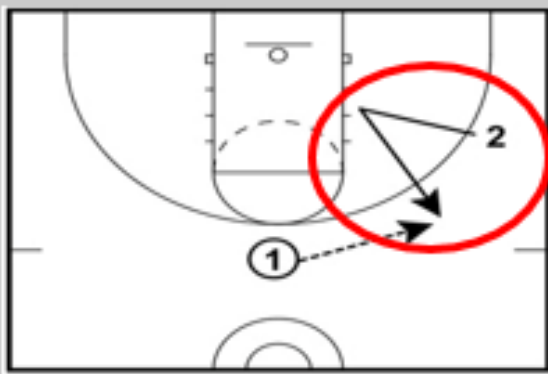
Attacking players can only spend 3 seconds in opponents key

Outlet pass:



Defender rebounds the ball, pivots and passes the ball to a teammate. This leads to a **'Fast Break'**

Cut:



Player 2 runs in and back out in a 'V' shape.
Player 1 passes him the ball.
This creates space between number 2 and his defender.

Dominant/ non-dominant hand:

Dominant hand = your *strongest* hand

Non-dominant hand = your *weakest* hand

Fake and drive:

A player with the ball fakes/ pretends to shoot.
Hoping to trick the defender.

Putting the defender off balance, and they drive to the basket for a shot.

24-second rule:

When a team gains possession of the ball, they have 24 seconds to get a shot off.

Why a time limit?



Substitutions:



In Basketball you are allowed an unlimited number of substitutions.

Why unlimited?

Fast break:

After an **OUTLET PASS**.

A team attempts to move the ball up the court quickly as possible, so that the defence is outnumbered and does not have time to set up.

Lofted pass:



Great for clearing your lines, switching play or passing the ball over the top to a striker to run onto.

Striking the bottom half of the ball and have a high follow through, leaning back

Curling the ball:



Striking the bottom left or bottom right of the football with your instep.

Curling the ball around an opponent (s), or into a team mates run.

Committing a defender



Waiting until a defender is close enough so when you pass/ dribble around them they are out of position/ off balance

Football – Year 9

Step over:



Attacking move

Take on a defender

Knees bent

Done at pace/ speed

Overlapping:



Pass, and then overlap that teammate.

Creating space for a cross into the box

Volleying:



Focus on the ball

Leg bent, toes pointing down, ankle held firm

Strike the centre or top half of the ball

Crossing and finishing:



Attacking move.

Wingers cross the ball into opponent's box

This creates goal scoring opportunities.

In-between penalty spot and 6 yard box

Cruyff turn:



Shape your body as if you were going to pass or cross the ball.

But then drag the ball behind your standing leg with the inside of your foot.

Turn your shoulders and your hips so that you are back in line with the ball and then race away.
Your marker will not be happy!

Fitness and preparing for BTEC Sport – Year 9 (1)

Skill related fitness components (ABCPR)

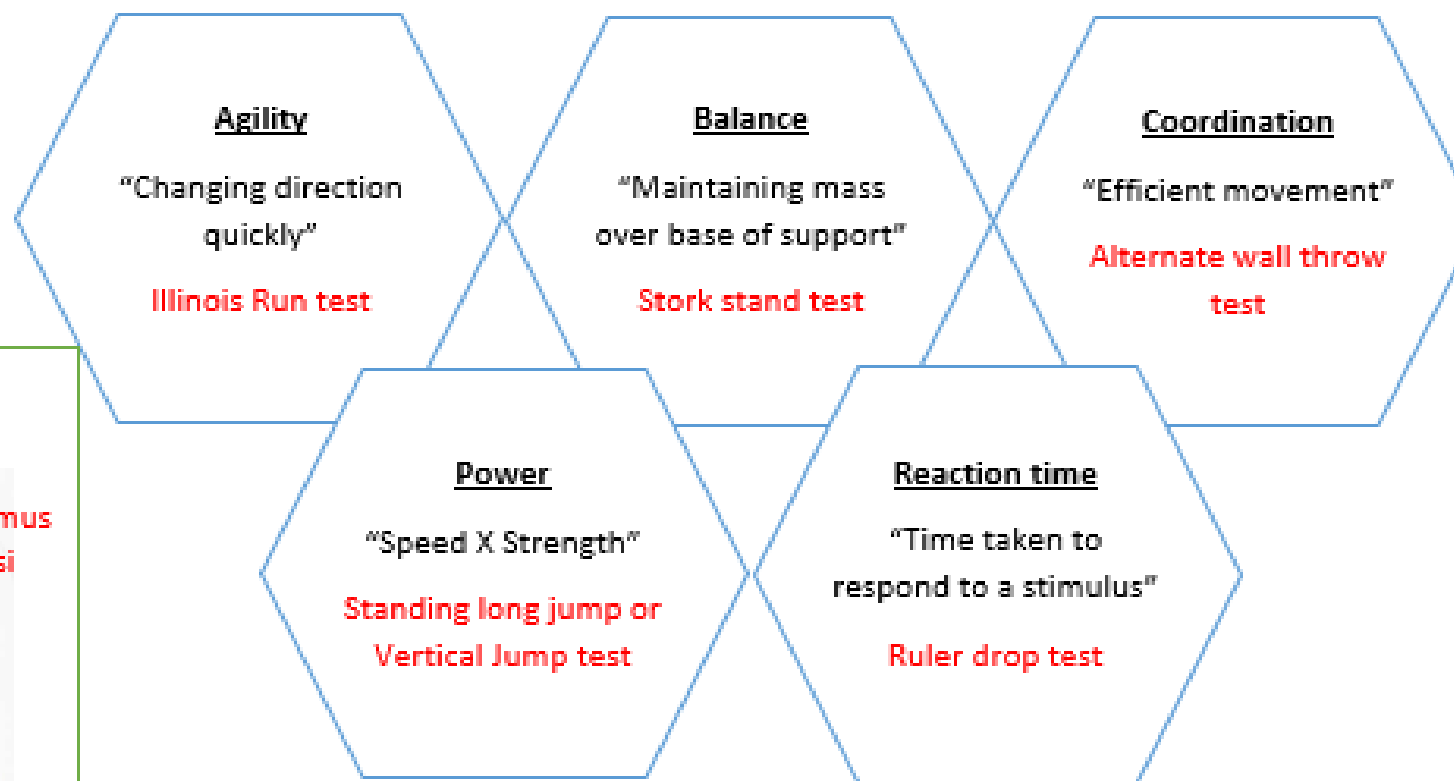
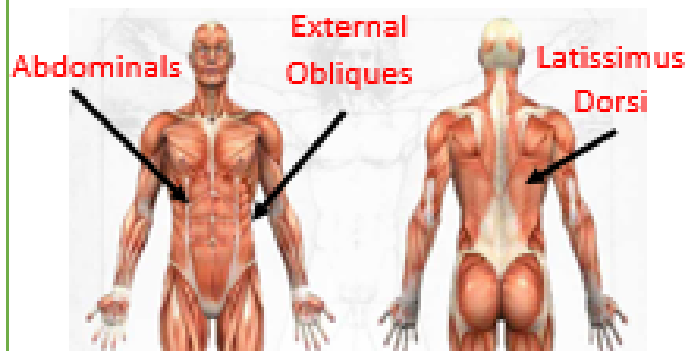
Is there a 3rd phase to a warm up?

Sport Specific Phase

- Completed after Pulse raiser and Stretching – but before main
- Replicates the actions that will be used in the main sport
- E.g. Shooting or Passing

What muscles do I need to know?

Here are the main torso muscles to learn:



How do I plan my training so that it is safe and effective? – Use the Basic principles of training: FITT

Frequency

Plan the right number of sessions per week

e.g.: twice a week to start with then build up

Intensity

Plan the right intensity for the fitness component

e.g.: Speed = high intensity
Endurance = low intensity

Time

Make your session last the correct amount of time

e.g.: 30-60 minutes to start with then can build up

Type

Select the right training method for your goal

e.g.: Speed = interval,
Endurance = Continuous

Fitness and preparing for BTEC Sport – Year 9 (2)

When planning a goal, make sure it's:

S	Specific - clear and meets your training/sports needs
M	Measurable – to see if improvements have been made
A	Achievable – and challenging for you personally
R	Realistic - in relation to ability and time
T	Timed - set a date to complete by
E	Evaluated - progress regularly & adapt if you're not on track
R	Rewarded - keep yourself motivated through rewards

Energy – where does it come from?

- Energy comes from our diet (the food and drink that we take in)
- Different food/drink have different number of calories in that our body stores up and converts into energy when we begin to exercise
- The more calories we intake, the more exercise we need to do otherwise the body will store this excess as fat
- Good news is: our bodies burn calories without having to do anything approx. 1600kcal depending on body size
- Averages: Adult male needs: 2500kcal Adult female needs: 2000kcal



RPE is another way to measure how hard your working

It uses a scale of 6-20 to measure how hard you think your exercising

Rating of Perceived Exertion Borg RPE Scale		
6		How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7	Very, very light	
8		
9	Very light	
10		Target range: How you should feel with exercise or activity.
11	Fairly light	
12		
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	How you felt with the hardest work you have ever done.
18		
19	Very, very hard	
20	Maximum exertion	
Don't work this hard!		

What physical features might you see of someone working in the red zone?

Sweating, going red, tiring/ slowing down, poor technique, very high HR and BR

Athletics – Yr 9

Competition formats:

There are often qualifying stages before a final in Athletics

Running races:

This means heats where the fastest runners from each race or 'fastest losers' = qualification to the next stage. This continues until the final.

Throwing and Jumping events:

In the qualifying stages athletes have a number of attempts (usually 3) to achieve the best score possible. The top 8 or 12 athletes then qualify for a final.

Medals for top 3 places



Olympic record (OR):

Best score achieved by anyone at the Olympic games

World record (WR):

Best score achieved by anyone at any formal competition (including Olympics)

Personal best (PB)

Best score achieved by that person

Relay Changeover

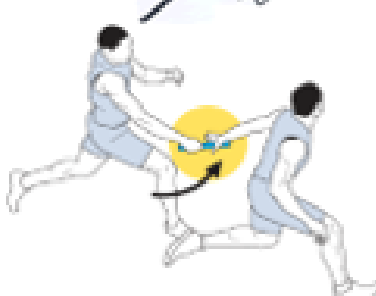
Receiver holds out hand with palm facing down



Receiver starts running when carrier reaches the 'mark' (10m away)

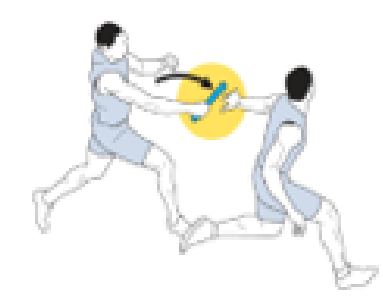
Carrier gives command 'Hand'

Receiver gives call when baton is in their hand



Carrier sweeps baton from low to high

Receiver holds out hand with palm facing up



Carrier sweeps baton from high to low

Relays include 4 runners who compete as a team to get the baton to the finish line first.

There are two main relays:

4 x 100m (1 lap race, each person runs 100m): Runners must stay in their lane

1st leg (runner) – should have good reactions and a fast start (they run the first bend), 2nd leg – runs a straight, 3rd leg – runs the other bend, 4th leg (anchor) – runs the last 100m to the finish line (tactically this is often the fastest runner).

4 x 400m (4 lap race, each person runs 400m)

1st leg (runner) – should have good reactions, a fast start and must run in their lane, 2nd leg – usually runs 100m in their lane they moves to the inside lane. 3rd and 4th legs can run on the inside lane. This race is also sometimes ran as a mixed gender race.

Wicket keeping



- Player who stands behind the batsman on strike
- Wear protective clothing: gloves, pads, box, Helmet (if under 18, and if standing up close to the stumps)

Spin bowling



Bowling puts spin/ revolutions on the ball.
Hits the pitch and deviates away or to the batsman.
Making it hard for batsman to hit cleanly.

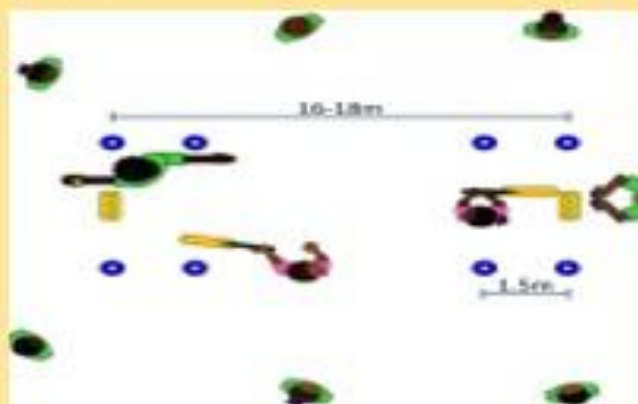
Swing bowling



Keeping one side of the ball shiny
Moving the ball in the air
Cricket ball to deviate sideways as it moves through the air towards or away from the batsman

Cricket – Year 9

Pair's cricket



- Adapted small sided game.
- Everyone bats, bowls, WK and fields.
- Every pair bat for 2 overs.
- A pair bowl and WK 1 over each.

Backing up



- The non-striking batsman leaving his crease during the delivery. He is anticipating a run, getting closer to the other end.

Square cut



Played to a short/ wide delivery.

A square cut is a shot hit into the off side at near to 90 degrees from the wicket

Back foot goes back and across, chop down on the ball.

Pull shot



Cross-batted shot played to a ball bouncing around waist height.
Pulling it around to the leg side towards mid-wicket or square leg.

