

Year 9 Girls
Knowledge
organiser Booklet
For PE

Year 9 Netball Knowledge Organiser

Key Term	Description	Main Coaching Point
Centre Pass system	A pathway of passes from the centre to attacking D	All players must understand the system
Running Step	The high running pass is used when a player is trying to get the ball quickly into an attacking position.	Catch ball mid-run <u>then</u> <u>release</u> the ball before re-grounding landing foot
Holding Space	A method of using the body to protect space	Place body close to opposition without moving until ball is passed
Attacking circle work	Creating Space using the attacking D	Attacking players work together
Motorway Lines	Create space using vertical zones on the court.	No more than 3 players in a lane
Penalty Pass	Contact / Obstruction	Offending player must stand beside the pass

Examples of centre pass systems – can you demonstrate these in a game?



The footwork law states a player must release the ball before putting their landing foot down once it is raised if completing the running step.



Key points for centre pass systems. All players on the team know the system so talk. Players start initial movements or system a metre or two BEFORE the transverse line, to get opponents moving and help open up space when the whistle goes. Ideally, your WA and GA shouldn't both be over the transverse line on a centre pass. Have a fall back play if the designated team player can't get free.

A centre pass occurs after a goal has been scored, when the Centre passes the ball. A short pass is a pass between two players on the same team, where the length of the pass is so short that a defensive player cannot get between the two opposing players to intercept the ball.



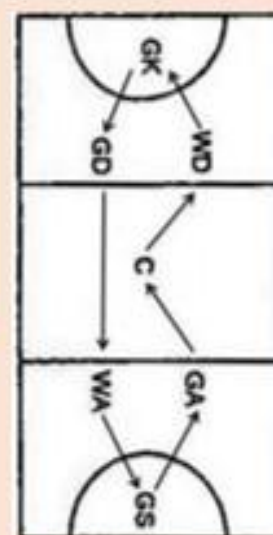
Holding Space

The player needs to work to hold this position by making slight adjustments with the feet to keep the defender contained. As the ball is passed into the space attacker holds position until last possible moment and then lunges, jumps or reaches to receive ball without allowing defender to reach the ball



Attacking Circle Work.

Can you show these strategies in a game?



Motorway Lanes

PENALTY PASS (PENALTY SHOT if in the goal circle) is awarded where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty



Orienteering

Area Symbols



Orienteering Skills

Orienteering: A competitive sport where participants travel with the aid of a map and/or compass.

Communication: Exchanging information with another person or team.

Team work: Combined action of a group, especially when effective and efficient.

Problem solving: action to overcome a challenge.

Key Terms

Start time/ end time: Time taken to complete the course.

Control card: Sheet to record answers on.

Control marker: The point on the map you are looking for. These have the answers on.

Orienteer: Align the map to match the features on the ground. Move around the map like a car goes around a roundabout.

Catching feature: a feature you will catch if you have passed your control marker.

Aiming off: Aiming towards a feature to guide you in the right direction towards the control marker.

Attack point: Head towards an obvious feature near the control point to help you locate the marker.



Control Marker

Fitness Components

- Cardiovascular endurance
- Muscular endurance
- Speed
- Agility

Line Symbols



Point Symbols



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

Is there a 3rd phase to a warm up?

Sport Specific Phase

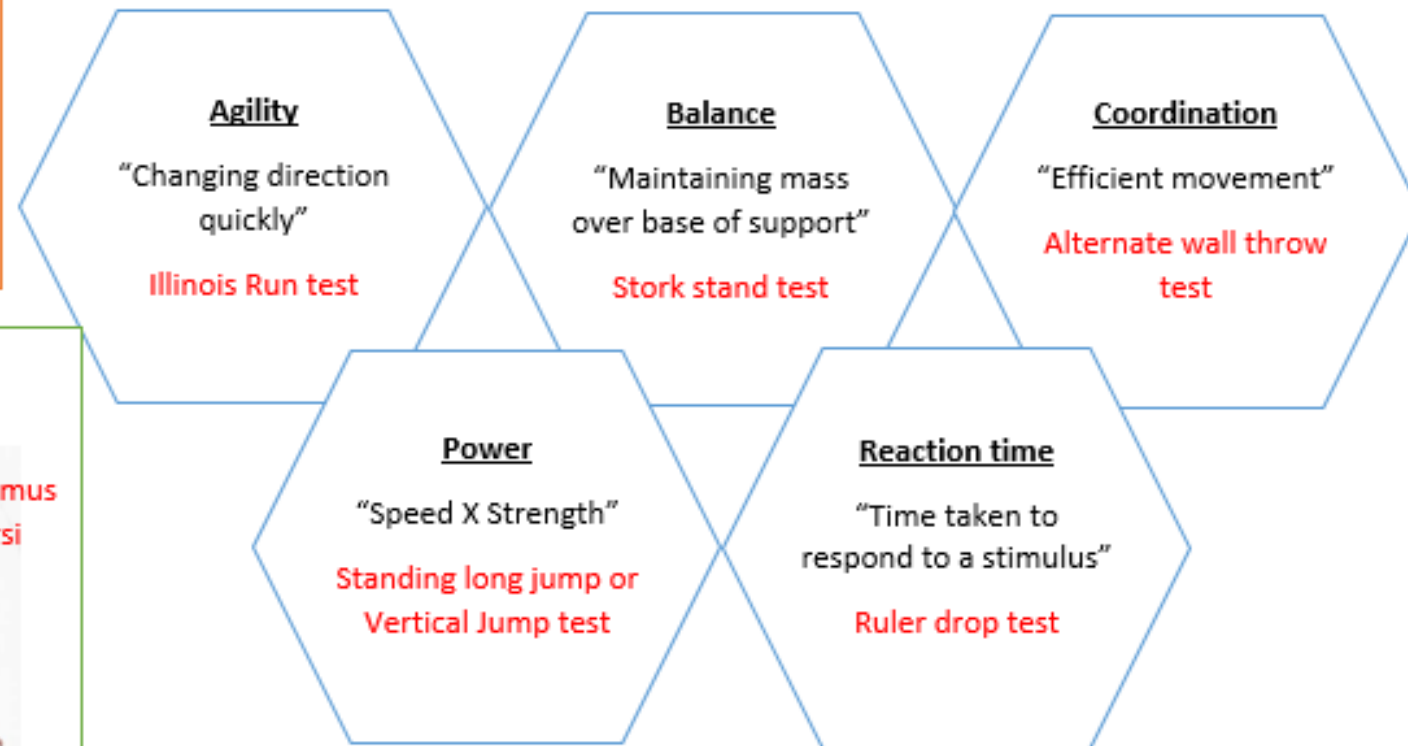
- Completed after Pulse raiser and Stretching – but before main
- Replicates the actions that will be used in the main sport
- E.g. Shooting or Passing

What muscles do I need to know?

Here are the main torso muscles to learn:



Skill related fitness components (ABCPR)



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	Very, very light	How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7		
8		
9		
10		
11	Fairly light	Target range: How you should feel with exercise or activity.
12	Somewhat hard	
13		
14		
15	Hard	
16	Very hard	How you felt with the hardest work you have ever done.
17		
18		
19		
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

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

Culture is the ideas, customs, and social behavior of a particular people or society.

What Influences how we behave?

Family, Friends, Society/Country, Religion

What do these influences effect?

Ideas of right and wrong

Dress

Language/dialect

Food

Music

Dance

Sport

Celebrations

Key Words:

Dynamics

Step pattern/phrases

Music Genre

Fashion

Influences

Choreography

Choreographic Principles

Timing

Stimulus

Relationship

Link

Fluency

Group shape

Dynamics

Relationship

Performance skills & Fitness for Dance:

Posture
Alignment
Balance
Coordination
Control
Flexibility
Mobility
Strength
Stamina
Extension

Performance Checklist

Stimulus/Theme: Cultural Influences

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

Must have used at least 6 CP's

Clear start and finish

Confident performance (focus, clarity, timing)

Can have costume



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.

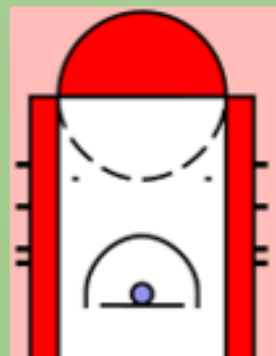
Half court press – defensive team apply the man to man defence when the opponents enter their half of the court.

Screen:



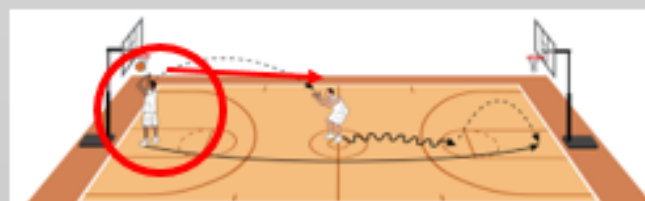
Is a blocking move by an attacking player in which they stand beside or behind a defender in order to free a teammate to drive to the basket.

3-second rule:



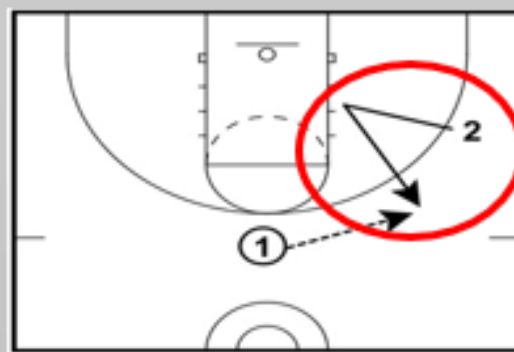
Attacking players can only spend 3 seconds in opponents key

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.

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)

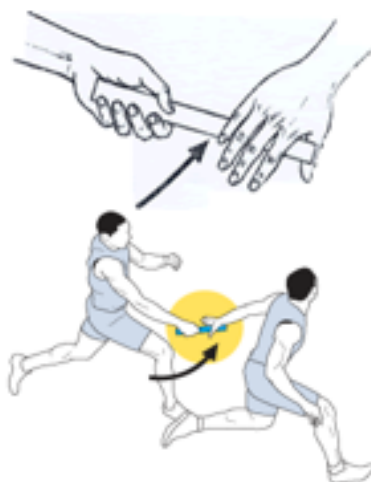
Personal best (PB)

Best score achieved by that person



Relay Changeover

Receiver holds out hand with palm facing down



Carrier sweeps baton from low to high

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

Carrier gives command 'Hand'

Receiver gives call when baton is in their hand

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.

Year 9 Knowledge organiser- ROUNDERS

Key Words

Directional Batting
Spin Bowl
Donkey Drop
Back up
Support Play
Last Batter
Stump Box
Miss Field
Tournament Play
Roles

Roles and Responsibilities in a Tournament

Two Umpires, in charge of scorecard & scoring, seeing Batters bat in order. A tournament innings is 18 good balls, umpire calls these.

Recorder, collects score cards and records these on a tournament score sheet.

Tournament manager, oversees pitches, equipment, risk assessment.

Scenario: Eight of the nine batters are out during an innings. The innings is not over.

What options does the last batter have?

How can the fielders get the last batter out without stumping a post or catching them out?

Advanced Bowling

Spin Bowl

Rotation of wrist at release point. Make the ball spin by twisting the wrist when releasing the ball. 4 fingers on outside of the ball, thumb on inside of ball. Rotate thumb backwards and fingers forwards.

Donkey Drop

Stand facing the batter; one or two paces back from the front line of the bowling square.

Hold the ball in your dominant hand

Step forward, transferring your weight from your back leg to your front leg (as in normal bowling action), keep lower to the ground than in a straight arm bowl

Swing your arm from back to front (like a pendulum) with an underarm action

Release the ball a little higher than your waist height

Flick your wrist upwards to send the ball looping up rather than straight out



Back up/Support Play

Movement of fielders to support post players. Eg. **bow**

When ball hit backwards - Backstop moves to front of batting square and throws ball to second post. 2nd and 1st deep create a triangle with second post to retrieve an inaccurate throw from BS.

When a ball has been hit into deep field and fielders retrieve the ball to throw to 4th post BS will move behind the post in line with direction of throw to catch an over thrown ball.

Miss Field – No Rule!!!

If a batter reaches 3rd Post as 4th was stumped and the ball is then no longer at the post or in the possession of the bowler in the bowling square (it does not have to be misfielded), the batter may wish to run on (especially if there are only a couple of batters left in) but would not score. If the batter was between 2nd Post and 3rd when 4th was stumped, this would not stop them from scoring in the usual way as it has to be the post immediately in front of the batter that is stumped to prevent scoring.



Last Batter

When only one batter left in they will be given 'Best of three balls'. Bowler will bowl and batter can choose not to run on the 1st and 2nd delivery, however, they must take last ball. This continues until this batter is out

Stump Box

Batting Square becomes a base that can be stumped if no batsman is waiting to bat.