

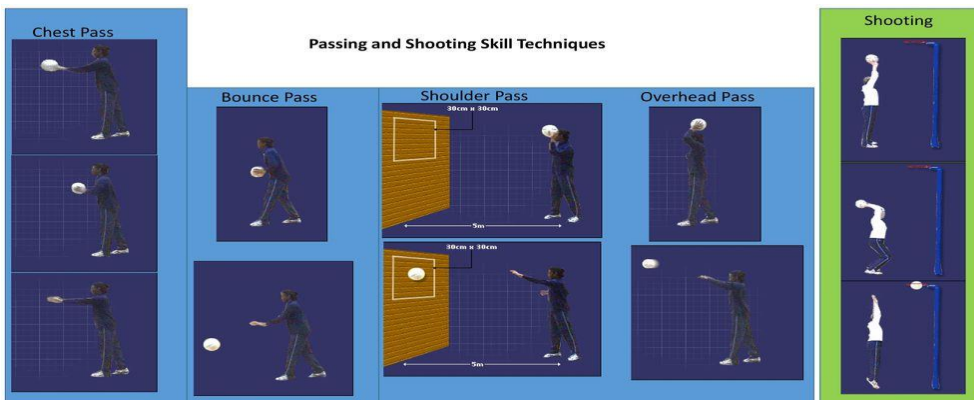
***Year 7 Girls***

***Knowledge organiser***

***Booklet for PE***

# Year 7 Netball – Knowledge Organiser

## Passing and Shooting



## Footwork

**Footwork** - A player can receive the ball:

1. With one/both feet grounded or jump to catch the ball and land on one/two feet simultaneously. You may then take a step in any direction with one foot (but not both) and pivot on the spot with the other foot. If you break the footwork rule, a **free pass** will be awarded to the opposing team



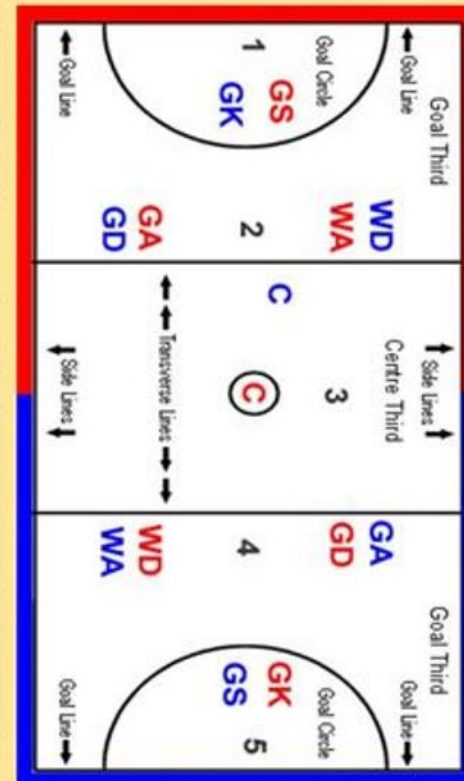
**The Dodge:** Dodging is used when you are attacking and trying to lose your defender so that you can receive the ball without it being intercepted.

**The Sprint Dodge:** On toes ready to move, when thrower is ready to pass the ball **SPRINT** as fast as you can, **INDICATE** in the direction you want to receive the ball. The ball should be **PASSED AHEAD** of the indicating hand.

**Key Words:** Passing, Receiving “Snatch” Shoot, Triggers, Sprint Dodge, Attack, Defence, Defend the Ball, Mark the Player, Defence, Starting Positions, Offside, Side/Back Line Pass, Free Pass.

## Netball Positions and Roles

<b>Goal Shooter (GS)</b>	To score goals and to work in and around the circle with the GA
<b>Goal Attack (GA)</b>	To feed and work with GS and to score goals
<b>Wing Attack (WA)</b>	To feed the circle players giving them shooting opportunities
<b>Centre (C)</b>	To take the centre pass and to link the defence and the attack
<b>Wing Defence (WD)</b>	To look for interceptions and prevent the WA from feeding the circle
<b>Goal Defence (GD)</b>	To win the ball and reduce the effectiveness of the GA
<b>Goal Keeper (GK)</b>	To work with the GD and to prevent the GA/GS from scoring goals



**Offside** - A player with or without the ball cannot move into an area of the court that is not designated for their position. This will result in a **free pass** being awarded to the opposing team



## Top Tips for Defending

**Defending the ball-** on balls of feet, knees bent 1 meter away from the opponent. Arms up. Eyes on ball.

**Defending the player- on balls of feet.** Sideways on creating a T with body. Arms by side of body, ready to tip oncoming ball. Watch opponent and track their movement to stop them receiving the ball.

## Top Tips for the Dodge

Can you explain and show these key words?



## How do I stay safe?

Make sure you know how to use each piece of fitness room equipment safely: Treadmill, Arc Trainer, Bikes & Rower.

### **You must always:**

- Use the correct technique
- Go at the correct speed/intensity
- Wear correct PE/training kit
- Perform a warm up at the start
  - Cool down at the end

### **What should a Warm up look like and why do we do it?**

#### **1. Pulse raiser** (low intensity (2-3 mins)

This helps to increase blood flow, oxygen delivery and prepare the muscles for stretching

#### **2. Stretches:** There are two basic types:

##### **Static stretches:**

No movement, hold for 8-12 seconds



##### **Ballistic stretches:**

Swinging, movement – risk of injury

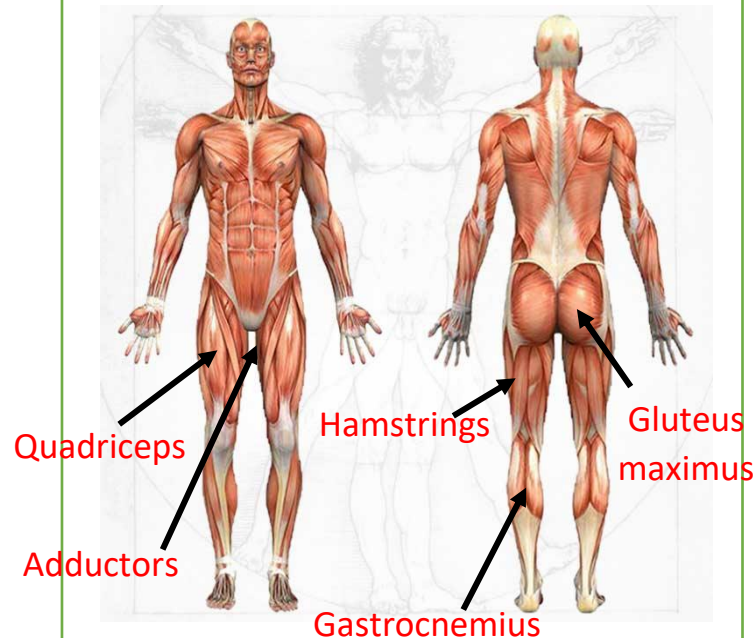


**Cool down** (low intensity at the end of the session) to remove lactic acid, reduce heart rate, promote recovery

# Fitness – Year 7

## What muscles do I need to know?

Here are the 5 main leg muscles to learn:



## What happens when I start exercising?

Immediately your heart will start to beat faster and your breathing rate will increase



**Resting HR = 72bpm**  
**Max HR = 220-age**  
HR and BR increase in line with exercise intensity



*Why do you think this is??*

## What could my fitness training look like?

*That depends on: your fitness goals and preferences (likes & dislikes)*

### **To improve endurance – Low intensity!**

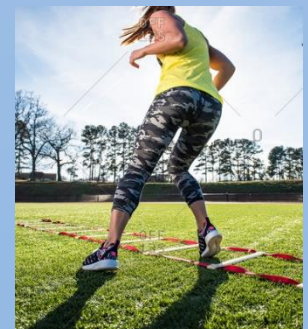
- Continuous training
- Steady pace (60-85%)
- No rest periods
- Aim for approx. 30mins

This type of training is good for improving endurance but can get repetitive (boring)



### **To improve Speed, Power, Agility or Strength – High intensity!**

- Can use Interval training
- Period of exercise followed by a period of rest e.g. 5 X 30second sprints at 90%
- Rest is really important to ensure you can train at a high intensity (80%+)

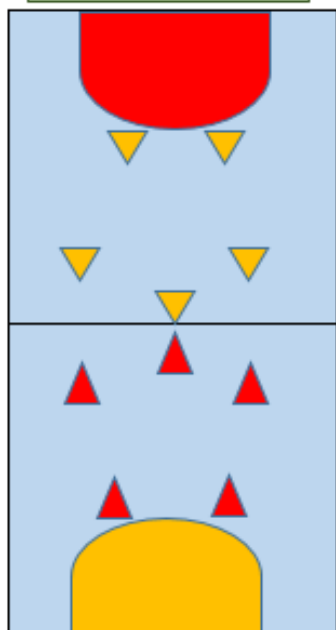




# HOCKEY Year 7

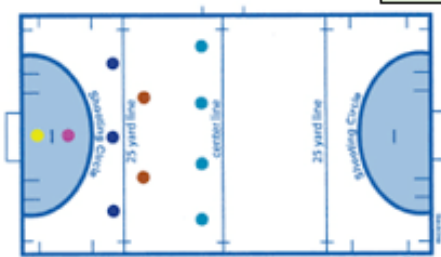
## Knowledge Organiser

### Small Game 5 v 5



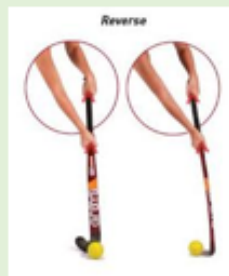
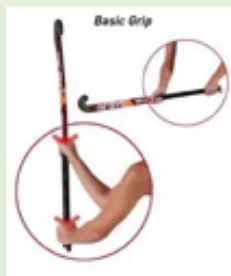
### Full game 11 v 11

- Sweeper
- Defenders
- Midfielders
- Attackers
- Goalkeeper



### Control

- No left handed sticks!
- Hold stick with LEFT hand at top
- Right hand half way down stick
- Curl fingers around stick
- All Hockey sticks are right handed



### Rules

- Ball cannot touch the rounded side of the stick
- Ball cannot touch feet
- The Stick must not be lifted above waist
- Hacking – cannot hit another player's stick with your own stick
- Obstruction – no body contact/cannot block or hold player or their stick
- Lifted ball – if it presents DANGER to ANY player on the field
- Tackling is only allowed from in front of a player. Stick must be on the ground!
- Self-Start Rule
- Sideline restart
- 5-yard rule – Defenders must be 5 yards from the ball on free hit and restart
- 16 yard hit out
- Corners

Positions – Do you know their roles & responsibilities in the team?

- Attack
- Defense
- Midfield

### Skills

- Passing and Receiving
- Slap Pass
- Push pass
- Block Tackle
- Dribbling
- Shooting

### Key Words

- Control
- Reverse stick
- Grip
- Push Pass
- Slap Shot
- Dribble
- Indian Dribble
- Tackle
- Soft Hands
- Attack
- Defend
- Midfield
- Restart
- Hit Out



### PPE (Personal Protection Equipment)

All students must wear:

PE Kit

Shin Pads

Hair tied back, long fringes secured

Gum shield

Training shoes securely tied



### Game Play

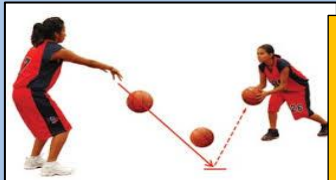
- Each team is made up of 11 players (full Game) or 5 players (Small Game)
- A goal is scored when the ball is successfully hit into the opponent's goal from within D.
- No Goal Keeper

### Chest pass:



Chest to chest  
Flick wrists  
Step into pass  
Quickest way to move the ball

### Bounce pass:



Flick wrist  
Step into pass  
Bounce to waist height  
Pass around a defender

### Overhead pass:



From over the head  
Step into pass  
Flick wrist  
Pass over a defender

### Dribbling:



Bouncing the ball using one hand.  
- Using your finger tip  
- Do not slap the ball  
- Keep the ball low

### Foul sideline ball:

When a player commits a foul or violation, ref blows the whistle, game stops and opponents get to pass the ball in from the closest sideline.

### Pivot:

Player catches the ball, and can move only one foot to create space between them and a defender.

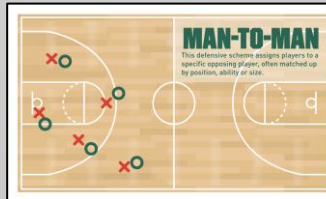
# Basketball – Year 7

### Triple threat position:

Legs, shoulder width apart with a slight bend. Ball out in front of you.  
In this position, you can:  
- Dribble, Pass or Shoot



### Man to man:



Defenders are assigned an opponent to mark and follow.

Putting pressure on them to force errors, and turnovers.

### Protect the ball (ball in the pocket)

Step back from defender, placing the ball in your pocket.  
Stops defenders from hitting the ball out of your hands.



### Set shot:



### Jump shot:



### Travel Rule:

If a player moves without dribbling the ball. Opponent will get possession of the ball from the closest side-line

### Double dribble rule:

Player puts 2 hands on the ball and then dribbles again. Dribbles the ball with 2 hands at the same time.

### Attack:

When a team has possession of the ball, looking to score in opponents' basketball. Best done at pace/ speed.

### Defending:

When your team does not have possession of the ball, looking to stop opponents from scoring in your basketball

### Tip-off:



Start of the game only, 1v1, cannot grab/ hold the ball or opponent.

# 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)
- Building Blocks for creating a dance (travel, turn, roll, jump, leap, gesture, Pause/stillness use of different body parts, floor work, transfer of weight)
- Dynamics (fast/slow, sudden/sustained, strong/light, flowing/abrupt)
- Space (pathways, levels, directions, size of movement, patterns, spatial design)
- Relationships (lead and follow, mirroring, action and reaction, complement and contrast, formations)
- Timing
- Rhythm

## Choreographic Principles (CP's):

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

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

## Groupings:

- Solo – 1 person
- Duet – 2 people
- Trio – 3 people
- Quartet – 4 people
- Group – Any number of people

## Performance skills & Fitness for Dance:

Posture  
Alignment  
Balance  
Coordination  
Control  
Flexibility  
Mobility  
Strength  
Stamina  
Extension

## Performance Checklist

Stimulus/Theme (something that causes a response, creates ideas): Fireworks

Must Include 2 Travel sequences, 2 turns, 2 rolls, 2 jumps

Must Include gestures

Must have used at least 4 highlighted CP's

Clear start and finish

Confident performance (focus, clarity, timing)



## Key Words:

Building Blocks  
Motif  
Choreography  
Choreographic Principles  
Timing  
Stimulus  
Beat  
Pathways  
Relationship  
Theme  
Link  
Fluency







## How do I stay safe?

Follow sensible movement rules in and around pool side and follow the 3 whistle system:

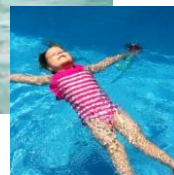
- **1 whistle** = stop, look, listen (pool side)
- **2 whistles** = get out of the pool safely and sit on the side
- **3 whistles** = get out of the pool safely, get changed immediately and wait for further teacher instructions



# Swimming – Year 7

- Take big breath in (air floats)
- Increase surface area (spread body out – star fish)
- Try to stay calm

## How do I float?



### Pencil jump

- Streamlined position – body straight with arms up squeezing head
- Jump forward
- To surface bring arms down

## Front Crawl

1. **Leg action:** Toes pointed, legs straight, kick down alternate from hips
2. **Arm action:** Spear hand into the water, pull down in 'S' shape, bend elbow - repeat
3. **Body Position:** Flat on top of the surface, face in water looking ahead
4. **Breathing:** Head to side to breathe. Nose and mouth should just clear the water every 2/3 strokes.

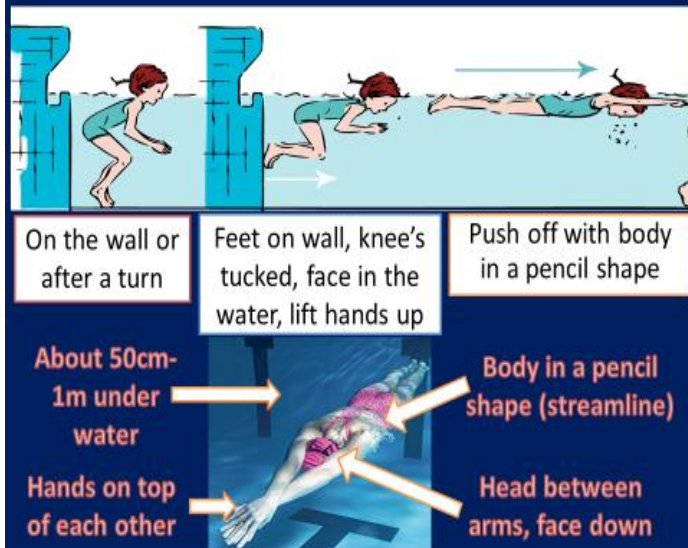


## Back Crawl

1. **Leg action:** Toes pointed, legs straight. Kick up and down from the hips with ankles relaxed
2. **Arm action:** thumb out first the water first with a straight arm, brush past ears, little finger into the water then pull down in 'S' shape
3. **Body Position:** Flat, face up at the ceiling. Try to keep head still



## Push and Glide



### Straddle jump

- Split legs (forward/back)
- Arms on float or out wide
- Push down and close legs on water entry

- Burntwood leisure centre
- Friary leisure centre
- Cannock leisure centre
- Water based activities at Chasewater
- Swimming lessons at CTA

Where  
can I  
swim?

# Athletics – Yr 7

## Running events

**Safety** = Warm up correctly (pulse raiser and stretches focusing on legs)

Always run in the correct direction

### **Sprinting technique (100m & 200m):**

**Body position** = upright

**Hands** = open and moving hip to chin

**Elbows** = drive forward and back in straight line

**Legs** = high knee and drive forward

### **Middle distance technique (800m & 1500m):**

**Body position** = upright but more relaxed

**Hands/arms** = relaxed and moving forwards

**Feet/Legs** = heel first then roll to toes, more relaxed stride length

**Pacing** = go at a speed which you can maintain for most of the race

## Throwing events

**Safety** = Warm up correctly (pulse raiser and full body stretches)

### **3 main rules:**

1. Always carry equipment safely (walk)
2. Always throw in the correct direction
3. Only throw and collect when told to

### **Shot putt technique:**

**Grip:** spread fingers with clean palm

**Stance:** Chin, knee, toe

**Throw:** extend

### **Discus technique:**

**Grip:** spread fingers, tips over edge

**Stance:** bend back leg

**Throw:** Arm straight and Swing around, release off index finger



### **Javelin technique:**

**Grip:** V grip javelin between thumb and index finger

**Stance:** Weight on back leg, slightly bent

**Throw:** 'pull' javelin through close to body

## Jumping events

**Safety** = Warm up correctly (pulse raiser and full body stretches)

Ensure the landing area is clear

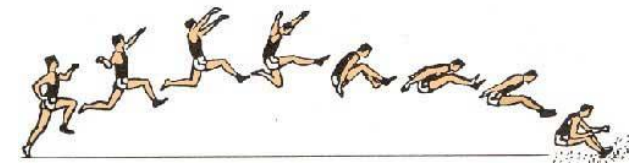
### **Long Jump technique:**

**Approach:** Fast run up (90% sprint)

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

**Flight:** in air technique to maximize distance: Hang, stride or Hitchkick

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



### **High Jump technique:**

**Approach:** Curved 60% bouncy run up

**Take off:** parallel to bed, one foot furthest from bed, drive closest knee up

**Flight:** in air technique to maximize height: Straddle or Fosbury flop

**Landing:** on bed safely and exit back

## **Athletics clubs in your area:**

- Tamworth Athletic club
- Royal Sutton Coldfield Athletics club
- Wolverhampton and Bilston, Aldersley



## Year 7 Knowledge organiser- ROUNDERS

### Throwing and bowling underarm

You will need a target to aim at, this will be the person's hands you are throwing to. When bowling you are throwing to the target made by the backstop's hands

Hold the ball in your dominant hand, gripped in the fingers

Step forward with opposite foot to throwing arm, transfer your weight from back foot to front foot.

Hold your throwing/bowling arm straight, like a swinging pendulum (swing from behind your body to the front of your body)

Release the ball at approximately waist height

### STEP AND POINT



### Catching

Hold your hands out in front of your body, little fingers together to form a cup.

Stand with feet apart one foot in front of the other.

As the ball arrives close fingers around the ball and move hands backwards, (this will stop the ball hurting your hands).

### CUP AND CARRY

When bowling the ball must arrive at the batter no higher than the top of their head and no lower than their knee. It must not hit their body and they must be able to reach it.

### Throwing Overarm

Stand side on with hips turned

Weight on back foot

Throwing arm is up and backwards with a bent elbow

Step forward to release the ball and turn your body forwards forcefully

Extend your arm and flick your wrist to release the ball

Use the overarm throw when you need to throw a long distance.

An overarm throw is not as accurate as an underarm so fielder may need to move to catch it.



### Batting

Stand side-on to the bowler

Hold the bat high (in one or two hands) and behind you.

Have a strong grip on the handle

Keep your eye on the ball

Swing through the ball

Step forwards into the move to gain power (transfer your weight from the back foot to the front foot as you move the bat forwards)

Do not step out of the front of the batting square during the batting action – you will be out if you do.

You can choose to run or stay on a no ball

Remember to take your bat with you.

Two no balls one after the other will give you half a rounder



## Year 7 Knowledge organiser- ROUNDERS

### Key Words

Throwing  
Step and Point  
Bowling  
Bowling Square  
Catching  
Target  
Cup and Carry  
Batting  
Batting Square  
Backward Hit  
Fielding  
Short Barrier  
Diamond

### Scoring

#### Full Rounder

Hitting a good ball run to 4<sup>th</sup> Base

#### Half Rounder

Hitting a good ball run to 2<sup>nd</sup> Base

Miss a good ball run to 4<sup>th</sup> Base

Two consecutive no balls

Obstructed by Post Player

\*You may choose to run on a no ball

### A Player is out when:

Caught out    Stumped out    Run out    Runs inside a Post

Steps out of the front of the batting square whilst hitting the ball

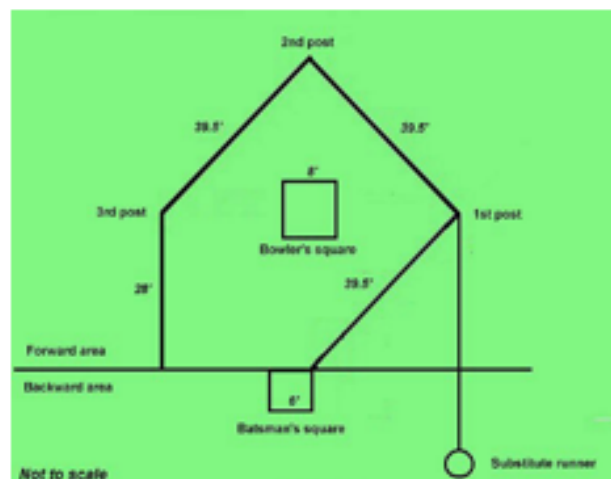
### Fitness

#### Requirements

Agility  
Coordination  
Power  
Speed



### Pitch and Positions



### Rules and regulations

- A rounders' team has 9 player
- A rounders' game consists of 2 innings; whilst one team bats, the other one bowls.
- Players must run on a good ball

### When running

- Batters, when waiting at a post, must always keep in contact with the post, either with their hand or bat.
- Two batters cannot be at the same post
- You cannot run back to a post once you have committed to run to the next post
- If you hit the ball backwards, the batter must stay at 1<sup>st</sup> post until it reaches the outward area.

### No balls

- It is a no ball when:
  - The ball is above the head/below the knee
  - The ball bounces
  - The ball is wide
  - The bowlers foot is outside of the square when they release the ball
  - The bowler does not use an underarm action
- You can not be caught out on a no ball

