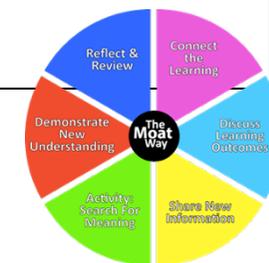


Performance Skills, Techniques & Terms	Definition	
Low Serve	The shuttle is hit underarm, low over the net with a push action into the service box.	<p>The aim of the game – to hit the shuttle cock to the floor on the opponents side of the net.</p>
High Serve	The shuttle is hit underarm, high over the net and towards the back of the service box.	
Love	The start of a game starts at Love All – this means 0-0	
Overhead Clear	Standing sideways on you hit the shuttle with an overhead whip action to the rear of the court.	
Drop Shot	Standing sideways on you hit the shuttle with an overhead push action to the front of the court.	<p><u>Key Words</u> Shuttle Cock, Chasse Step, Net, Base, Racket, Low serve, High Serve, Overhead Clear, Drop Shot, Rear Court, Forecourt, Love, Score, Game, Singles, Doubles, Half Court, Baseline, Short Service Line, Opponent, Forehand, Backhand, Grip</p>
Shuttle Cock	The equipment you use to play a game of badminton.	
Rear Court	The back of the court.	
Chasse Step	The way we move around a badminton court using a side step action to move sideways and forwards and backwards.	
Singles Game	Play a game 1v1 – the back tramlines are in and the side tramlines are out at all times. (Think – long and thin for serving and the rest of the game.)	
Doubles Game	Play a game 2v2 – the back tramlines are classed as ‘out’ for the serve only and thereafter the whole court is in – back tramlines and side tramlines. (Think short and fat for serving – and whole court for the rest of the game.)	
Half Court Singles	Play a singles game 1v1 on half of the court.	
Rally	Continuous hitting of the shuttle back and forth over the net until someone either misses it, hits it out of court or hits it into the net.	
Forehand (Grip)	Using your dominant (favourite) hand to hold the racket like you are ‘shaking hands’ – hitting the shuttle on your dominant side.	<p><u>Fitness Requirements</u></p> <ul style="list-style-type: none"> • Flexibility • Muscular Endurance • Agility • Strength
Backhand (Grip)	Change the way you hold the racket slightly to have your thumb placed along the grip rather than around and hitting the shuttle on your non-dominant side.	

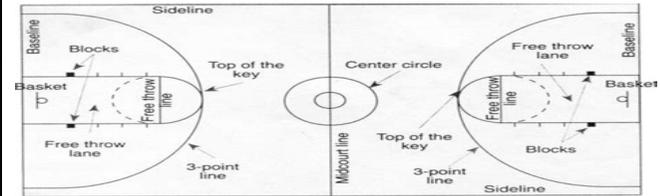
Knowledge Organiser

<u>Rules of the game</u>		
	<ul style="list-style-type: none"> • A game always starts at love all - 0-0 	<ul style="list-style-type: none"> • Important - always keep score when playing as you need to know who's serve it is and from which service box you serve from...if you have an even score you serve from the right hand box to the diagonal and if you have an odd score then you serve from the left hand box. • Try to use a variety of shots to outwit your opponent (the person/people you are playing against)
	<ul style="list-style-type: none"> • A game always starts with a serve from the right hand service box. 	
	<ul style="list-style-type: none"> • Remember all serves must be hit underarm. 	
	<ul style="list-style-type: none"> • A rally is then played until someone loses - that can be done by; missing the shuttle, hitting it out of court or hitting it into the net. 	
	<ul style="list-style-type: none"> • All serves must be hit into the correct diagonal service box and thereafter can be hit anywhere within the court lines. 	
	<ul style="list-style-type: none"> • You cannot hit the shuttle twice in one go. 	
	<ul style="list-style-type: none"> • If you win a point you serve again and work out which side to serve from, if you lose the rally the other player wins the point and the serve. 	
	<ul style="list-style-type: none"> • A game is played up to 21 points. 	



Knowledge Organiser

Performance Skills & Techniques	Definition	<u>Key Words</u> ball, rim, backboard, court, create space, shoot, pass, dribble, defend
Dribbling	Bouncing the ball with one hand without holding it while moving.	<u>Major Rules</u> The objective of the game is to put the ball in the opposing team's basket. The team with the most points at the end of the game wins. Scoring - A basket scored from near the basket (inside the three-point arc) is worth two points. A basket scored from far (beyond the three-point arc) is worth three points. A basket scored from the free-throw line is worth one point.
Passing	The passer extends their arms and flexes their wrists when passing the ball to one of their teammates.	
Chest pass	Player with the ball passes to a partner aiming at their chest.	
Lay-up	While dribbling, a player picks the ball up and takes two steps towards the basket and shoots aiming at one of the top corners of the small square on the backboard.	
Shooting	B alanced. E ye. E lbow. F ollow through. – Shoot in a balanced position. Look at the basket. Point your shooting elbow at the basket. Follow through with your shooting arm and hand.	
Triple threat	After receiving the ball, the player looks at the basket with the ball close to their heart with knees and hips bent. From this position the player with the ball can shoot, dribble and pass.	
Moving without the ball	Players on the attacking team need to move to create passing lanes as a way to keep possession and move the ball forward.	
Defensive stance	Player marking the opponent with the ball stays between the ball and the basket with knees and hips bent and hands up.	<u>Fitness Requirements</u> <ul style="list-style-type: none"> • Cardiovascular endurance • Speed • Agility 
Defensive slide	In a basic defensive stance, the player slides in all directions trying to stay between the player they are marking and the basket.	
Pivot	The action a player will use while in possession of the ball to move in any direction while still keeping one foot in contact with the floor.	



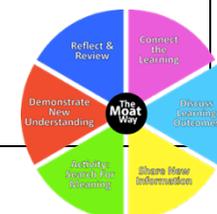
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Skills & Techniques	Definition	<u>Key Words</u>
Batting	Scoring Runs and Defending Your Wicket.	Stroke,Block,Push,Guide,Forward,Backward,Calling,Fours,Sixes,Single,Edge,Bat and Pad.
In defence	Keeping your wicket intact.	
In attack	Scoring runs.	
Bowling	Aiming to take wickets or restrict scoring.	<u>Key Words</u> Accuracy,Line and length,Full length,Short ball,Bouncer,Full toss,Yorker,Googly,Off break,Topspinner,Leg break.
Seam	Faster bowling with the aim of landing on the seam or swinging the ball.	
Spin	Using fingers or wrist to literally turn the ball off the pitch.	
Fielding	Stopping the ball from reaching the boundary or run prevention.	Long barrier,block,full length dive,Crocodile hands,Stance,Soft hands,Calling
Catching	Clean take with either or both hands enabling a wicket to be taken.	



Knowledge Organiser

Performance Skills & Techniques	Definition	Key Words
Stimulus	An idea or starting point for a dance	Rhythm. Choreography Control Clarity Fluency Perform Precision Movement Motif Formation
Choreography	Being able to create a dance or a set of dance moves	
Rhythm	Being able to listen to the beat of a music and ensure that your moves are in time with this beat	
Motif	A short series of actions that are repeated in various parts of a dance	
Control	The power to direct your body and body parts to master dance moves	<u>Action Words</u> Turn Push. Twist Stamp. Glide Wiggle. Shake. Pull. Creep Kick Stretch Punch. Bend. Melt. Explode. Reach. Clap Shiver
Clarity	The movements performed in a dance are big and clear	
Fluency	Movements are linked up so they flow	
Precision	The movements performed in a dance are exact and neat and tidy	
Relationship: Canon Unison	This is where a group of performers repeats the same action one after the other. This technique is where all the performers complete the same movement at exactly the same time	<u>Styles of Dance</u> Jazz. Contemporary Ballet Street
Space	Using the correct amount of space needed to show the meaning of a dance. i.e. not just standing in one position. Also when in groups, showing different formations	
Dynamics	Being able to change the way your body moves.	
Levels	Movements are performed at different heights – high, medium and low	
		<u>Fitness Requirements</u> <ul style="list-style-type: none"> • Flexibility • Muscular Endurance • Agility



Key Skills/Techniques

FOOTBALL KNOWLEDGE ORGANISERS

Dribbling

Dribbling allows you to move the ball around the field without losing possession.

Keep the ball close to your feet at all times, when running with it.

Use the inside of your foot to control the ball when moving.

Don't look down when running with the ball. Keep your head up.

Passing

Non-kicking foot is closest to the ball.

Kicking foot needs to be at a right angle to the ball Body over the ball

Eyes focused upon the ball and arms are to be used for balance

Shooting

Non kicking foot needs to be next to the ball and player needs to keep their body balanced with their head slightly over the top of the ball.

Contact the ball either with the side of the foot (placement of ball) top of the foot (to generate power)

Both legs need to be flexed but when striking the ball, kicking foot needs to be fully extended on the follow-through.

For accuracy, aim to shoot between the goalkeeper and the posts.

Rules Game is started by a kick off in the centre of the pitch, on the referee's whistle

The main game has 11 players on the pitch(consisting of goal keeper, defenders, midfielders and strikers)

A referee and 2 linesmen will officiate the game.

If the ball is played outside of the pitch lines, then the possession is given to the opposing team either as a throw in, goal keepers kick (off the floor) or corner.

If a foul is committed a free kick or a penalty is issued (depending on the incident)

To score a goal, the ball must cross the opposition's goal line.

The team with the most goals at the end of the game will win the game.

Key words/Phrases

Dribbling

Warm up

Cool Down

Side foot

Attack

Defend

Foul

Referee

Volley

Accuracy

Reaction time



Heading-

The forehead is used to contact the ball. Eye must be focused on the ball. Meet the ball with your head by moving your feet or jumping to gain the extra height advantage and power. Do not wait for the ball to hit your forehead.

Chest-

Used when the ball is played in the air, to bring it down on the floor. Player needs to align himself with the ball. Roll their shoulders back to generate a greater surface for the ball to contact with. Chest needs to be slighter curved, to cushion the ball. Bend you needs to take the impact of the ball and then allow the ball to roll down your leg to your kicking foot.

Volley –

The volley involves striking a ball that is still in the air. Focus eyes upon the ball. Arms out for balance. Keep eyes focused on the ball as you get into the line of flight. Head still. Non kicking foot on the floor and lead with kicking leg forward.

Team Formation

4-4-2 (4 defenders, 4 midfielders, 2 strikers) A traditional team set up

5-4-1 (5 defenders-4 midfielders and 1 striker) a more defensive set up

3-5-1-1 (3 defenders, 5 midfielders and 2 strikers 1 in front of each other) A more attacking set up.

Counter attacking –The team withdraws players into their own half but ensuring that one or two players are committed to the attack.

Direct Long ball football- Often used to deride ‘boring’ teams, the long-ball style of play is genuine route one football. Rather than spend time on the ball picking the pass, exploiting small gaps in the opposition’s defensive or utilising the flanks, the long-ball is employed as an opportunistic method of attack.

Wide/Wing plays- The ball is played to the wings. By spreading the ball wide, you allow a different angle of attack and offer a number of opportunities for the winger; take on the fullback and drag central defenders out of position, cut inside and drive forward at an angle, or whip in a cross from deep for the strikers to attack.



Knowledge Organiser - Year 7

KEY WORDS	DEFINITION
Artistic Gymnastics	Gymnasts perform individual short routines on different apparatus.
Acro Gymnastics	Gymnasts work in partners or groups to perform floor routines, including acrobatics, dance and tumbling to music.
Rhythmic Gymnastics	Gymnasts individually or in groups perform floor routines to music with apparatus (E.g. Hoop, Rope, Ball, Cluns, Ribbon.)
Travelling	The transference of weight from one body part to another in order to move along the floor
Rotation	When the body moves around an axis (longitudinal, transverse or Medial).
Balance	A strong shape held still for 3 seconds, on patches or points.
Flight	A moment in time when no part of your of your body is in contact with the floor or any apparatus.
Aesthetic	Beautiful, pleasing to the eye.
Sequence	A set of movements that follow each other.
Performance	An act of presenting a form of entertainment or task.
Apparatus	The equipment needed to perform gymnastics (E.g. Ball, hoop, bench).
Analyse	Look at something in detail to explain it.
Body Tension	To contract the muscles in the body to hold a position still.
Extension	To straighten and stretch the limbs.
Control	Being aware of your body and what it is doing.
Flow	Movements are linked so they flow.
Precision	The movements performed are exact, neat and tidy.
Canon	The same movement performed one after the other.
Synchronisation	The same movements performed at the same time.
Contrasting	Performing different movements at the same time.
Dynamics	Whether the gymnastics movements are performed with strong movements or soft flowing movements.

Fitness Requirements:

Muscular Endurance. Power. Flexibility. Co-ordination. Balance.

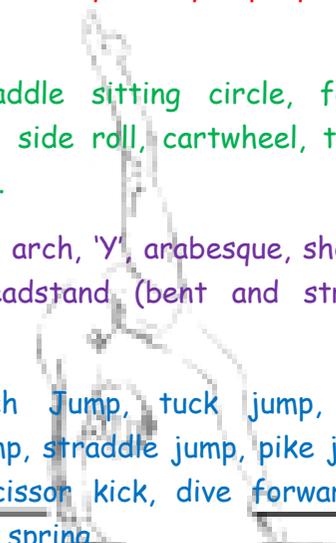
Gymnastics Movements

Travelling/Linking: Skip, gallop, roll, crawl, slither, tiptoe, jump, slide, leap, bunny hop, spider walk, hop, spin, twirl.

Rotation: Straddle sitting circle, forward roll, backwards roll, side roll, cartwheel, turning jump, bridge kickover.

Balances: Dish, arch, 'Y', arabesque, shoulder, v-sit, wine glass, headstand (bent and straight legs), handstand.

Flight: Stretch Jump, tuck jump, star jump, asymmetric jump, straddle jump, pike jump, turning jump, leaps, scissor kick, dive forward roll, dive cartwheel, arab spring.



Elements of an Aesthetic Sequence

Interesting Starting/Finishing Position.

Challenging Movements.

Canon/Synchronisation/Contrasting.

Directions/Levels/Dynamics.

Body Tension/Extension.

Control/Flow/Precision.



Knowledge Organiser: HOCKEY

Rules	<ul style="list-style-type: none"> • Ball cannot touch the back of stick (rounded side). • No stick tackles – player tackling makes no contact with the ball. • Ball cannot be kicked or hit with foot – unless no one is around and it does not impede the game then play can continue. • Any foul in the circle will result in a penalty corner where the ball must be taken out of the circle before a goal can be scored. • Balls off the backline by a defender will result in a long corner, which will be taken on the 25-yard line in line with where the ball went off. • Ball must travel 5m before being played into the D when a free hit is taken within the 25-yard line or must be touched by another player before going in. • Games starts and restarts with a push back from the centre where all players must be 5m away. • If a ball is lifted dangerously, it is a foul. • A side-line ball is taken from the opposite team to who touched it last and all players should be 5m away. • A player can self-pass during a free hit • A hit out is taken by a defending team when an attacker touches the ball last off the backline 	
	Skill/Tactic	Technique Points



Skills & Tactics	Open Stick Dribble	Left hand at top, right at bottom of grip/ knees bent/ back straight/ elbow up/ ball at 1/2o'clock on right hand side
	Indian Dribble	Left hand at top, right hand at bottom of grip/ knees bent/ back straight/ stick rolls over ball pulling it right on reverse/ open stick dribble again slightly to the left before pulling right again
	Block Tackle	Knees bent/ back straight/ stick flat on the floor/ left fist on the ground/ stick slightly tilted forward
	Jab Tackle	Standing on the left of an opponent/ stick in left hand on reverse/ jabbing motion to knock ball away from opponent
	V-drag	Plant left foot down/ turn stick to reverse/ pull ball back diagonally/ push on open stick to the right finishing the V motion and accelerating away from opponent
	Roll-out	Drop left shoulder/dribble anticlockwise/ feet move round in a circle covering around 1m/ball out to their right/three quarters of the way round they accelerate with high speed out diagonally
	Push Pass	Left hand at top, right hand at bottom of grip/ left foot forwards/ push ball from behind body/ follow through with stick in direction you want ball to go
	Slap Pass	Left hand at top, right hand at bottom of grip/ left foot forwards/ knees bent/ aim for chest on knee/head over ball/ stick draws semi-circle across ground contacting ball slightly in front of body
	Hit	Both hands at top of grip/ ball in line with left foot/ head over ball/ contact ball with flat stick face and follow through where you want ball to go
	Marking	Man to man marking or space marking/ as you get closer to your defending goal you get close to opponent/ try to channel/ push them out to the wings



Performance Skills, Techniques & Terms	Definition	The aim of the game is to stop your opponent from hitting the ball back over the net.
Serve - underarm - overarm	All games should start off with a serve from behind the baseline. You can serve underarm whilst you aren't as confident (with or without a bounce first) An overarm serve should be where the ball is thrown up above your head and you reach up high with the racket and hit the ball at the highest point.	<p style="text-align: center;"><u>Key Words</u></p> <p>Ball, Racket, Serve, Hitter, Feeder, Forehand, Backhand, Net, Forecourt, Rear Court, Ready Position, Baseline, Service Line.</p>
Hitter	The person hitting the ball.	
Feeder	The person throws the ball for the hitter to hit back or hits several balls for the hitter to hit and practice.	
Rear Court	The back of the court.	
Forecourt	The front of the court – close to the net.	<p><u>Scoring</u></p> <p>*The score starts at 0-0 which is love all. *It then increases as follows - 15 (1st point), 30 (2nd point), 40 (3rd point) game (final point). *‘Deuce’ is 40-40 *The next point after then becomes advantage to the point winner and game or back to deuce.</p>
Ready Position	The weight of the player is on their toes, hip width apart with their racket up and ready for play.	
Volley	When you hit the ball without it bouncing first – commonly done from the forecourt.	
Forehand Hit	Hitting the ball on the side of your body with your dominant (favourite) hand.	
Back hand hit	Hitting the ball on the side of your body with your non-dominant (non-favourite) hand. This can be done with 2 hands on the racket.	
Cross Court	Hitting the ball across the court – diagonally to find space away from your opponent.	<p style="text-align: center;"><u>Fitness Requirements</u></p> <ul style="list-style-type: none"> • Cardiovascular Endurance • Muscular Endurance • Strength • Agility • Flexibility
Follow Through	Having a full or short follow through will affect the speed and power of the shot. From low to high will hit the ball far, a short one will mean the ball wont go as far over the net.	

