# St Edmund Campion Physical Education Department – Knowledge organiser – Athletics year 7, 8 and 9

## Track

**Sprint** – 100m, 200m and 400m. The aim is to finish in the quickest time. 100m is a straight run. 200m includes a bend and you have a staggered start. 400m is one full lap of an official sized track and you have a staggered start. For all sprints you MUST stay in your lane.

**Sprinting technique** – Keep your body straight and your head still. Keep the shoulders low and relaxed. Run tall with high hips and knees. Drive the elbows back hard. Drive the knees forward. Cycle the foot quickly under your body. Drive the foot down to the ground and pick it up fast. In the 200m and the 400m allow your body to naturally lean in to the curve.

**Sprint crouch start**

**'ON YOUR MARKS'** – Place your hands slightly wider than shoulder width apart, behind the line. Elbows straight but not locked. Form a bridge with your hands. Place the knee of the back foot level or just in front of the toe of the front foot. Place the toe of the front foot 30-50cm back from the line. To mark it out – make an 'L' make a 'T' and place the knee in line with the heel.

**'SET'** – Shoulders should be above or slightly ahead of the hands. Raise your hips slightly higher than the shoulders. Bend the legs – front leg about 90 degrees, rear leg about 120 degrees. Keep still.

**'GO'** – Drive the rear knee forward, keep low. Bring the foot quickly down to commence the second stride. Drive the arms hard in opposition to the legs. Fully extend your driving leg and hip, knee and ankle.

**Distance Running** – **Middle** 800m and 1,500m

**Long distance** – 3000m 5000m and 10,000m

**Running technique** – Swing your arms in a balanced, relaxed and symmetrical manner. Run with rhythm and relaxation. Run with hips high. Look ahead, keeping your head aligned with your body.

## Field

**Jumping** – Long jump, triple jump, high jump, pole vault. The aim is to jump as high or far as possible.

**Long Jump** – The toe of the jumper's shoe, must be behind the leading edge of the take-off board. Long jumpers are measured from the forward edge of the take-off board made by any part of the body of the jumper.

Take-Off – Sprint as fast as you can towards the marker. Keep your hips high at take-off. Fully extend hips, knee and ankle. Keep your body upright. Drive the free knee up and forwards. Drive the take-off foot down and back.

Flight – Bring arms above head. Keep body upright. Hold the thigh **parallel** to the ground during flight.

Landing – Arms reach for toes just before landing. Reach legs out in front at landing. Bring legs forward and together. Land with heels first, bend knees to absorb momentum. Collapse body forward or sideways.

**Triple jump**- Use a **Hop**, a **step** and a **Jump**. The triple jump has 5 phases – Approach, hop, step, jump and landing. Throughout the jump keep the head and hips high, and your body upright. Aim for an active flat foot landing. Feel a fast bouncing action. Keep an even rhythm throughout each jump phases.

**High Jump** – The objective of the high jump is to clear a bar supported on uprights having taken off from one leg. Aim to achieve maximum height at take-off.

**Technique** – Scissor jump – Progress to Fosbury flop.

A jumper taking off from their left leg should approach from the right. A jumper taking off from their right foot should approach from the left.

**Scissors** – Approach – run in an angle of 30 degrees as fast as you can towards the bar.

Take-off – Drive the leg closest to the bar up and over the bar, keep it bent. Keep the head and upper body upright. Fully extend the take-off leg at the hip, knee and ankle.

Landing – Take-off leg follows to complete the jump.

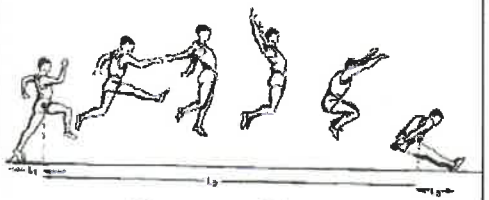
## Glossary

**Take-off** **Landing** **Approach** **Putt** **Reaction** **Speed** **Fosbury Flop** **Drive** **Vortex** **Balance** **Co-ordination** **Baton** **Hurdles** **Sprint** **Endurance** **Steeplechase** **Relay** **Change-over** **Power** **Hurdles** **Rotation** **Discus** **Javelin** **Shot** **Glide** **Stride** **Posture**

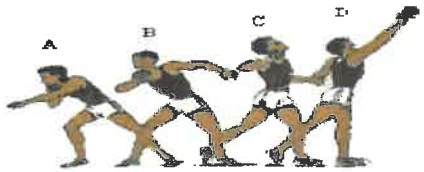
## Pictures



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# St Edmund Campion Physical Education Department – Knowledge organiser – Athletics year 7, 8 and 9

Breath naturally, keeping your shoulders relaxed. Keep your shoulders and hips as relaxed as possible. Pick the heel up and swing the knee forward.

**Start** – Standing start is used. Foot up to the line. Start in a lane but then cut in (move) to the inside lane (lane 1) after the first bend.

**Relay**

4x100m – 4 runners, who each run 100m

4x400m – 4 runners, who each run 400m

Runner 1 starts with the baton who runs to runner 2 where the baton is exchanged, who runs to runner 3 ad exchanges the baton, who runs to runner 4 and exchanges the baton, who finishes the race. The passing of the baton is called the changeover'. If you drop the baton or move out of your lane at any point during the race your team is disqualified. You must complete the changeover in the changeover box.

**How to pass the baton**

1. **Up-Sweep** – the incoming runner passes the baton **up** into the outgoing runner's hand.
2. **Down-Sweep** – receiving arm extended, but the hand level is just above hip height. Hand is almost like a 'V', and the baton is ready for landing between the thumb and first finger.
3. **Push Pass** – The arm is extended out parallel to the ground and the hand is open with the **thumb pointing down**

**Change over** – If the **first runner** has the baton in their right hand, they must stay on the inside of the lane at the exchange. **2nd runner** takes the baton on the left hand and stays on the outside for the exchange. The **3rd runner** takes the baton on the right hand. **Runner 4** takes the baton on the left hand and stays on the outside of the lane when receiving. You are allowed to switch hands after receiving the baton.

**Fosbury Flop** – **Approach** – use a J shaped run up as fast as you can. Run tall with the trunk upright. **Take-off** – drive the inside knee upwards – keep it high after take-off. Drive vertically at take-off. At take-off extend fully at hip, knee and ankle. **Landing** – Push hips upwards to 'arch' over the bar. Lift the legs clear of the bar and land safely with the mid-upper back touching down first. Clearance should occur over the middle of the bar.

**Throwing** – Shot, discus, javelin and hammer. The objective is to throw each implement as far as possible.

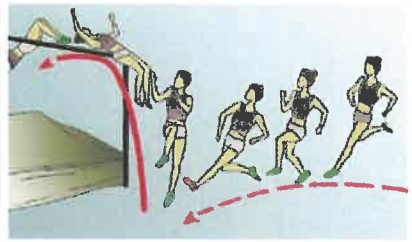
Grip – clean palm dirty neck – Rest the shot at the base of the first 3 fingers of your throwing hand. Hold the shot under the chin, against the neck with the elbow raised. Keep the wrist firm. Keep the throwing elbow high throughout the movement. Turn the shoulders away from the direction of the throw. Split stance. Front foots heel should be in line with the back foots heal. Both legs bent with the weight on the ball of the front foot. Drive the hips forwards and upwards before release. Throwing arm pushes long and high after a full extension of the legs and trunk.

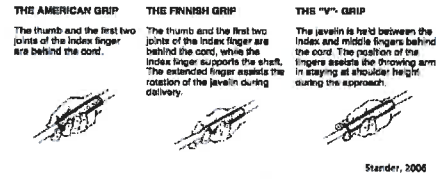
**Javelin** – Standing throw (see pictures) – Hold the javelin back with an extended arm and palm high. Extend the right leg at the knee and ankle to drive the hip forward over a straightened left leg. After the hip drive pull the javelin through with the elbow close to the ear. Opposite foot forward (left foot forward for right handed thrower). Stand with feet shoulder width apart, the left foot pointing forward.

**Discus** – Standing throw – **Grip** – Rest the discus across the finger pads, spread fingers. **Preparation** - Swing the discus back behind the right hip and behind the right leg. The toe on the left foot is in line with the heel of the right. Stand side on to the direction of the throw, with feet just over shoulder width apart. Keep the weight over the rear leg as long as possible. **Release** – keep the hand on top of the discus. Keep the arm long and relaxed. After the hip drive pull the arm through fast and last. Lead with the thumb, drive the hips forward.

Javelin change over







# St Edmund Campion Physical Education Department – Knowledge organiser – BADMINTON year 7, 8 and 9

## Skills and Techniques

Forehand- A forehand shot is where the racket is away from the body, for example if you are right handed the racket will be towards the right side of your body.

Backhand- A backhand shot is where the racket is across the body and towards the opposite side to your strong hand. For example if you are right handed it will be across your body and hitting from the left side.

Serving- There are 4 types of serve: Low, High, Flick and Drive. The low is gently placed over the net to land at the front of the court. The high is opposite, a powerful serve which lands at the back of the court. The flick serve is similar to the high but lands more mid court. The drive serve is a flat, low and powerful serve which is aimed towards the back of the court.

Grip- The grip of the racket is very similar to a hand shake. To test you have the correct grip hold the racket head in your hand, then carefully slide your hand down the racket. Then, wrap your fingers around the handle. You will slightly change your grip when you play a backhand shot as your wrist will turn towards the net.

Footwork- Side stepping will be the majority of the footwork you do, it allows you to move around the court efficiently while still maintaining proper hitting form. Your legs should be square with your body and move side-to-side. Regardless of the direction you are moving, your head should always be facing the net.

## Skills and Techniques

Drop shot – A drop shot is a front of court shot, similar to a net shot but from mid court. It travels a long distance but aims to drop to the floor as soon as it goes over the net. The shuttle needs to be hit with a high elbow at the highest point possible to ensure it reaches the opponents court side.

Smash shot – This is a powerful shot which most of the time will win you the point. It is a mid-court shot which moves in a downwards motion very powerfully so it is almost impossible for your opponent to return the shuttle. This is in a downwards motion and power is needed from your shoulder and arm.

Net shot – This is where the shuttle glides just over the net, almost in touching distance. This is a hard shot to return as it is very low to the floor when it goes over the net so the player must be quick to get low and return this. You must lean over the net ensuring you do not touch it and hit the shuttle gently in a downwards motion.

Clear shot – This is a long shot which aims to land in the back tram line of the court. This is helpful if your opposition tends to play close t the net as they will not have much time to get to the back of the court to return the shuttle. To ensure this is successful you must ensure your elbow is high and you make contact with the racket and shuttle at its highest point with a lot of power.

**Singles court** – short and wide

**Doubles court** – Long and narrow

## Glossary

**Shot** **Serve** **Net** **Rally** **Smash** **Drop** **Drive**

**Forehand** **Backhand** **Grip** **Footwork** **Underarm**

**Shuttlecock** **Racket** **Overarm** **Tramline** **Flick**

**Singles** **doubles** **High** **Low** **Short** **Long**

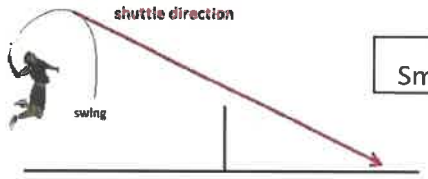
## Pictures



Forehand



Backhand




Smash shot

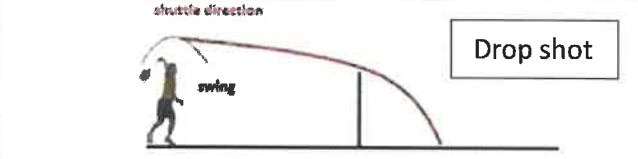
# St Edmund Campion Physical Education Department – Knowledge organiser – BADMINTON year 7, 8 and 9

## Rules

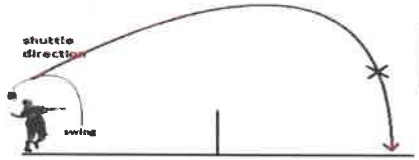
- After the serve is returned, you and your opponent will hit the shuttle alternately until s 'fault' is made or the shuttle goes out of play. This is called a rally.
- A badminton match consists of the best of 3 games. In men's, the first side to score 15 points wins the game. In women's, the first side to score 11 points wins the game.
- To score a point you need to get the shuttle to land anywhere on your opponent's floor without them being able to return it. Also, you can score if your opponent returns the shuttle and it lands outside of the court on your side. Similarly, you can score a point if any of the following faults are made by your opposition:
  1. The shuttle goes under the net
  2. The shuttle hits the wall, ceiling or any player
  3. The player touches the net with any part of their body or racket
  4. Deliberately distracting your opposition
  5. If the shuttle is hit twice before it goes over the net
- In doubles the whole court is used however, in singles the back tram line is classed as out.

## Tactics

- Hitting the shuttle consistently high and deep to give time to recover
- Try to aim shots to the opponent's weaker side (usually backhand), to give the advantage of a weak return.
- Try to pace shots before adding more power, because more power will usually result in more errors.
- Try to keep your opponent on the move as much as possible, rather than 'rally'. Try moving the opponent from the net to the back of the court and from the forehand to the backhand side to fatigue them quicker.
- Keep winning: Keep playing the same way
- Keep losing; Change the style of play
- Try to change the speed of play, by mixing up shots. For example hit some slower shots, such as, drop shots and net shots, with faster shots in between, such as smashes and drives.
- Always play to your personal strengths – shots/movements you are good at.
- Exploit your opponent's weaknesses. Find out their weaknesses and play shots to force errors.



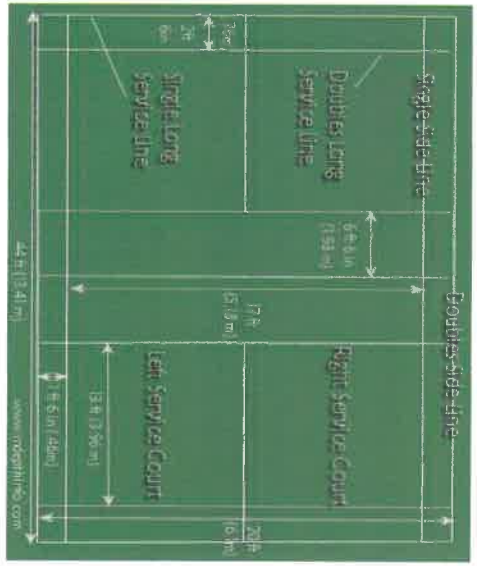

Drop shot




Overhead clear




Net shot



# St Edmund Campion Physical Education Department – Knowledge organiser – Basketball year 7, 8 and 9

## Key Skills

**Dribbling:** Touch the ball with your fingertips, not your palm. When you dribble, you want your hands to make contact with the ball so that you have good control over the ball and you don't have to use much arm strength to keep the ball bouncing. Don't slap the ball with your palm. Handle the ball with the tips of your fingers. Spread your fingers out across the surface of the ball for a wider, more balanced contact area

**Chest pass:** The ball should be held close to your chest. Your fingers should be spread comfortably around it, shielding the ball. Take a step forward as you release the ball and extend your arms sharply as you push the ball towards your team-mate. As your arms straighten, finish the pass with the wrists snapping inward. Aim to keep your thumbs together and pointing downwards. Your fingers should be pointing towards your target.

**Bounce pass:** The trick is to fake a move which draws the defender one way, then pass the ball underneath their outstretched arms. Bend your knees and extend your arm to the side of your body to give you the space and angle to make the pass. Use your fingers to push the ball downwards to your team-mate. The ball will slow after bouncing, so aim to hit the floor about two-thirds of the way to the receiver. This reduces the risk of your opponent intercepting the ball.

**Pivoting**: After stopping with the ball, pivoting allows you to change direction and look for a pass or shot. Remember not to move the foot you stopped on - that's against the rules. If you stopped on both feet at the same time you can choose which foot on which to pivot. Moving off one foot means the other one is your pivot foot. To begin the pivot, lift the heel of your turning foot and transfer your weight over it. Lift your non-pivot foot up and use it to turn your body by making short little steps to steady your balance. You can move quite a lot as long as the ball of the pivot foot remains in contact with the court and does not move.

## Rules

The game consists of two teams with 5 players on court for each team at one time. The aim is to score as many hoops, shooting through the hoop as you can in the time allocated.

Players cannot travel with the ball. They can move with the ball by dribbling but once they stop and hold the ball with two hands they must pass the ball. If they do not pass the ball and start dribbling again they will be pulled up for 'double dribble'.

Players cannot hold the ball for longer than 5 seconds.

If the ball goes out of play then a side line ball is taken from the opposite team.

Once the offense (attacking team) has brought the ball across the mid-court line, they cannot go back across the line during possession.

Fouls are given for hitting, holding or pushing an opponent. If a player fouls the shooter, then 1-3 free throws can be awarded (each worth 1 point).

### Scoring system

**3 points** are awarded if the ball is successfully shot through the hoop from behind the 3 point line

**2 points** are awarded if the ball is successfully shot through.

**1 point** If a foul is committed they have a free attempt to shoot their ball through the hoop. A player is given a point for every successful foul shot.

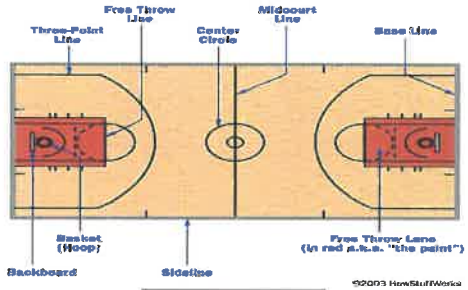
### Positions

## Glossary

Offense Defense Double dribble Foul Travelling Triple threat position Lay up Free throw backboard dribble Screening Zone Bounce pass Pivot Hoops Rebound Assist Attack Key Guard Shooting

### Pictures








**Set shot:** This shot is used when you are standing still and close to the basket. Taken from the free-throw line. Crouch down with your knees apart and face the basket. Your shooting hand should be behind the ball with the wrist cocked. If you are a right-hand shooter, your right leg should be just ahead of your left as your knees bend. Shooting hand facing the basket. Start by straightening your legs and transfer your weight slightly forwards towards the basket. Pump your arm upwards so it straightens and aim to lift yourself up on to your toes. Use your non-shooting hand to guide the ball and release it by flicking your wrist and fingers of your shooting hand. Aim for the ball to loop quite high and concentrate on having a smooth and continuous action.

**Lay up:** Make sure your strong hand is at the bottom and your supporting hand is at the side, keep it high. If you are right handed dribbler, step right, jump left and aim for the top right hand corner of the box on the backboard. If you are a left handed dribbler, step left, jump right, and aim for the top left hand corner box.

**Triple threat position:** After receiving the ball, adopting the triple threat position gives you a comfortable stance to make your next move. Standing with your legs spread, a shoulder width apart and your knees slightly bent will give you a solid base to catch the ball. Your weight should be pushed forward as you receive the ball. Keeping the ball up and in front of you with your elbows pointed out will help to protect it from the opposition.

**Jump shot:** This shot is useful if you are being closely marked. Both of your feet should be flat on the floor, with your body facing the basket, a low crouch will give you the momentum to make the jump. With the ball in both hands, rise up off your feet and prepare to shoot. Your shooting hand should cup the ball and point towards the basket. And your other hand can gently guide the shot from the side of the ball. As your body straightens, spring off from the ground and shoot with both arms straightening. A snap of the wrists and fingers should help with the release of the ball. As you shoot, concentrate on the basket and not the ball. Extend your arms fully.

**Rebounding:** Involves maintaining possession after a shot has been taken. The team who has the most numbers of rebounds after the game has more shot attempts and chances to score.

The 5 players on court, typical consist of:

- Two guards, Two forwards and a post or centre

**Point Guard** - Usually the shortest player on the team. Must possess good passing and dribbling skills. Must have good court vision taking pride in passing and creating open shots for receivers.

**Shooting Guard** - A team's best outside shooter. Must have the ability to create open shots within their range and not let outside pressures take them outside their range. Knows how to use teammate's screens to get open shots.

**Small forward** - A team's best all-purpose player who can play inside and outside. Must be aggressive and strong enough to mix it up inside, but agile enough to play outside.

**Power Forward** - A team's second biggest and strongest player. Must be able to post up as well as make 15' medium range shots. Interchangeable with post.

**Post/Centre** - A team's biggest, strongest player. Mainly plays in low post area near basket. Must be able to post up and be an offensive treat inside. Must be able to set solid screens for teammates. Must be able to defend the post area. Has primary defensive rebounding responsibilities.

**Sixth Person(s)** - A team's first sub. Must possess better skills and leadership than some of the starters. In addition, the sixth person usually can play multiple positions.

**Defensive Stopper** - Successful defensive Stoppers are a result of having solid on and off ball defensive fundamentals along with a strong attitude and relentless determination. They are highly challenged and motivated when it comes to stopping and frustrating the opponent's leading scorer. Their job is to stop not score.

**Screening**



Screening in basketball is an attempt of an offensive player to prevent a defender from guarding his teammate. By standing beside or behind, an offensive player allows his teammate to move unhindered, dribble, pass, drive in or shoot towards the basket.

**Shooting**

Preparation Release

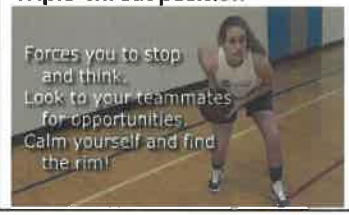


**Zone Marking**






**Triple threat position**



# St Edmund Campion Physical Education Department – Knowledge organiser – HANDBALL year 7, 8 and 9

## Skills and Techniques

**Dribbling:** Players may dribble the ball as in basketball but are allowed 3 steps before and after the dribble. You need to keep the ball close to your body to help protect the ball from defence, also keep your head up so you can weave in and out of the opposition without the ball being intercepted.

**Overhead pass:** This is a double handed throw, similar to a football throw in.

**Chest pass:** This is a short and powerful pass, you have your hands in a W shape and push to extend your arms, you also step forward to give more power.

**Shoulder pass:** This is a long and powerful shot, you start with the ball in your strong hand next to your shoulder, you extend your arm and follow through with your body.

**Bounce pass:** This is a pass which is low to the ground, you use the same position as a chest pass but aim in ¾ of the way between you and the person you are bouncing too.

**Blocking/Marking:** This is similar to marking and intercepting the ball in netball, both hands are over the ball and when the ball is released you must jump to try and gain possession. Handball is a sport where a certain amount of **contact** is permitted. To tackle properly, you contact the opponent's shooting arm at the upper arm or the shoulder to take away the opponent's shooting power. The other hand is placed on the opponent's body at hip height in order to control the opponent's movement.

## Rules

Pushing, holding, tripping and hitting are violations. You cannot push a player out of the way – it is a non- contact sport. You cannot trip a player over accidently or deliberately. Free throws will be given from where ever the violation took place.

Players are not allowed to play the ball with their legs below the knee or to dive on the floor to play a ball, this will also result in a free throw.

Players are not allowed to take more than 3 steps with the ball. If a handball player takes more than three steps without dribbling (bouncing the ball) or holds the ball for more than 3 seconds without bouncing it, shooting or passing, then that is deemed 'walking' and possession is lost.

To score a goal you must throw the ball into the goal when you are outside the goal area.

Defensive players are allowed to use their body, arms and hands to obstruct an opponent. The game is quite fast and includes quite a lot of contact as the defenders try to bodily stop the attackers from approaching the goal. Only frontal contact by the defenders is allowed; when a defender stops an attacker with their arms from the side, the play is stopped and a free throw is given.

## Glossary

Dribble
Overhead Pass
Chest pass
Bounce Pass
Shooting
Goalkeeper
Defence
Attack
Score
Shot
Team Work
3 step
Contact
Free throw

## Pictures

5-1 defensive formation




6-0 defensive formation



**Shooting:** You must have a powerful one handed throw when you shoot and be able to read the goalkeeper and try to outwit their moves. Most goals are scored towards a corner rather than directly down the middle, towards the goalkeeper.

**Saving:** This is very similar to football however you must only use your hands and not your feet. You have to read the shooting players movements and dive/jump to stop the ball from going into the net.

**Umpire decisions:**

**Free-throws** - These are awarded for slight infringements of the rules. All defenders are required to stay 3m (9.84ft) away from the person taking the free-throw.

**Penalty-throws in handball** - These are awarded when denying a clear scoring opportunity with an infringement.

**Throw ins** - These ae awarded after the ball has crossed a side line. It is taken by the side who did not touch it last, with the player putting one foot on the line where the ball went out and passing it back into the court.

**Corner** – a corner is taken by the attacking side when a defender has knocked the ball over the goal line (other than in the goal). The player puts one foot on the corner of the side line and the goal line and passes the ball in.

## Game duration

A game lasts for 2 halves of 30 minutes

## Tactics

Make sure you are varying your shots so that the goal keeper cannot read you.
In an official game of handball you get 'timeout' breaks – if the opposition is on a shooting streak then use timeouts then to put them off their momentum. Make sure you serve your strongest player so that the game can start with a shot or a good feed into the area.

## Goalkeeper

The player with the responsibility of defending the goal. He or she can do so, using almost any part of their body. Goalkeepers are the only team member who can touch the ball 'legally' with their feet. Goal keepers are not allowed outside the goal semi-circle whilst holding or dribbling the ball. Their reactions should be quick, agile, and they should know how to read the game.

## Positions

A full squad in a handball team consists of 14 players. Only seven play on court at any one time, each with differing roles and positional responsibilities. As follows:
2 full backs
2 wingers
1 circle runner, 1 Centre player.
1 Goal Keeper

# St Edmund Campion Physical Education Department – Knowledge organiser – NETBALL year 7, 8 and 9

## Skills and Techniques

**Footwork:** When you receive the ball from another player you will land with your feet using '1, 2' the first foot is your landing foot the second foot is your pivoting foot.

**Pivoting:** You may move around on a pivot by keeping foot number 1 on the floor, but not lifting it up, your foot number 2 can help you by moving around in a circle.

**Chest pass:** This is a short and powerful pass, you have your hands in a W shape and push to extend your arms, you also step forward to give more power.

**Shoulder pass:** This is a long and powerful shot, you start with the ball in your strong hand next to your shoulder, you extend your arm and follow through with your body.

**Bounce pass:** This is a pass which is low to the ground, you use the same position as a chest pass but aim in ¾ of the way between you and the person you are bouncing too.

**Marking:** You must be 1m away with your feet from the player, once you have this distance you put both of your arms up over the ball and go onto your tiptoes, when the ball is released you jump to attempt to intercept.

**Shooting:** You have once hand underneath the ball and the other helping it to balance, you get your aim correct and then bend your knees and release the ball, flicking your wrists

**Dodging:** When you need to get free from your player you push off one foot and then turn your hips to change direction and run the other way.

## Rules

**Contact:** You can't touch or push any player during the game as it is a non-contact sport, this will result in a **penalty pass** or if they contact you whilst you are in the shooting circle, you will get a penalty shot.
**Footwork:** If the player moves the landing foot or takes 3 steps with the ball, the other team gets a free pass.
**Obstruction:** You must be 1 metre away from the player with the ball before your arms go up and over the ball. If your defender is obstructing you before you shoot, you get a penalty shot.
**3 Seconds:** You can only hold the ball for 3 seconds before you pass or shoot.
**Centre Pass:** To start a game, and after a goal is scored you go back to the centre pass and players must receive the ball in the centre third.
**Repossession:** If a players drops the ball or bounces the ball and picks it back up again the other team gets a free pass.
**Offside:** If you go into a third that you are not allowed in or if any other player than GS GA GK GD go into the shooting circle the other team gets a **free pass**.
**The Game:**
Netball is played over 4 quarters.

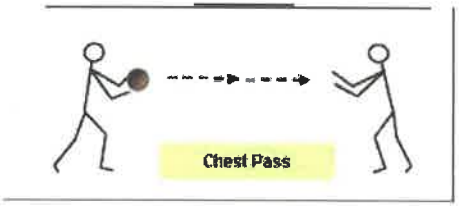
## Glossary

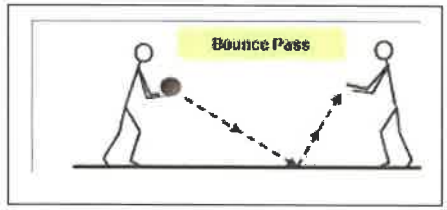
Attack
Defence
Footwork
Pass
Interception
Marking
Dodging
Receive
Obstruction
Contact
Pivoting
Shooting
Repossession
Signal
Space
Rebound
Umpire

## Positions

GS
GA
WA
C
WD
GD
GK

## Pictures








Marking the ball


Landing

## Tactics

**Blocking:** This is where you face on and try and block a player. You have to have your hands by your side and if your opponent pushes/runs into you, it would be contact and you get a free pass. This is usually used around the circle. E.G, the defending C will block out the GA, which assists the GD

**Dodging tactics:** always signal when you want to receive the ball.
**Feint Dodge:** This is where you trick your player into thinking you are going to run into a certain space by dropping your shoulder but then change your direction and get free for the pass.
**Drive/Sprint Dodge:** Start on your toes and sprint into a space to receive the ball.
**Roll Off:** Step to one side to draw the defender, pivot on that foot, make a quick half turn with your back towards the defender and sprint in the opposite direction.
**Double feint dodge:** Drop your shoulder one way and then the other and then sprint into the space in the opposite direction.

**Attacking:** Gain the front position on a defender. Move in front of the defender to gain an advantage. Receive the ball on ball side

**Defending**- 3 steps - mark the player, mark the ball and mark the space Limit available options for the ball carrier.

**Umpire decisions:**

**Penalty pass** - Awarded to the opposing team for any penalty incurred involving obstruction or contact. The offending player must stand to the side of the opposing player and is not allowed to move until the ball has been released.

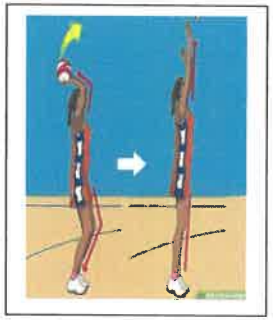
**Free pass** - If a player breaks a minor rule such as footwork, offside, the opposition is awarded a free pass, which is a pass taken from the same spot where the rule was broken.

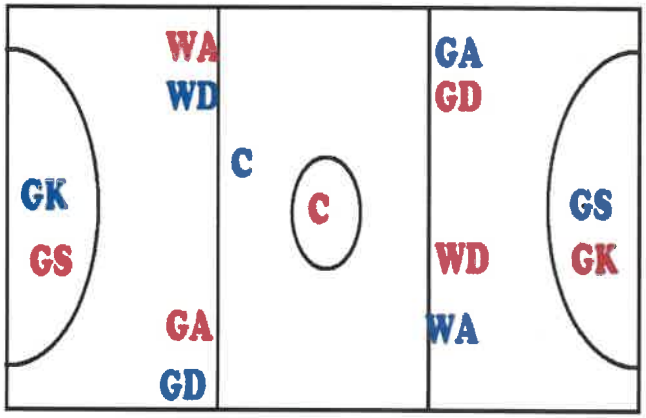
## Scoring systems and positions

To score a point the GA or GS must shoot the ball into the net and it must travel all the way through the net. You get 1 point for each goal. They must be wholly inside the goal circle to shoot. If the shooter does not hit the rim of the net/post with the ball and the shooter catches the ball after shooting, this is repossession and the ball goes to the other side.

| | |
|---|---|
| **Goal Shooter (marks GK)** | To score goals and to work in and around the circle with the GA. Allowed in the shooting third. |
| **Goal Attack (marks GD)** | To feed and work with GS and to score goals. Allowed in the shooting and centre third. |
| **Wing Attack (marks WD)** | To feed the circle players giving them shooting opportunities. Allowed in the centre and shooting third but not the circle. |
| **Centre (marks C)** | To take the centre pass and to link the defence and the attack. Allowed everywhere except the 2 semi circles. |
| **Wing Defence (marks WD)** | To look for interceptions and prevent the WA from feeding the circle. Allowed in the centre and defending third but not the circle |
| **Goal Defence (marks GD)** | To win the ball and reduce the effectiveness of the GA. Allowed in the defending third and centre third |
| **Goal Keeper (marks GS)** | To work with the GD and to prevent the GA/GS from scoring goals. Defending third only. |






= Blue Team.
= Red Team.

# St Edmund Campion Physical Education Department – Knowledge organiser – Orienteering year 7, 8 and 9

## Skills and Techniques

Orienteering is a sport that require **navigational skills** using a **map and compass** to **navigate** from point to point in **diverse** and often unfamiliar **terrain** whilst moving at **speed.** Participants are given a **topographical map**, usually a specially prepared orienteering map, which they use to find **control points.**

Running activities: All lessons start with running activities to encourage pace and speed. Cardiovascular fitness is required over different types of terrain.

Observing surroundings: Look at your surroundings (playground/ cage/ grass areas/ tree) and identify key features that help you find your precise location. You need to observe your surroundings before looking for markings on a map.

Orientating a Map. You need to orientate your map (move it) to line up with the key features on the ground and check it is the correct way round to the direction you are facing.

Directions: - understand the Cardinal Markers – North, South, East and West and their relation to features on the ground and to places beyond the school site.

Map Reading – Recognise symbols on a map, be able to use a key to recognise symbols and colours on an orienteering map.

Human features: Know that a human feature is influenced by man (buildings, benches, fences, walls)

Physical Features: Know that a physical feature is natural (rivers, beaches, hills, forests)

## .Skills and techniques

KEY: know the symbols used in the key for the school and fields Maps




## Glossary

**Orienteering, Location, Speed, Cardiovascular Fitness, Setting a Map, Navigation, Diverse, Direction, Key, Cardinal Markers, Terrain, Map, Compass, Control point, Thumbing**

Pictures

Orienteering flag





Working as a team

**Rules:**

The main aim of orienteering is to complete the set course by finding control markers in the correct order in the shortest time.

Although it Is based on accurate map reading it is also a test of physical fitness.

You must find all the controls you are told to visit and record them on your score sheet.

You have to consider the terrain you are moving over ensuring your safety and the safety of any team members at all times, taking into account the varying fitness level of all your team members.

If you are working in a team, you must share the responsibility of finding the controls and make sure that all members of your team have an opportunity to problem solve to find each of the controls.

Team work is necessary when you are completing an orienteering course with others. You must communicate and discuss each decision before navigating to the next control point. Mistakes can easily be made through poor communication.

All control marker are outside, you must not go inside the school building to cut through to find controls.

You and your team must find the controls yourself and not shout out control symbols to others

In order to be given a finish time for finding controls the whole team has to finish together

Tactics

A key tactic to use is pace. You must make sure that you don't sprint off too quickly without orientating yourself and your map. You need to be able to keep a steady pace up all the way round the course.

You need to be able to orientate your map quickly by finding key features on the ground and then lining yourself and your map up to face the same direction

Each time you change direction whilst you are running you should change your grip on the map so that the map is re-orientated and remains facing the same direction as the features on the ground.

Star exercises: In a start exercise you have to run out from a central start point to a control and remember the answer on the control marker, if you are in a team you should each remember a different answer if you have to run to more than on control marker.

Courses, sometimes you will be given more than one control to find at a time which makes up a course. You may do a different course to another team and as it's a race you should not shout out your answers.

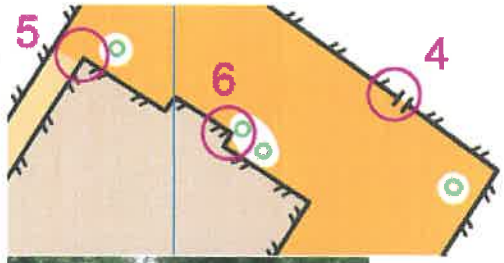
Thumbing- to help you know where you are on the map, you mark your position with your thumb. As you move along the ground, you should move your thumb to your new position on the map.

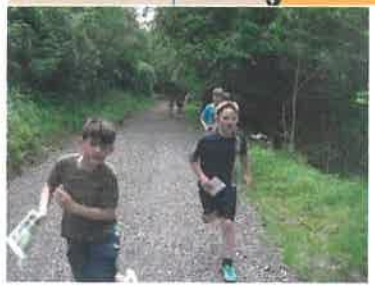
Line features – you can use features on the ground to help you run towards the control marker, (e.g. edge of the cage/ line of trees / fence) so that you can run in the general direction towards a control and then be more precise in your navigation as you get closer to the control.




Orienteering Control

Orienteering Map



Racing to the finish

# St Edmund Campion Physical Education Department – Knowledge organiser – Swimming year 7

## Skills and Techniques

**Front crawl/freestyle:**

**Arms:** (catch, pull, recovery): The finger tips lead the hand entry, entering the water at a point in front of the head, between the shoulder and centre line. The hand **catches** the water, palm down and then accelerates making a **pull** action, through an S shape pathway to the hip. **Recovery**, The arm is taken back over the water in a pathway close to the body, with the head and near the water surface.

**Legs:** Kicking action is on top of the water; kick from hip; knee slightly bent; ankles relaxed; toes pointed. Usually 6 or 8 kicks per stroke cycle.

**Breathing**: There should be a breath out into the water as the arm pulls through and the head rolls to the side ready to take a breath in. Breathe inwards quickly as the arm recovers over the water surface and the face rolls back into the water as the hand enters. Each part of the stroke should complement each other whilst maintaining a balanced and streamlined body position. All actions must be smooth and continuous.

**Breast stroke:** 'pull, breathe, kick, glide'

**Legs:** Breaststroke leg kick takes place under the water and begins with the legs in an extended position with feet together. The knees bend to bring the heels towards the butt and the feet flex into an outward turned position at the same time. With the feet now turned outwards, they accelerate in a curved pathway, with the soles of the

## Rules

**Front crawl**

Start by diving into the water. The Swimmer's head must surface by the 15-meter mark. On the turn & finish some part of the swimmer must touch the wall at the turn and the finish. No pulling on the lane lines, walking or pushing forward off the bottom of pool. You are not allowed to walk on or push off the bottom of the pool.

**Breaststroke Rules**

Start by diving into the water. The swimmer is allowed one full arm pull (beyond hipline) and one kick while submerged at the start and after turns; head must break the surface by the widest part of the 2nd stroke (before hands turn inward). The stroke cycle consists of one arm pull and one kick in that order; the head must break water surface at least once each cycle. Swimmer's leg motions must be simultaneous; feet must be turned out in downward propulsive part of kick. No flutter or butterfly kick is allowed.

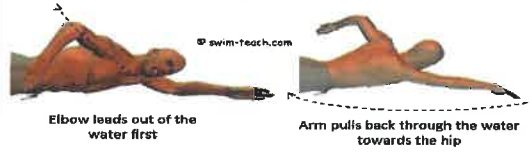
On the turn & finish a simultaneous two-hand touch is required. You are not allowed two strokes or kicks underwater; alternating kick; scissors kick; butterfly kick; arms not moving in the same horizontal plane; out-of-cycle or a one-hand touch.

## Glossary

Front crawl Streamline Freestyle
Back stroke Kick Pull Butterfly
Submerge Dive Tread-water Sculling
Breast stroke Propulsion Medley
Synchronised Stream-lined Jump Breathe
Buoyancy Body position Body tension
Bilateral breathing Glide Float Water

## Pictures

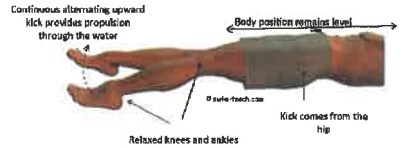
**Front Crawl arm action**




**Breast stroke leg kick**




**Back stroke leg kick**



feet exposed to the water to provide propulsion. The feet then snap together and the legs finish together to form a streamlined shape.

**Arms:** The arms begin extended out front with palms facing downwards. The arms then pull in a circular movement, outwards and downwards, followed by a movement inwards and forwards. The hands finish together with arms fully extended and elbows tucked in

**Breathing:** Breathing inwards takes place every time the arms pull back to allow the body to lift and the head to rise. Breathing outwards occurs as the legs kick back and the arms extend forwards - think 'blow your hands forwards'.

**Back stroke:**

**Legs:** Toes are pointed with ankles relaxed and the knees bend slightly with each kick. The knee bend provides power on the upbeat phase of the kick, finishing as the toes just break the water surface.

**Arms:** The hands enter the water little finger first, palm outwards with the upper arm just brushing past the ear. The arm pulls through an S shape pathway, finishing at the hip, palm downwards. One arm begins to pull as the other recovers over the water surface.

**Breathing:** Breathing should be regular and in time with the effort phase of the stroke.

**Treading water**: is where you move your limbs to keep your body afloat in a vertical position and your head above water. To scull/tread water, you lift your arms sideways at shoulder level and then sweep your hands forward and backward against the water. The pressure of your arms and hands against the water creates some vertical lift that keeps your body afloat. The leg kick also provides some lift that helps you to keep your body afloat. To kick, you kick alternatively with each leg forward then backward or complete breaststroke leg kick.

**Backstroke Rules**

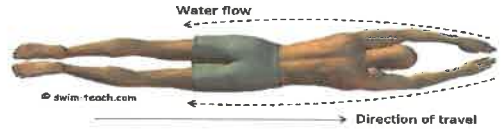
Start in the water, 2 hands on the bar and push off on your back. You must remain on your back for the whole of the race. The head must break the surface by the 15-meter mark. The swimmer must remain on their back and may not be completely submerged except at the touch and the finish. After the start you cannot be submerged past the 15M mark. You cannot pull on lane ropes or push off the sides. You must touch the wall when you turn.

**Relays**

In a relay, **four** swimmers compete as a team. A swimmer may swim only once in a relay, and must swim one-fourth the total distance of the race. In a freestyle/front crawl relay, all swimmers swim freestyle/front crawl. In a medley relay, each swimmer swims a different stroke. In a medley relay the strokes must be swum in this order: backstroke, breaststroke, butterfly, freestyle/front crawl.

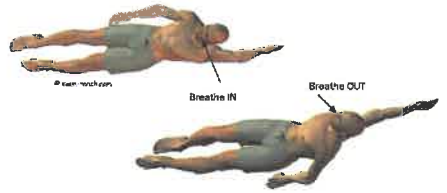
**Diving**

Place your lead foot over the rim of the pool. If you're right-handed, your lead foot will be your right foot, and if you're left-handed it will be your left foot. **Standing start** - Place your lead foot in front of your back foot, so your toes slightly jut over the pool. Your back foot should be on the ground, with your weight balanced equally over your feet. **Start from the side or starting block** - start in a crouched position, gripping the edge of the block with both your fingers and your toes. As you start, push off from the side, raise your arms above your head, with your elbows straight. Tuck your upper arms against your ears. Hold your hands flat, with one palm resting over the back of your other hand. Push off and dive into the pool, with your lead foot. Enter the water fingertips first. Keep your body straight as you dive, with your legs together and your toes pointed.



Streamlined body position minimises drag, allowing efficient movement through the water

**Backstroke breathing**



**Front crawl breathing**



**Dive – Entry**



**Dive - Preparation**


**Competitive dive start**

