

Year 7 KS3 Physical Education - Knowledge Organiser

Sports:

Net / wall / racket games:

Tennis
Badminton
Table tennis

Invasion Games:

Hockey
Netball
Rugby
Football
Basketball
Handball

Fielding and striking games:

Cricket
Rounders

Movement activities:

Dance
Gymnastics

Other:

Swimming
Climbing
Athletics

4 Key Concepts:

- Skills
- Theory Knowledge
- Application of skills
- Character and mindset

Tactics:

- Width in attack
- Depth in defence
- Give and go
- Man to man defence

Students learn about:

- ❖ Skills and techniques
- ❖ Rules
- ❖ Positional play
- ❖ Game play
- ❖ Tactics
- ❖ How to lead a healthy active lifestyle

Skills students develop in PE:

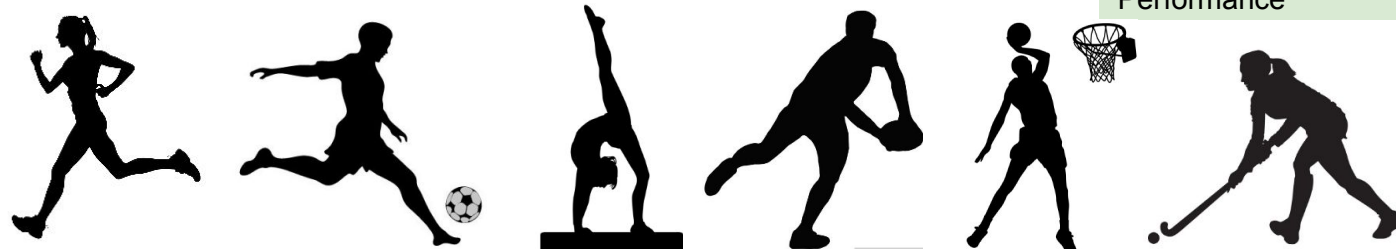
- ❖ Communication
- ❖ Teamwork
- ❖ Leadership
- ❖ Ethics and conduct
- ❖ Problem solving
- ❖ Organisation
- ❖ Physical health
- ❖ Coping
- ❖ Execution
- ❖ Creativity

Key Words:

Attacking
Defending
Passing
Dribbling
Shooting
Tackling
Marking - zonal and man to man
Power
Accuracy
Control
Fluency
Warm up
Cool down
Fitness
Health
Technique
Rules
Decision making
Performance

Theory knowledge developed:

Warming up and cooling down



KS3 Hockey - Knowledge Organiser

Skills and Techniques:

Dribbling - allows you to move the ball around the pitch without losing possession. Keep the ball close to your stick at all times, when running with it. Keep the ball at the 1 o'clock position. Use the flat side of your stick to control the ball when moving. Don't look down when running with the ball. Keep your head up.

Passing - push pass - stand side onto the ball. Bend your back leg and keep your front leg straight, with your foot pointing towards where you want the ball to go. With a slight bend in your arms, place your stick on the ball and push it forwards, transferring your weight from your back foot to your front foot.

Tackling - block tackle - put your stick flat on the ground with your body in a lunge position and drive forwards with the ball.

Rules:

- Game is started by a self pass in the centre of the pitch, on the umpire's whistle
- 2 umpires 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 sideline ball, hit out or long corner.
- If a foul is committed a self pass or a penalty corner is given (depending on the incident).

Positions:

- CF - centre forward
- RF - right forward
- LF - left forward

- CM - centre midfielder
- RM - right midfielder
- LM - left midfielder

- SW - sweeper
- CB - centre back
- RB - right back
- LB - left back

- GK - goalkeeper

11 players in total

Scoring System:

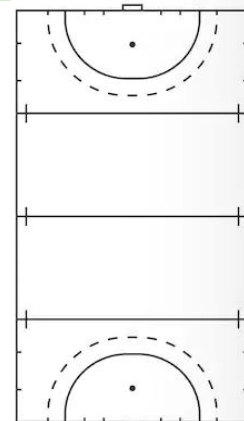
- To score a goal, the ball must cross the opposition's goal line and be touched by the attacking team inside the D
- The team with the most goals at the end of the game will win the game.

Tactics:

- Pass to your teammates strong side
- Make your passes accurate before adding power

Key Words:

- Dribbling
- Push pass
- Hit pass
- Sweep pass
- Block tackle
- Jab tackle
- Shooting
- Centre pass
- Hit out
- Short corner
- Long corner
- Self pass
- Attacking
- Defending



KS3 Dance - Knowledge Organiser

Skills and Techniques:

- **Actions** (eg travel, turn, elevation, gesture, stillness, use of different body parts, floor work, transfer of weight)
- **Dynamics** (eg fast/slow, sudden/sustained, strong/light, flowing/abrupt)
- **Space** (eg pathways, levels, directions, size of movement, patterns, spatial design)
- **Relationships** - eg lead and follow, mirroring, action and reaction,, complement and contrast, formations)
- **Timing**
- **Rhythm**

Choreographic devices

- Motif and development
- Repetition
- Contrast
- Highlights
- Climax
- Changes in numbers of dancers
- Unison and canon.

Positions and groupings:

- Solo
- Duet
- Trio
- Group

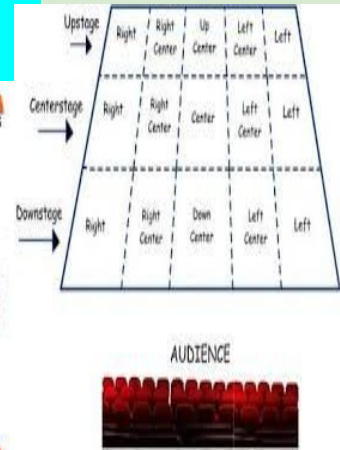
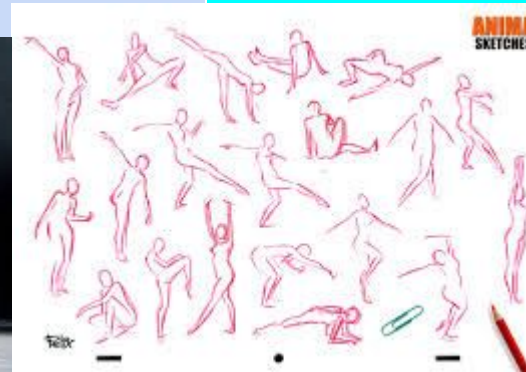
- Centre stage
- Upstage
- Downstage
- Stage Left
- Stage Right
- Onstage
- Offstage

Performance skills

- Posture
- Alignment
- Balance
- Coordination
- Control
- Flexibility
- Mobility
- Strength
- Stamina
- Extension

Key Words:

- Choreography
- Pathways
- Direction
- Level
- Speed
- Extension
- Timing
- Phrase
- Stimulus



KS3 Gymnastics - Knowledge Organiser

Categories of movement

All forms of human movement and gymnastics can be described within the following categories.

Balance, Flight, Rotation, Locomotion.

A forward roll is primarily rotation but is also a travelling action that requires dynamic balance.

A leap is primarily flight that is also travelling and also requires balance.

A headstand is a balance but moving into and out of the headstand could fall into the travel category.

Skills are enriched and extended using **time, space, weight and flow.**

Themes are linked and explored to create sequences on **floor and apparatus.**

Skill development

Increase challenge & level of skill by

- adding to it,
- including it as part of a sequence,
- adapting to perform with a partner or in a group,
- transferring to apparatus.

Pair / Group work

Cannon & synchronisation in small groups

Mirroring & Matching

Complimenting & Contrasting

Assisted Flight

Twisted turning & spinning

Weight sharing - Counter balance & counter tension

Weight bearing

Key Skills

Half & full turn jumps, leaps,
Forward & backward roll, Cartwheel, round off, Arabesque, headstand, handstand, walkovers, handsprings, back handspring

Vaulting

Squat on, squat through, sideways over, headspring, handspring, somersault

Key Words:

Tuck, pike, straddle
balance, flight, rotation, travel, time, space, weight, flow, floorwork, apparatus, time, space, weight, cannon, unison,

KS3 Netball - Knowledge Organiser

Skills and Techniques:

Chest pass: Most accurate pass. Hands form W shape behind ball. Step forward into pass, keep elbows close to body. Push through with ball

Shoulder Pass: Used to cover bigger distances. Place throwing hand behind ball, move opposite foot in front of body. Full extend arm when passing, following through with pass.

Bounce Pass: Used when space is restricted. Standing with one foot forward. Push ball into floor.

Shooting: Ball on fingertips, use non throwing hand to steady ball. Bend knees and elbows, lifting ball up to net.

Rules:

- Game is started by centre pass within the centre third
- Two umpires officiate the game
- Players are not allowed to travel with the ball
- Players must remain within their designated zones
- A defending player must stand three feet away from the person with the ball.

Positions:

GK - Goalkeeper
GD - Goal Defence
WD - Wing Defence

C - Centre

WA - Wing Attack
GA - Goal Attack
GS - Goal Shooter

7 players in total

Scoring System:

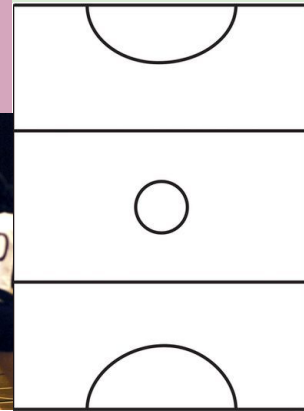
- To score a goal, the ball must be put through the opposition's goal ring
- The team with the most points at the end of the game wins.

Tactics:

- Quick Passing
- Dodging and changing speed to receive ball

Key Words:

- Chest Pass
- Bounce Pass
- Shoulder Pass
- Intercept
- Marking
- Defensive Third
- Centre Third
- Attacking Third
- Goal Circle
- Net
- Attacking
- Defending
- Centre Pass



KS3 Football - Knowledge Organiser

Skills and Techniques:

- **Passing / receiving** - the idea is to play the ball to your team using different types of passes and then control the ball with different parts of your body
- **Dribbling / moving with the ball** - You can use different parts of your foot to dribble with the ball
- **Shooting & Attacking play** - You can take aim at the goal, you can cross the ball towards the attackers or you can play a through ball forward to the attackers
- **Heading** - this can be attacking to score a goal or defending to clear the ball away from the goal
- **Defensive play** - you can tackle, jockey, close down and mark a player

Rules:

- The Game is started by one team in the middle of the pitch
- One referee officiates the game with the help of two assistant referees
- Players are not allowed to use their hands or arms to control the ball unless they are the goalkeeper
- Usually a game consists of 45 mins each half

Positions:

Goalkeeper
Right Back
Left Back
Centre Backs (2)
Centre Midfield (2)
Right Midfield
Left Midfield
Forwards (2)

Though some teams play with other positions and formations

9 players in total for Year 7
11 players in total for other age groups

Scoring System:

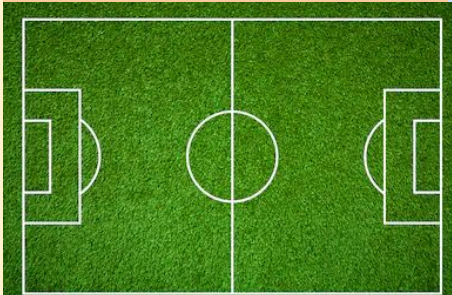
- To score a goal, the ball must be put over the line into the goal
- The team with the most goals at the end of the game wins.

Tactics:

- Teams attack and defend together
- Create width to create more space

Key Words:

Side foot pass
Lofted pass
Corner
Free Kick
Throw-in
Dribble
Shoot
Heading
Tackle
Jockey
Marking
Attacking
Defending
Crossing



KS3 Swimming - Knowledge Organiser

Back Crawl

Body position

Horizontal and streamlined
Head still, eyes looking upward
Hips close to surface

Leg Action

Continuous up and down motion
Legs close together
Relaxed ankles

Arm Action

Thumbs leave the water first
Little finger entry

Key Words:

Glide
Extend
Streamlined

Front Crawl

Body position

Flat and streamlined
Eyes looking forwards and downwards

Leg Action

Continuous and alternating
Starts from the hip
Ankles relaxed

Arm Action

Thumb enter the water first
Enter between the head line and shoulder line
Elbow exits first

Breathing

Head rolls to the side to breath
Unilateral and bilateral breathing

Breastroke

Body position

As horizontal as possible
Shoulders horizontal

Leg Action

Starts in glide position
Heels drawn towards the seat
Feet turned out
Kick backwards with a circular whipping action

Arm Action

From glide position, hands turn outwards
Pull downwards and outwards to inline with shoulders
Arms meet in the centre of the body and drive out to glide position



Butterfly

Body position

Horizontal, with a wave like movement from head to toe
Shoulders kept level

Leg Action

Legs close together
Ankles relaxed toes pointed
Action starts from the hips
Kick up and down with a bend at the knee

Arm Action

Thumb first entry
Entry shoulder width apart
Pull downwards, with bent elbows
Hands leave the water little finger first
Arms clear the water just above the surface

Breathing

Lift head and push chin forwards
Head lowered quickly but smoothly

KS3 Rugby - Knowledge Organiser

Skills and Techniques:

Running with the ball - Carry the ball in two hands, accelerate into spaces, run direct and look to pick gaps in defensive lines. Draw players towards creating space for others to run into.

Passing (Offloading) - Pass with accuracy over speed, good communication prevents mistakes. Always be prepared to receive a pass with your hands up ready. Throw a pass you'd like to receive.

Tackling - Low body position, shoulder drive below the hip, head safe side, lock arms to prevent leg drive, try to land on the tackled player, release once player is fully grounded.

Rucking - Low body position - hips above shoulders, stay on feet if you want to play the ball. Drive opposition players off or create a solid base to play from.

Rules:

Game starts and restarts with a kick off.

Three officials- Referee and two touch judges.

Passing from the hand must travel level or backwards to the receiver.

Tackling must be below shoulder.

If a player knocks on (drops the ball forward) the opposing side will gain possession via a scrum.

You may not tackle a player in the air.

You must enter a ruck from the back foot of your side of the ruck.

Any player in front of a player kicking must wait for the kicker to pass or they will be offside.

Key Words: Pass, Run, Tackle, Ruck, Maul, Scrum, Penalty, Free-kick, Knock-on, Forward pass, High tackle, Defensive line, Scissor, Loop.

Positions:

Forwards:

Prop (open / tight head).

Hooker

Second row (2)

Back row (3)

Backs:

Scrum Half

Fly Half

Inside centre

Outside Centre

Winger (Left / Right)

Fullback

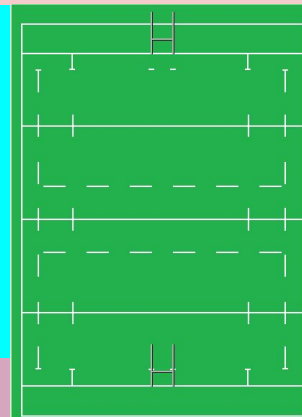
Total number of players 15

Scoring System:

- Try - touching the ball down in the in goal area. **5 points**
- Conversion - taken after a try **2 points**
- Penalty kick **3 points**.
- Drop Goal **3 Points**
- **Most points at the end wins**

Tactics:

- Draw players to create spaces for others.
- Run direct and look for gaps in the defence.
- Straight defensive line.
- Uses different running lines and moves to create scoring opportunities.



Rugby union team formation



KS3 Basketball - Knowledge Organiser

Skills and Techniques:

→ Dribbling

Used to keep possession of the ball and travel around the court. The ball should be kept close to the body at all times (under control).

→ Shooting

Used to score points for the team (See Scoring system for how to score)

→ Passing

Used to get up the court quickly. Another way for the team to maintain possession. Can be used to find a better scoring or dribbling opportunity.

Rules:

- Each team can have a maximum of 5 players on the court at any one time.
- The ball can only be moved by either dribbling (bouncing the ball) or passing the ball.
- Violations in basketball include travelling (taking more than one step without bouncing the ball), double dribble (picking the ball up dribbling, stopping then dribbling again with two hands)

Positions:

Point guard

Point guard direct play going forward and decide which moves the team should make.

Shooting guard

They are the main shooter in the team but it is usually from long distance.

Small forward

Normally the tallest player, shooting is a large part of their game.

Centre

They will look to score from close to the basket and also block shots and deal with rebounds.

Power Forward

Specialises on the rebounds and defence.

5 players in total

Scoring System:

Inside three-pt line

Any baskets not scored from the free throw line or from outside the three-point line will be worth two.

Outside the three-pt line

These baskets will be rewarded with 3 points, your feet have to be behind the 3 point line for it to count.

Free throw line

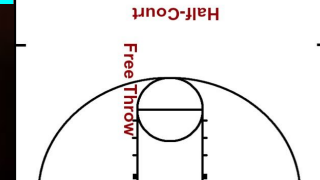
A free throw from the free-throw line is worth one point. It is an unchallenged shot at the basket. This is awarded after a technical foul, or a personal foul on a player in the act of shooting.

Key Words:

- 3 Point Line
- Dribble
- Double Dribble
- Chest Pass
- Bounce Pass
- Free Throw
- Triple Threat
- Violation
- Baseline
- Key
- Sideline

Tactics:

- Defending tactics- Full court and half court press
- Attacking tactics - rebounding and manipulating speed of play.



KS3 Handball - Knowledge Organiser

Skills and Techniques:

- **Passing:** No set style of passing. You want deception to outwit your opponent. Common pass is one handed flat, fast pass in counter attacks.
- **Dribbling:** not used very often in handball. Only used if no defenders are in front of you. One handed, continual bounce.
- **Shooting:** One handed, ideally with a jump at the edge of the D to shoot from closer. Bottom corners ideally!
- **Defensive positioning:** Zonal defence used to prevent attackers getting close to the D.
- **Goalkeeping:** Goalies need to come off their line quickly, distribute the ball well and have good shot stopping ability.
- **Attacking movement:** Teams attack as a full 6. Normally one ball carrier and the others fan out round the opposition's D. Try to spread them out as much as possible!

Rules:

- 7 players per side
- 30 minute halves
- Can't shoot inside the D.
- 3 steps with the ball, but no more.
- Goalie is allowed outside.
- You can dribble like basketball, but only in a straight line!
- 3 seconds holding the ball.

Positions:

GK
Left back
Right back
Centre (playmaker)
Right wing
Left wing
Pivot (normally tall, plays at the top of the D).

Scoring System:

- Small version of a football goal. Ball is thrown into the goal. Must be past the line to count as one goal.
- No offsides
- Fouls lead to sin-bins!

Key Words:

- ❖ Deception:
- ❖ Pivot:
- ❖ Jump:
- ❖ Distribution:
- ❖ Playmaker:
- ❖ Zonal defence:

Tactics:

- Teams attack and defend together.
- Scoring percentages are high.
- Use width as much as possible.
- Shoot bottom corners away from keeper's hands.

