

# Boys PE



## Year 7

# Knowledge Organisers

# Key Stage 3 Knowledge Organiser - Year 7 Sportshall Athletics

## Key Knowledge & Skills

**Standing Long Jump** - Both feet behind datum, thrust legs powerfully, strong arm swing, pull legs forwards and underneath – crouching / rocking prior to take off, land two feet together

**Standing Triple Jump** - Both feet behind datum, one-footed take-off, bounding, thrust legs powerfully, strong arm swing, pull legs forwards and underneath in air, land two feet together

**Speed Bounce** - Two footed jump, two footed landing, feet leave and land simultaneously.

**Shot Put** - Glide technique (i.e. no rotation) from standing, feet behind stopper board, shot sat in fingertips (cradle), pushed from neck, high elbow and release

**Vertical Jump** - Stand with back against the wall, extend upwards and mark with chalk. For take-off stand side on, bend knees and swing arms for lift. Mark with chalk and measure at highest point.

**Hi Stepper** - High knees, fast feet, start behind line, one foot in each square, cross end line before returning.

**Chest Push** - Hold medicine ball against chest with both hands, chest forwards (no rotation), no run up but split-stance permitted

**Balance Test** - One foot on beam, bend free leg backwards and hold foot. Can hold judge – time starts when let go, time stops when touch floor, let go of foot or 15 seconds elapses. Test twice on each leg, score <60 secs.

**Shuttle Run/Relay Races** - Run in a straight line as fast as possible, slow around cone and/or for the reversaboard, accelerate out of turn, keep head straight and drive arms to gain momentum.

## Rules & Regulations

**Standing Long & Triple Jump** - Two footed take-off and landing. On landing can step forwards, but not back. Try to jump as far as possible and the measurement is taken from the closest heel to the take-off line.

**Speed Bounce** - Two feet must touch each side of the wedge at the same time, feet can brush wedge. Bounce is void if land on the wedge. 30 seconds to bounce as many times as possible.

**Shot Put** - Three attempts, start behind throwing line, shot must be pushed not thrown, no part of body to touch throwing area beyond throwing line. Throw as far as possible.

**Vertical Jump** - Back, head and heels touching the wall, extend upwards with arms touching side of head. For the jump stand side on,. Measurement taken to the nearest cm below top of chalk mark. Jump as high as possible.

**Hi Stepper** - Start behind start line, place one foot in each square, place one foot over return line and complete in opposite direction. Complete four times as fast as possible.

**Chest Push** - Both feet on the floor no run up but split-stance permitted

**Balance Test** - One foot on beam, bend free leg backwards and hold foot. Can hold judge – time starts when let go, time stops when touch floor, let go of foot or 15 seconds elapses. Test twice on each leg, score <60 secs.

**Shuttle Run/Relay Races** - Run from start / finish line to end of sports hall, then to far end of sports hall, then back to start / finish line - one lap is then completed. Baton to be changed by the side of team mat.

BULL NOSED JAVELIN OR SHOT PUT



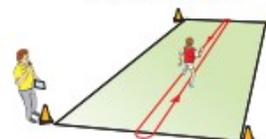
STANDING TRIPLE JUMP



VERTICAL JUMP



SHUTTLE RUN



BALANCE TEST



STANDING LONG JUMP



SPEED BOUNCE



OVERHEAD HEAVE OR TARGET THROW



HI-STEPPER



CHEST PUSH



**Key Vocabulary:** Power, coordination, agility, reaction-time, speed, aerobic endurance, muscular endurance, muscular strength, flexibility



## Key Stage 3 Knowledge Organiser - Year 7 Hockey

### Key Knowledge & Skills

**Basic Grip** - Hold the stick with hands apart, with left hand at the top and right hand half-way down the stick. Form a 'V' shape with thumbs and index finger. To turn the stick the left hand controls the movement and the stick turns through the right hand

**Open Stick Dribbling** - Use basic grip, keep the stick in contact with the ball out in front at around 2pm position. Keep knees bent and keep left elbow high. Keep the head up to look for teammates and opponents

**Push Pass** - Hold the stick with basic grip and hands apart. Keep the body low to the ground with bent knees. The ball starts near the right foot and the stick stays in contact with the ball as weight is transferred from right to left foot. Follow through in the direction of the pass, keeping contact with the ball for as long as possible. A harder pass needs the butt of the stick low to the ground with a tighter group

**Block Tackle** - Hold the stick with basic grip and hands apart. Do not put stick down too early; tackle at the last moment. Keep the stick at right angles to the ball. Make contact with the ball using the shaft of the stick. Upon winning the ball, scan for a pass. When using a one-handed block tackle, keep the hand at the top of the stick increasing the amount of reach. Tackle at the last moment by laying the stick on the ground (keeping hold). Again, scan for a pass once the tackle is made.



### Rules & Regulations

- Can only use flat side of stick
- Outfield players are not permitted use the feet or any part of the body to control the ball
- Non-contact sport: players cannot push, shoulder-charge or interfere with another player. Stick tackles are not permitted
- Goals are scored from within the shooting circle
- When a ball crosses the sideline or backline the opponents are awarded a free-hit. *A free hit is awarded for any infringements such as the ball hitting the feet or the wrong side of the stick.*
- When restarting the game a player can take a "self-pass" - this means they don't have to pass to anybody else i.e. they can dribble the ball from the re-start.

### Strategies & Tactics/Scoring Systems

- A goal is scored every time the ball crosses the goal line, having been played by the attacking team in the circle; the winners of the game are the team with the most goals
- A combination of attacking and defending players are needed (similar to football) - players with stronger tackling skills tend to play as defenders, the better shooters tend to play as attackers and fast accurate passers tend to play in the midfield

**Key Vocabulary:** Basic grip, open-stick / reverse-stick, push pass, block tackle, self-pass, free-hit, hit-out, long-corner, side-line, back-line

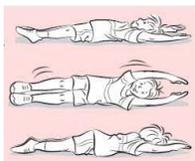
# Key Stage 3 Knowledge Organisers - Year 7 Gymnastics

## Rolls and Jumps - Locomotion

### Teddy Bear Roll



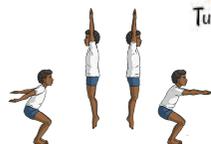
### Pencil Roll



### Egg Roll



### Jumps



Tuck



Split



Straddle



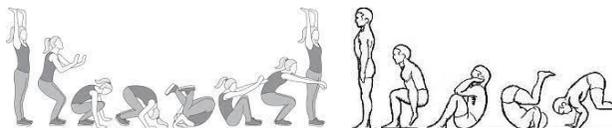
Pike

### Gymnastics Jump Positions

## Transfer of Weight

**Acceleration** - to increase the speed of

**Deceleration** - to reduce the speed of



**Body Tension** - Gymnasts can control the action of their body more easily (in static strength positions as well as in movement) when their body is held tight than when it is a loose collection of individual part.

**Transfer of weight** - the ability to safely move your weight from one side of the body to the other.

## Individual Balances and Linking Movements

**Points of contact** - Limbs or body parts that are in contact with the floor when balancing. One point of contact each ->



**Body tension** - Squeezing or tightening a muscle to create a strong, controlled balance.

**Mirroring** - Body position mirrors the partners.



**Linking Movements** - a sequence of travelling movements that link two balances together e.g. a roll, a jump, walking, cartwheel, chassis steps or turns. Used to create fluency in the transition between balances.

## Partner Balances

**Centre of Mass** - the point at which the body's mass is equally distributed or balanced in all directions.

**Counter Tension** - involves pulling away from each other (or a piece of apparatus), where the weight is not even.

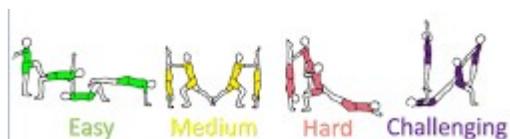


**Counter Balance** - when a move is balanced by pushing against each other to support each others weight.



## Group Balances

### 4 People:



### 5 People +



## What makes a good Gymnastics performance?

**Fluency** - being able to move effortlessly and smoothly once you have mastered a skill or technique.

**Aesthetic** - looks pleasing in appearance (e.g. pointed toes, straight strong limbs, tension).

### KEY TERMS:

- Body Tension
- Counter Balance
- Counter Tension
- Fluency
- Mirroring
- Transition



# Key Stage 3 Knowledge Organiser - Year 7 Dance

## Key Knowledge

**Choreography** - The act of creating a dance

**Actions** - What a dancer does e.g. jumping, turning, travel, balance

**Space** - The where of movements e.g. directions, levels, pathways

**Dynamics** - How a dancer performs movements based on variations of speed, strength and flow e.g. fast/slow, strong/light

**Relationships** - How dancers interact with each other

**Formations** - Shapes or patterns created by dancers

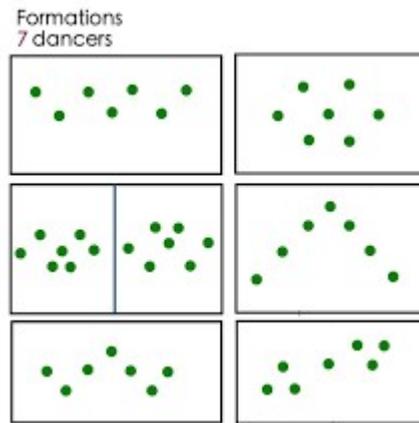
**Levels** - Distance from the ground - low, medium or high

**Gesture** - An action that does not take weight but happens in the air around you

**Stillness** - Holding the body without moving, in a chosen shape

**Unison** - Dancers in a group performing the same actions at the same time

**Canon** - Dancers in a group performing the same actions one after the other



## Performance Skills

Facial expressions

Accuracy

Aesthetic

Timing

Focus

Confidence

## 4 Components of Dance

<p><b>ACTION</b></p> <p>Jump</p> <p>Turn</p> <p>Gesture</p> <p>Travel</p> <p>Balance</p> <p>Stillness</p>	<p><b>DYNAMICS</b></p> <p>Fast/Slow</p> <p>Sudden/Sustained</p> <p>Strong/Light</p> <p>Direct/Indirect</p> <p>Flowing/Abrupt</p> <p>Sharp/Smooth</p>
<p><b>SPACE</b></p> <p>Directions</p> <p>Levels</p> <p>Spatial pathways</p>	<p><b>RELATIONSHIPS</b></p> <p>Unison</p> <p>Canon</p>



# Key Stage 3 Knowledge Organiser - Year 7 Rugby

## Key Skills and Knowledge:

**Catching a ball** - place your hands outstretched, bend your elbows slightly and palms facing out towards the direction of the ball.

**Scoring a try** - A try is scored by the attacking team when they place the ball on ground on or over the try line.

**Pop pass** - short passes where the passer "hangs" the ball in space for the receiver to run on to it.

**Passing backwards** - The ball must be passed behind you away from the oppositions try line or level with the person receiving it. If the ball is passed forward the opposition will gain possession.



## 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**

## Strategies and Tactics/ Scoring Systems

- There is a mixture of attacking and defending players on a team.
- 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

## Rules and Regulations:

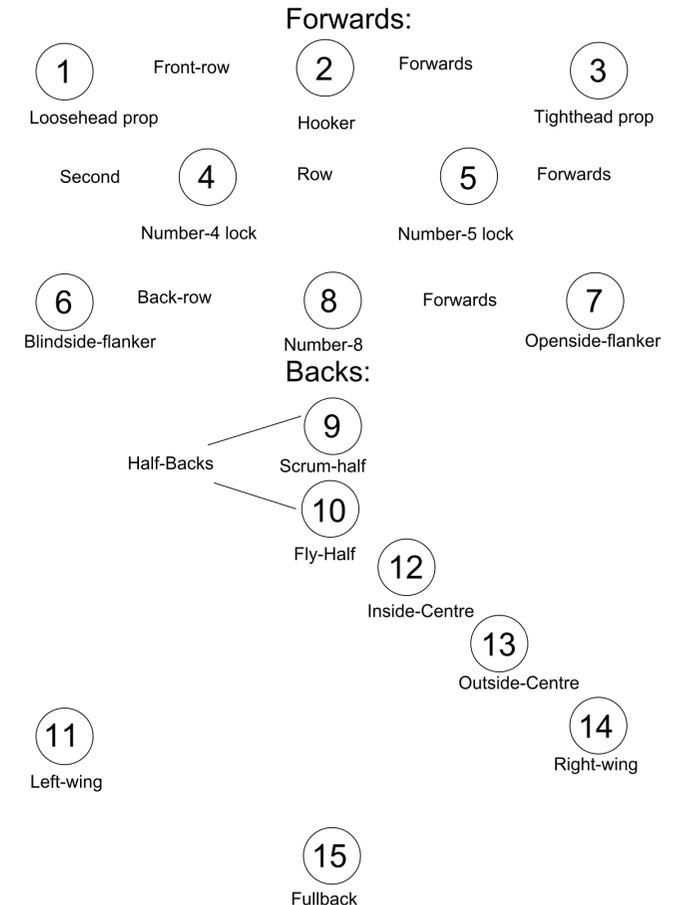
Game starts and restarts with a kick off.

Three officials- Referee and two touch judges.

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

Tackling must be below shoulder.

## Rugby union team formation



# Key Stage 3 Knowledge Organiser - Year 7 Badminton

## Key Knowledge & Skills

### Grip and stance

- 'Shake hands' grip
- Racket overhead for the rally
- Non-dominant leg forward for forehand. Dominant leg forward for backhand shots.

### Backhand Short Serve

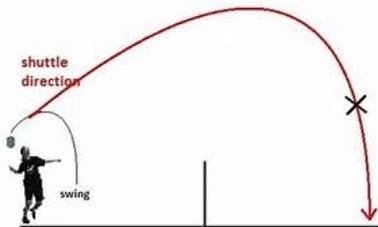
- Step forward with dominant leg
- Look at imaginary watch on racket hand wrist
- Racket pointing down . Back of hand pointing towards target
- Hold shuttle with feathers using 'OK' symbol
- Hit the rubber at the bottom
- Rules of serve – shuttle below the waist, must go past the service line and diagonally

### Forehand Overhead Clear

- Sideways stance (non-dominant leg forward)
- Weight on back foot
- point to shuttle with non-dominant elbow or hand, arm straight on impact and hit shuttle at highest point
- Apply power by flicking wrist

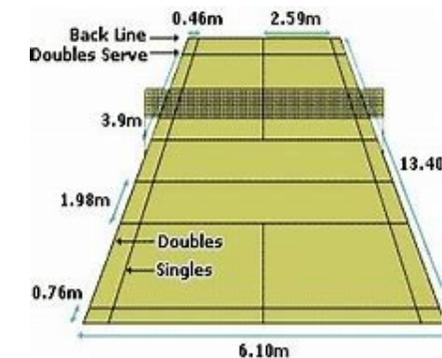
### Forehand Drop Shot

- Sideways stance (non dominant leg forward)
- Weight on back foot,
- Arm straight and hit shuttle at highest point
- Instead of flicking the wrist, no follow through so the shuttle just drops over the net.



## Rules & Regulations

Singles playing court—Long and thin. Side tram lines out  
Doubles playing court. Short and wide on serve, then everything in.



Shuttle landing on a line counts as in.

Serving diagonally using the serving boxes in both singles and doubles.

Serve from behind the service line.

Racket can't touch the net or it will be a point to the opposition.

## Strategies & Tactics / Scoring Systems

Full game is played to 21 points.

Whoever wins the rally wins the point and takes the next serve.

Hit the shuttle into space during a game.

**Key Vocabulary:** Grip, forehand, backhand, drop shot, overhead clear, rally, tram lines, dominant.

# Key Stage 3 Knowledge Organisers - Year 7 Fitness

## Warm Up and Cool Down

### Benefits of a Warm Up

- **Pulse raiser** – increase heart rate, oxygen uptake and body temperature.
- **Stretching** - increases mobility and reduces risk of injury
- Mentally prepares.
- Should last about 10 mins

### Benefits of a cool down:

Recovery: Returns heart rate and breathing rate to normal level.

Removal of lactic acid and waste products. Prevention of muscle soreness (DOMS)



## Components of Fitness:

**Agility:** The ability to move and change direction at speed.

**Balance:** Maintaining the centre of mass over the base of support.

**Cardio-vascular endurance:** The ability to continually exercise without tiring.

**Flexibility:** The range of movement about a joint.

**Muscular endurance:** Ability of a group of muscles to repeatedly contract without tiring.

**Power:** Strength × Speed

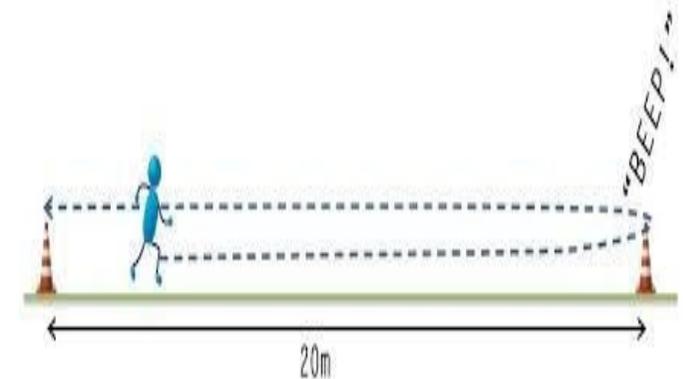
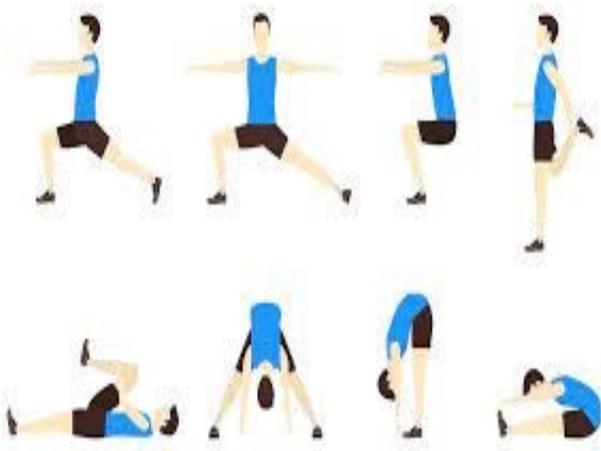
**Reaction time:** The time taken from the stimulus to the start of a response.

**Strength:** The ability of the muscles to exert force.

**Speed:** The ability of the body or parts of the body to move quickly.

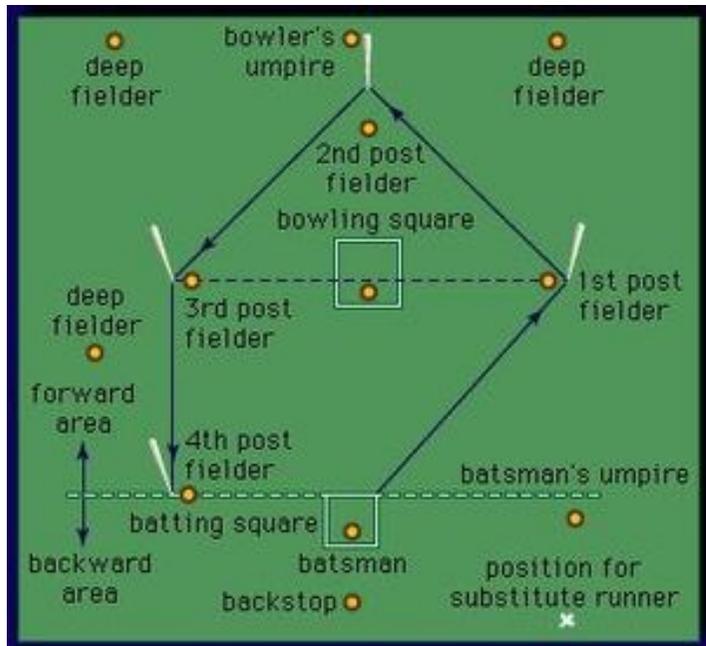
## Fitness Tests

- ♦ **Illinois Agility test** measures agility
- ♦ **Stork Balance test** measure balance
- ♦ **Sit and Reach test** measures flexibility in the hamstrings
- ♦ **Ruler Drop test** measures reaction time
- ♦ **30m Speed test** measures speed
- ♦ **Vertical Jump test** measures power in the legs
- ♦ **Alternate Wall Toss test** measures co-ordination
- ♦ **Multi-Stage Fitness test (Beep test)** measures cardio-vascular endurance)



# Key Stage 3 Knowledge Organiser - Year 7 Rounders

## The Rounders Pitch and Positions



## Scoring in Rounders

- Hit the ball and get all the way around and touch 4th post in one go = **1 rounder**
- Hit the ball and get all the way around and touch 2nd post in one go = **½ rounder**
- Do not hit the ball but get all the way around and touch 4th post in one go = **½ rounder**
- Two no balls in a row to the same batter will give the batting team = **½ rounder**
- Fielder causing obstruction to a batter running around the pitch = **½ rounder**

**Obstruction** - when a fielder gets in the way of a batter running around the posts/pitch.

## Bowling

- Bowling must be underarm and the aim is to try to make it difficult for the batter to hit and score points.
- A '**no ball**' is when the ball is bowled;-
  - \* Above the batters head
  - \* Below the batters knee
  - \* Too close to the batter's body
  - \* Too wide from the batter's body
  - \* Wrong side of the batter's body
- Two no balls in a row to the same batter will give the batting team half a rounder.
- When the bowler has the ball in the bowling square, batters must stop at the post they are at or running to.



## Batting

- The bat must be held in one hand.
- If the bat is dropped the batter is out.
- The batter aims to hit the ball as far as possible and into spaces to try and score a ½ or a full rounder.
- The batter must run on the outside of the posts, if they run on the inside the batter will be out.
- When at a post the batter must stay in contact with the post, or they will be told to run on.
- A batter can choose to take a 'no ball' and can score points as normal but can not be caught out.



## Fielding

- The focus of the fielders is to work together to get the batters out and/or stop them scoring points.
- A batter can be caught out, stumped out or run out.



## Backwards Hits - Batting

- When a batter hits the ball backwards, the batter must wait at 1st post until the ball crosses the line at the front of the batters box.
- The batter can then run on around the pitch and can score points as normal.



**Batting Order** - when batting, the batting team must stay in the same order for the whole innings which is recorded by the umpires.

## Key Stage 3 Knowledge Organiser - Year 7 Athletics: Field Events

### Key Knowledge & Skills

**Shot Put** - Standing throw using Glide technique, hold shot in fingers (clean palm, dirty neck), high elbow flex back leg, lean back transferring weight from back to front as shot is pushed forwards.

**Discus** - Standing throw, hold discus by pads of fingertips, thumb resting over the side, shoulder-width stance facing sideways on. Bodyweight moves from back to front foot, with knees slightly flexed. Release off index finger.

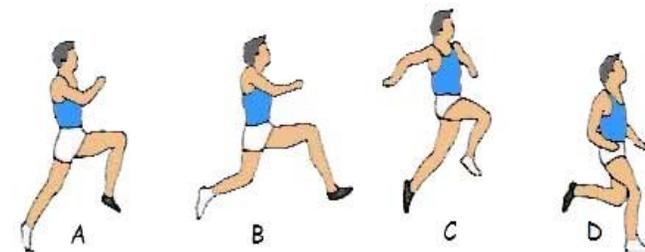
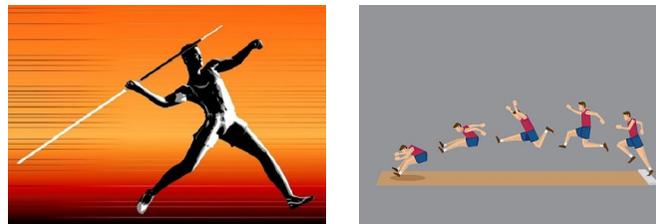
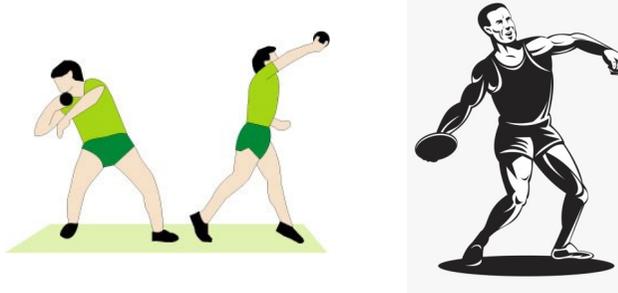
**Javelin** - Standing throw, index finger grip to rear of binding, wide stance, throwing arm fully extended, rotate hips and chest forwards, palm of throwing hand upwards, pull javelin forwards leading from the elbow and release above and in front of the head.

**Long Jump** - Hang technique from standing: plant foot towards front of board, drive up powerfully from take-off, bring knees, heels and hips upwards, circle arms downward, backward and upward then forward. Flex knees upon landing (fall forwards)

**Triple Jump** - From standing: hop, step and jump - strong forwards thrust from hopping leg, body upright, flat trajectory. Land on same leg and skip back upwards and forwards. On landing, drive opposite leg forwards extending both legs out in front for a two-footed landing

### Throwing Safety Instructions

*Pupils are only to throw in to the field i.e. all in the same direction. Pupils are only to throw when instructed by teachers and are only to collect when instructed. Equipment is to be returned to the throwing line sensibly—no running or throwing backwards.*



### Rules & Regulations

**Throwing Events** - In competition, six throws are permitted. The athlete's best score counts. In the event of a tie, the athlete's second best score determines who wins. No part of the body may make contact with the ground beyond the throwing line (no throw).

**Jumping Events** - In competition, three jumps are permitted, with top qualifying athletes given a further three. The athlete's best score counts. In the event of a tie, the athlete's second best score determines who wins. The athlete's foot may not cross the front edge of the take-off board (no jump).

### Scoring/Measuring Systems

In all athletic events, scoring is not based on points, or goals, but rather on times and distances.

**Jumping events** – these events are measured from the front edge of the take-off board to the first mark made in the sand by the athlete. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three jumps.

**Throwing events** – these events are measured from the front edge of the throwing line to the first mark made in the ground by the implement. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three attempts.

**Key Vocabulary:** Shot put, discus, javelin, long jump, triple jump, run-up, take-off, landing, flight, angle of release, speed, power, co-ordination

# Key Stage 3 Knowledge Organiser - Year 7 Athletics: Track Events

## Key Knowledge & Skills

**Sprint events** like 60m, 100m and 200m - run as fast as you possibly can from the start to the end of the race.

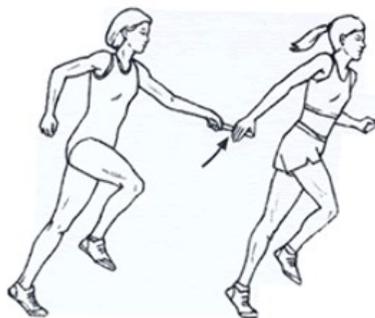


**Endurance Events** like 800m and 1500m - don't sprint the entire race. You need to **pace your race** so that you don't get too tired too quickly but can sprint at the end of the race to get a quicker time or better place.



## Relay Changeover

Passing the baton to the next runner is a vital aspect of the 4x100m and 4x400m relay races. The next runner need to be moving when the changeover is made. This allows the runner to get to their top speed quicker and will finish the race in a faster time.



## UP SWEEP EXCHANGE

### STEP BY STEP TECHNIQUE:

1. INCOMING RUNNER SHOUTS HAND!
2. OUTGOING RUNNER HOLDS OUT THEIR RIGHT HAND, PALM FACING DOWNWARDS IN A V SHAPE
3. INCOMING RUNNER PLACES THE BATTON UP INTO THE PALM OF THE OUTGOING RUNNER.
4. OUTGOING RUNNER GRASPS THE BATTON AND ACCELERATES AWAY

## Rules & Regulations

**Sprint Events** - Athletes must stay in their lanes and cannot impede other athletes.

**Distance Events** - Athletes participate in a 'bunched' start. In the 800m athletes have a staggered start and can break to the inside lane after the first bend. In longer races, athletes can break inside after the start.

**ALL Events** - Athletes will be warned once if there is a false start. Any further false starts result in disqualification. Athletes cannot step off the track or deliberately impede other runners - this will also result in a disqualification. The time of an athlete is determined by when their trunk crosses the finish line.

## Strategies & Tactics / Scoring Systems

In all running events, places are awarded through times measured in seconds (tenths, hundredths, thousandths).

**Sprint events** – The quicker you run, the faster your time... there is no real strategy apart from accelerating as fast as possible to your maximum speed!

**Middle-distance events** – these events are more tactical. You should ensure you 'pace yourself' which means running at a comfortable pace you can maintain for the duration of the race. Don't go too fast, too early, but also don't set off slowly. Overtake when others are slowing and save a burst of speed for a sprint finish over the line at your fastest speed.

**Key Vocabulary:** Sprint, middle-distance, speed, aerobic endurance, muscular endurance, accelerate, pacing, race-strategy, bunched-start