

Girls 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



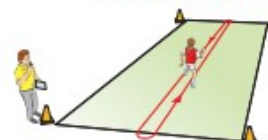
STANDING TRIPLE JUMP



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 Netball

NETBALL POSITIONS



Basic Rules

- Must perform correct footwork when in possession of the ball
- Only hold the ball for 3 seconds before having to pass or shoot the ball
- **No** contact with an opposing player
- Must be 1 m away when ball marking
- **No** replaying or repossession of the ball
- Feet must **not** be on a line when taking a throw
- Teams take turns to take a centre pass

Footwork

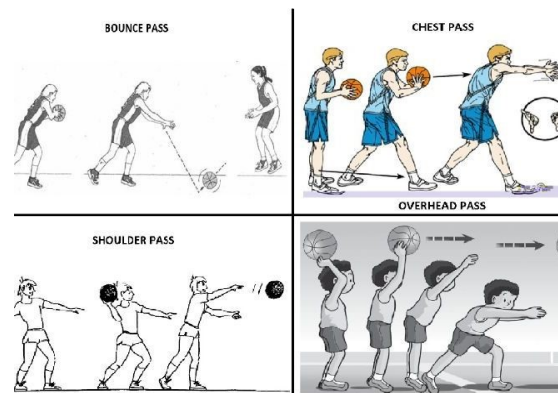
You **CAN'T** move your 1st foot but you **CAN** move your 2nd.

If you land on both, *you decide!!*



Types of Passes used in Netball

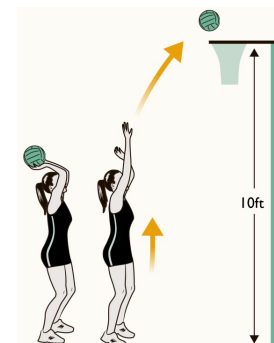
- Basic foot stance when throwing a ball is the opposite foot forward to throwing hand.
- Rock or step from the back foot to the front foot to get more power in the pass.



Shooting

Aim is to get the ball in the net to score a goal

Technique - feet square up, Ball above the head aiming for in the hoop, bend knees and lift the ball.



Dodging - A player is **getting free** from their opponent and finding a **space** to receive the ball.

Defending — A player tries to **stop** their opponent getting a pass (**man to man marking**) or actually passing the ball (**ball marking**).

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 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

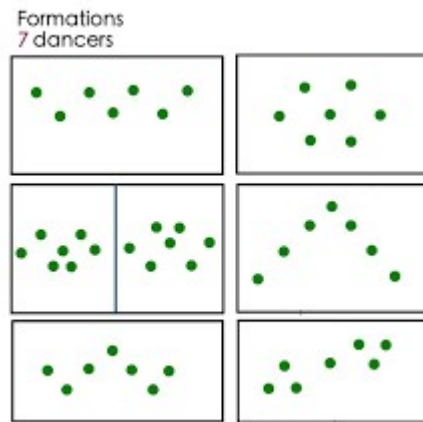
Levels - Distance from the ground - low, medium or high

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>ACTION</p> <p>Jump</p> <p>Turn</p> <p>Gesture</p> <p>Travel</p> <p>Balance</p> <p>Stillness</p>	<p>DYNAMICS</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>SPACE</p> <p>Directions</p> <p>Levels</p> <p>Spatial pathways</p>	<p>RELATIONSHIPS</p> <p>Unison</p> <p>Canon</p>



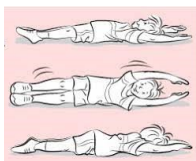
Key Stage 3 Knowledge Organisers - Year 7 Gymnastics

Rolls and Jumps - Locomotion

Teddy Bear Roll



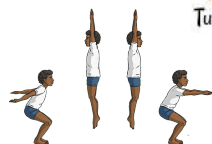
Pencil Roll



Egg Roll



Jumps



Tuck



Split



Straddle



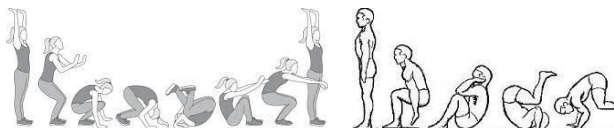
Pike

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

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 Girls Football

Basic Rules:

1. Game is started by kicking the ball from the centre spot.
2. The U12 game has 9 players – goalkeepers, defender, midfielders and attackers.
3. Referee and two assistants will officiate the game.
4. If a ball goes over a touch line a throw in is taken. If an attacker kicks over the goal line it is goal kick and if a defender kicks it over the goal line it is a corner.
5. To score the ball must cross the opposition's goal line.
6. The offside rule also applies where an attacker is in front of all opposing defenders when the ball is kicked.

Strategies and Tactics:

- A combination of attacking and defending players are needed - 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.
- A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence has been committed by the team scoring the goal.



Key Skills:

Dribbling— push the ball forward with your laces on either foot. If you're in rapid motion, you could use the edge of your toes to push the ball ahead of you quicker.

Side foot pass (short) - Move parallel to the ball and place your non-kicking foot to the side of the ball. Swing your kicking foot through and strike the ball with the inside of your foot. Aim to hit the middle of the ball to ensure it stays close to the ground. Follow your kicking leg through towards the intended target. The speed of the kicking leg will direct how hard you kick the ball.

Lace passing (long) - Move parallel to the ball and place your non-kicking foot to the side of the ball. Explosively bring your kicking foot through and strike the ball with laces of your football boot. Aim to hit the middle of the ball to ensure it stays close to the ground or the lower half of the ball if you want to lift it over opposition players. Follow your kicking leg through towards the intended target and your body over the ball.

Tackling (feet) - Close down your opponent quickly but do not rush uncontrolled at them. Stay on the balls of your feet, arms slightly out to jockey your opponent. Keep your eye on the ball and wait for a clear view of the ball. When you can see most of the ball, transfer your weight from your back to front foot and move the inside of your foot towards the ball.

Use of the body— It's legal to block the ball using any part of the body other than the hands or arm (up to the shoulder).

Ball control—On contact with the ball, withdraw the foot slightly to take the momentum out of the ball (this is known as "cushioning"). Aim to contact the middle of the ball to ensure that it stays close to the ground and does not bounce up. Once under control, move the ball out of your feet to allow the next decision to be made.



Key knowledge:

- **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. E.g. side foot pass, long pass using laces.
- **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

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

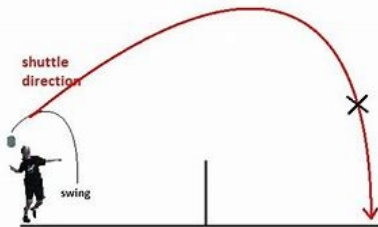
- Step forward with dominant leg
- Look at imaginary watch on racket hand wrist
- Racket pointing down . Back of hand pointing towards target
- Hold shuttle with feathers using 'OK' symbol
- Hit the rubber at the bottom
- Rules of serve – shuttle below the waist, must go past the service line and diagonally

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

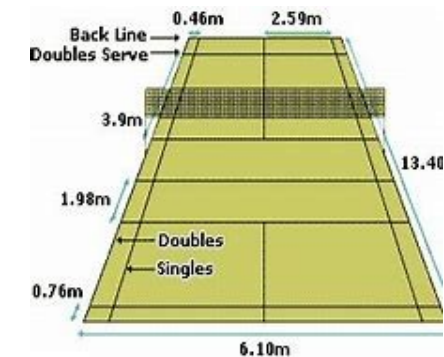
Forehand Drop Shot

- 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

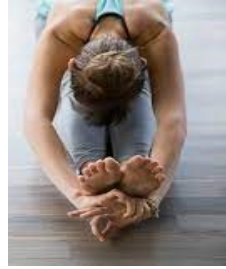
Benefits of a Warm Up

- **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

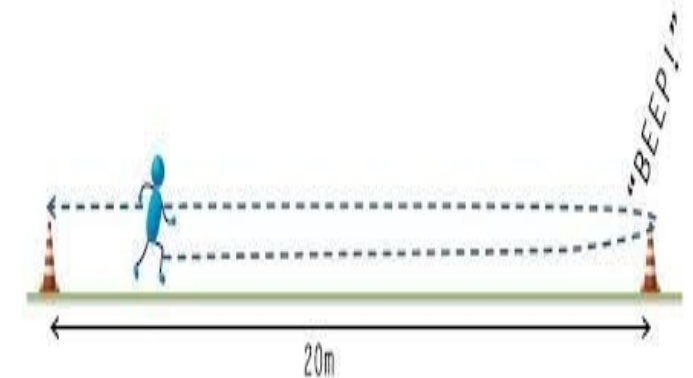
Reaction time: The time taken from the stimulus to the start of a response.

Strength: The ability of the muscles to exert force.

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

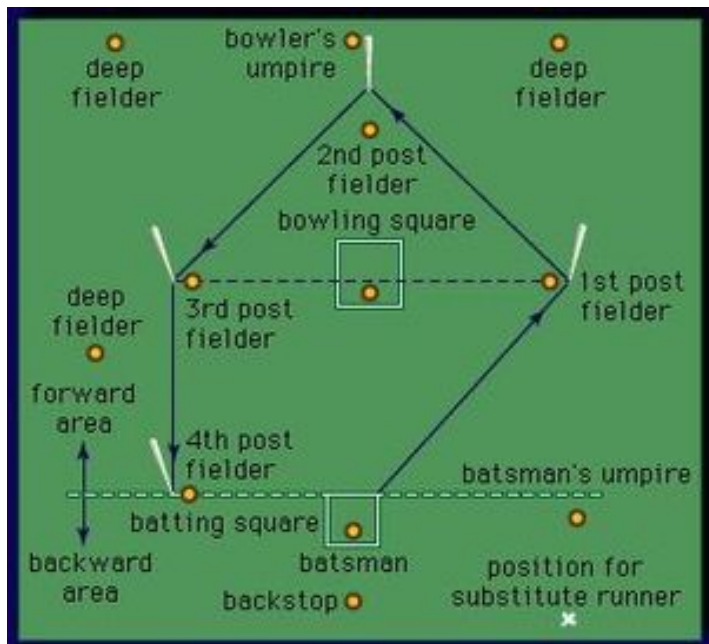
Fitness Tests

- ♦ **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.

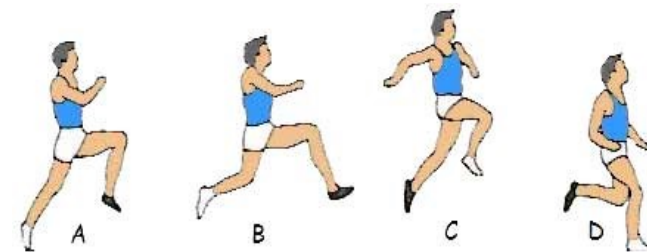
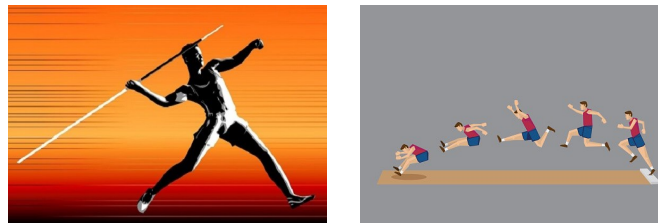
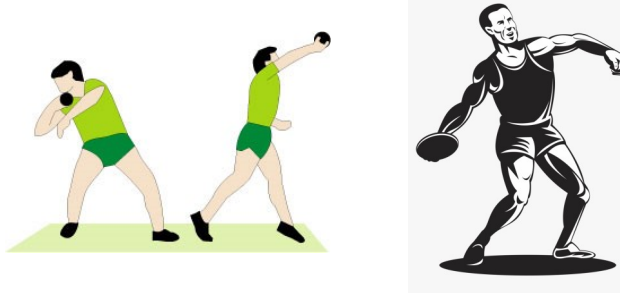
Javelin - Standing throw, index finger grip to rear of binding, wide stance, throwing arm fully extended, rotate hips and chest forwards, palm of throwing hand upwards, pull javelin forwards leading from the elbow and release above and in front of the head.

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.



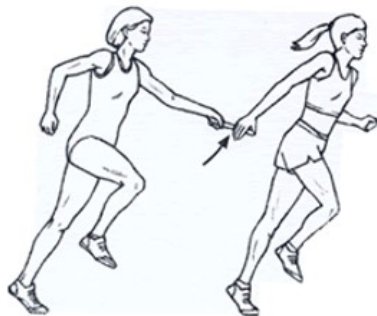
Endurance Events like 800m and 1500m - don't sprint the entire race. You need to **pace your race** so that you don't get too tired too quickly but can sprint at the end of the race to get a quicker time or better place.



Relay Changeover

Passing the baton to the next runner is a vital aspect of the 4x100m and 4x 400m 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