

Girls PE

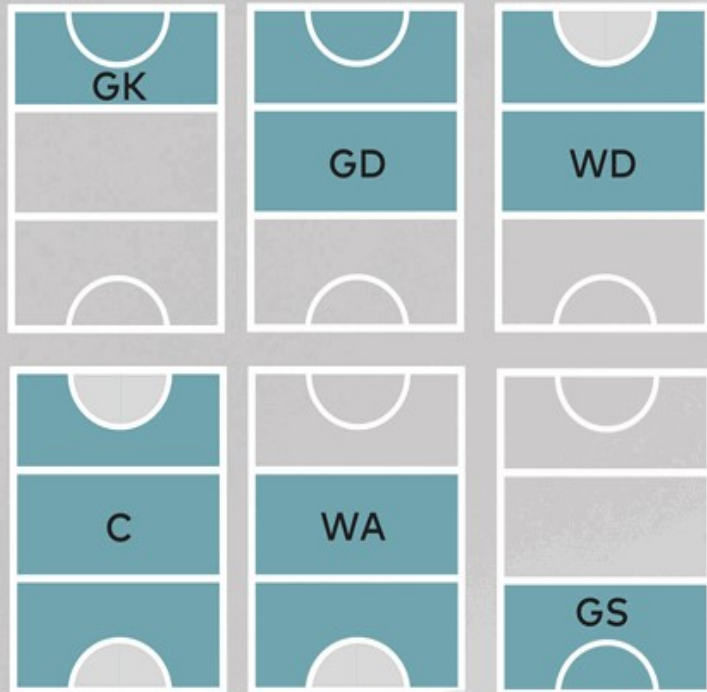


Year 8

Knowledge Organisers

Key Stage 3 Knowledge Organiser - Year 8 Netball

Netball Court Positions



GK - Goal Keeper
 GD - Goal Defence
 WD - Wing Defence
 C - Centre
 WA - Wing Attack
 GS - Goal Shooter
 GA - Goal Attack

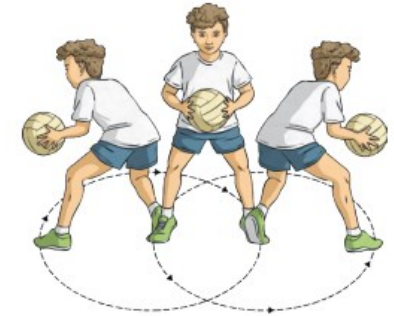
Netball Rules

Basic rules from Year 7 plus:-

- Game starts with a centre pass and must be caught in the centre third
- Players must not enter the centre third for a centre pass before the umpire's whistle is blown
- Only GA and GS can score a goal and they must be in the shooting circle to attempt a shot
- A **free pass** is taken where the infringement (mistake) happened.
- When a **penalty pass** is being taken, the player who the penalty was awarded against must remain quiet and still.

Footwork - Pivoting

The landing foot is the **pivoting foot**, to help the player change direction



Types of Dodging

Sprint Dodge (The Drive)



Prepare: On toes, aware and ready.



Execution: Signal and accelerate into space.



Follow-through: Receive ball in space, land balanced on your outside foot.

The Feint Dodge



Prepare: On toes, aware and ready.



Execution: Drop shoulder pretending to go one way then accelerate in the opposite direction



Follow-through: Receive ball in space, land balanced on your outside foot.

Simultaneous Fouls

When two opposing players make a mistake or cause a foul at the same time (i.e. simultaneous contact, simultaneous offside, both players have hold of the ball etc).

The umpire carries out a **'toss up'** between the two players.



Free Pass - is given to the opposition when a player makes their own mistake (infringement) when playing (i.e. footwork, replaying, repossession, offside etc).

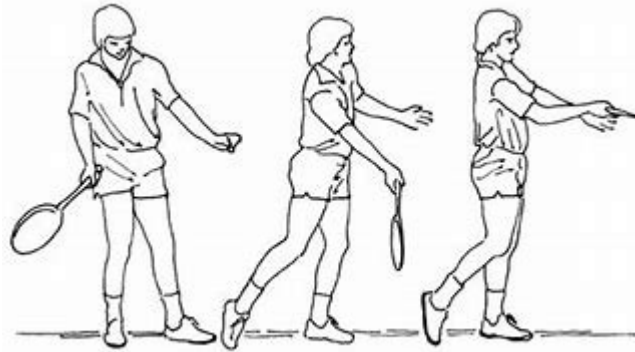
Penalty Pass - is given to the opposition when a player makes a mistake or causes an infringement against another player during the game (i.e. contact or obstruction etc).

Key Stage 3 Knowledge Organiser - Year 8 Badminton

Key Knowledge & Skills

Forehand Long Serve

- Step forward with non-dominant leg (front foot pointing towards target)
- Racket pointing down
- Hold shuttle with feathers using 'OK' symbol
- Palm of racket hand facing target
- Hit the rubber at the bottom



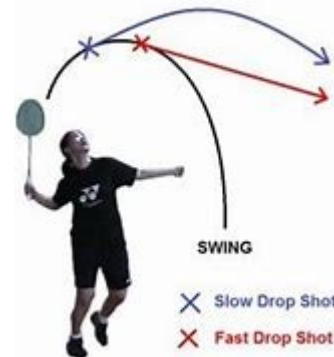
Forehand Smash

- Sideways stance, non-dominant foot forward
- Point to shuttle with non-dominant hand or elbow
- Shuttle in front of head
- Hit shuttle at highest point
- Snap wrist
- Aim towards the ground



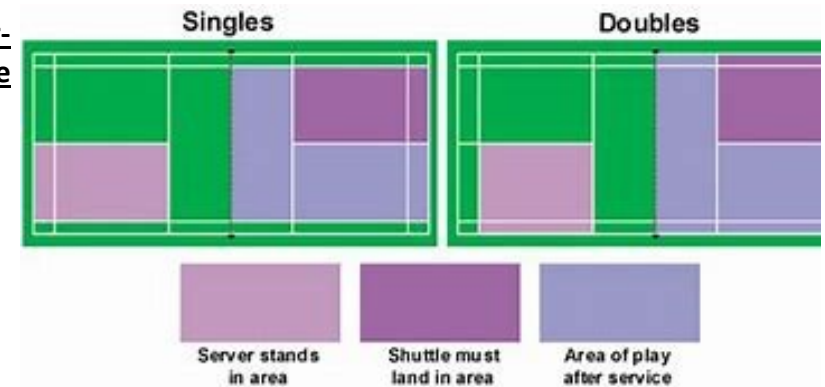
Drop Shot

- Disguise/deception added from year 7
- Play shot as if you are going to smash to disguise the shot from the opposition. No follow through.
- Shuttle low and close to the net.



Rules & Regulations in addition to Year 7

Service



Rules

- Game always starts from the right.
- Serve diagonally across.
- Foot on service line or in the air during serve is a foul serve.
- Racket head must be pointing down and be below chest height.
- Hit rubber / cork of the shuttle on serve.
- Serve is one continuous movement.

Strategies & Tactics/Scoring Systems

Scoring System

- Full game is played to 21 points.
- Whoever wins the rally wins the point and takes the next serve.

Tactics

- Attack Space - hit the shuttle into space during a game.
- Play to your strengths
- Play to your opponents weaknesses

Key Vocabulary: Grip, forehand, backhand, drop shot, overhead clear, rally, tram lines, dominant, disguise, deception, follow through, diagonally

Key Stage 3 Knowledge Organiser - Year 8 Circuit Training

Key Terms.

Rest Period—how long you will rest between each station.

Plyometrics - is a type of exercise training that uses speed and force of different movements to build muscle power.

Training Zones - the target ranges (of heart rate, pace or perceived exertion) that will be used to prescribe workout intensities.

Technique - is the way you perform an exercise in order to target specific muscle groups. Using the correct technique will also reduce chance of injury.

Maximum HR -

220 minus Age = Maximum Heart Rate

Key Knowledge:

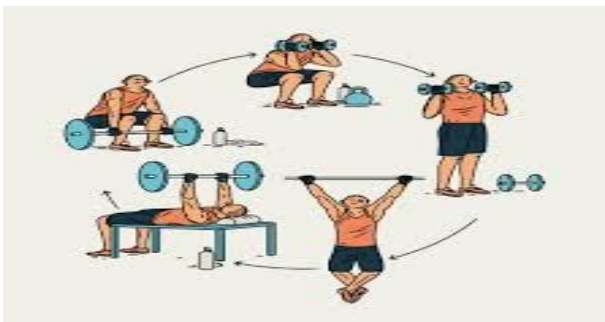
Circuit training: this is where different stations/exercises are used to **develop aerobic endurance**. The station order of exercises is important to ensure different muscle groups are used to avoid tiredness (fatigue). The time spent at each station, number of circuits, rest period between exercises and number of circuit sessions per week can be changed due to performance.

To **increase intensity** you can add time to the stations, reduce rest period, increase mass lifted and make stations more difficult to perform.

To **reduce intensity** you can take reduce the time at the stations, increase rest period, reduce mass lifted and make stations easier to perform.

Circuits do not just have to be exercise-based stations but can have skill elements for different sports, such as passing in football, catching in netball or a dribbling station in basketball.

Benefits include: works all muscle groups and types of fitness, easy to set up, little or no equipment, lots of people can work at the same time.



Equipment

Kettlebells

Dumbbells

Barbell

Resistance Bands

Skipping Ropes



Key Stage 3 Knowledge Organiser - Year 8 Hockey

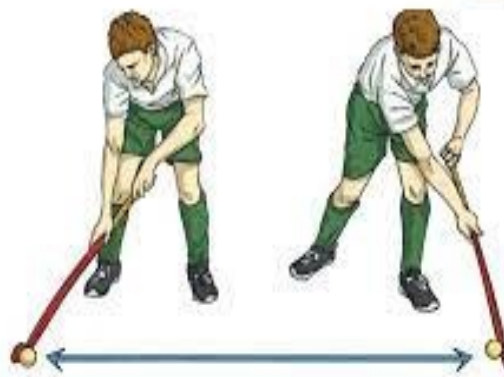
Key Knowledge & Skills

Receiving - Use basic grip, scan the surroundings before receiving the ball (so you know what's around you), attack the ball keeping the stick low to the ground, let the stick 'give' a little on contact just outside of the right foot, stick in front. Angle the stick to control the ball. When receiving from the left, let the ball come across the body first, to the open side. When receiving from the right turn the body to the ball and receive in stride behind the right foot.

Indian Dribbling - Use basic grip, keep the stick in contact with the ball out in front at around 2pm & 10pm position. Keep knees bent and keep left elbow high. Keep the head up to look for teammates and opponents. Turn the stick over as the ball is moved right to left, with the left hand turning the stick.

Slap/Sweep Pass - Hold the stick with double 'V' grip - both hands move to the top of the stick - step to the ball, keep both hands low to the ground and strike the ball just above the toe of the stick. Follow through and right hand crosses over left.

Shadowing - Close down the opponent on a curve to force them on to one side. Close down left to right to force the opponent on to your open-stick side. Keep a stick-length away and get side on with the opponent. Follow the opponent in to desired area and interrupt their dribbling by attempting to tackle / intercept.



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 side line 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: Double 'V' grip, open-stick/reverse-stick, slap/sweep pass, Indian dribble, shadowing, self-pass, free-hit, hit-out, long-corner, side/back-line

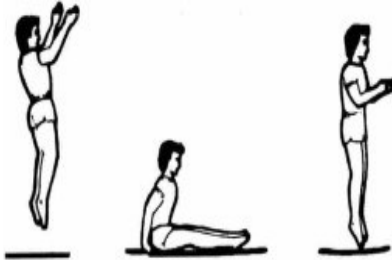
Key Stage 3 Knowledge Organiser - Year 8 Trampolining

Safety Rules

- No loose clothing and socks must be worn.
- No jewellery or watches.
- Long hair must be tied back and long fringes clipped back.
- No loose clothing.
- Try to stay on the red cross when bouncing on the trampoline bed.
- Once on the trampoline, walk to and from the middle of the trampolining bed.
- Do not jump off the trampoline.
- **ONLY CARRY OUT THE INSTRUCTIONS AND SKILLS THAT THE TEACHER TELLS YOU TO DO.**

Seat Drop

A seat drop is jumping high in the air, then landing in a sitting position on the trampoline.



A seat drop is when you land in a sitting position while toes are pointed in front. The back should be straight and not hunched over. A seat drop is essentially jumping high in the air, then landing in a sitting position on the trampoline.

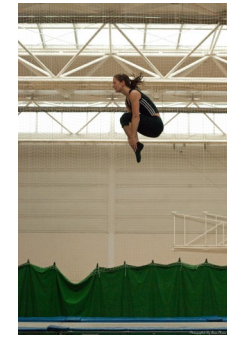
Hands should be sitting on the trampoline and should be pointing into the direction of the legs. The hands should be parallel to the hips to aid in balancing the seat drop.

Basic Jumps

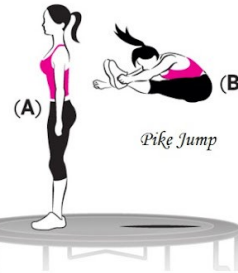
Straight Jump



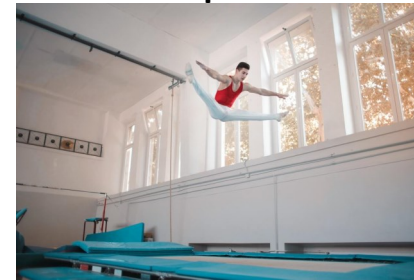
Tuck Jump



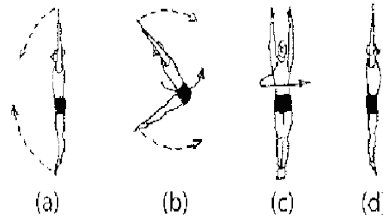
Pike Jump



Straddle Jump



Twists



Half Twist



Full Twist

Spotters — A spotter is positioned near the trampoline to enforce safety standards and assist the trampolinist if something goes wrong. When assisting a falling performer, a spotter should reach as high as possible and try to push the performer back onto the bed to stop them falling off.

SET - 5 Bounce Routine

1	Tuck jump
2	Half twist
3	Seat drop
4	Half twist to feet
5	Straddle jump

SET - 6 Bounce Routine

1	Straddle jump/ Pike jump
2	Seat drop
3	Half twist to seat drop
4	Tuck jump
5	Seat drop
6	Half or Full Twist

Key Stage Knowledge Organiser - Year 8 Girls Football

Key Skills:

First touch - Bring the ball under your control quickly and efficiently so you have more time before you're under pressure. Move in the direction you want to go to take advantage of where the space is. Focus your attention on what to do next, rather than thinking about how to handle the ball.

Shooting - Approach the ball from the side and strike the middle of the ball with force. If you want to lift the ball strike the ball lower. Keep the knee of the kicking leg above the ball to ensure power is generated.

Control (Head) - Make contact with the ball in the centre of your forehead, bend your knees to drop your upper body and arch your back on impact. Let gravity drop the ball to your feet

Control (chest) - present the whole of the chest to the ball, the upper body should be relaxed, and the legs are used to drop the chest on impact.

Low cross - Run towards the ball, look at the ball and angle your body in the direction you want the ball to go in. Strike the ball in the middle for it to travel low on the ground.

Lofted cross - Run towards the ball, look at the ball and angle your body in the direction you want the ball to go in. Strike the ball low for it to travel above the ground.



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.
- **Man marking**—one player within the defending team marks a direct opponent. This can decrease the influence of key players on the team.
- **Zonal marking**—each player is assigned a zone and marks the most dangerous player in that zone.



Key Knowledge:

Retaining possession - a team keeping hold of the ball for as long as possible to create goal scoring opportunities and prevent the opposition from posing a threat to a team's goal.

Crossing (use of width) - to directly bring the ball into the box from an angle that allows the attacking forwards to more easily aim for goal with their head or feet.

Beating an opponent - running or dribbling past a defender to gain an advantage.

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.
7. If the ball touches a player's arm it is a handball. A free kick will be given to the opposing team.
8. A penalty is given when a goal scoring opportunity is prevented by the opposing team within the box.

Key Stage 3 Knowledge Organiser - Year 8 Orienteering

Key Knowledge & Skills

Orientating the Map - The most important skill is orientating the map. Maps are not supposed to be held with the top up the top, but instead in the same orientation as the terrain around you. Look for a prominent feature around you like a fence or a road, and rotate the map to match. You can also use a compass to assist, but it's more important to learn how to orient your map using the terrain. A compass comes in handy when you're on more difficult courses and the terrain is complicated.

Line Features/Symbols - Line Features are the best way to navigate from one control to the next. Line features are anything that runs in a line, as opposed to a point feature. Some examples of line features are road, fences, power lines and watercourses. There are different symbols on maps too, that represent different point features such as buildings, vegetation and other man-made structures.

Listening - Taking notice of what others are saying.

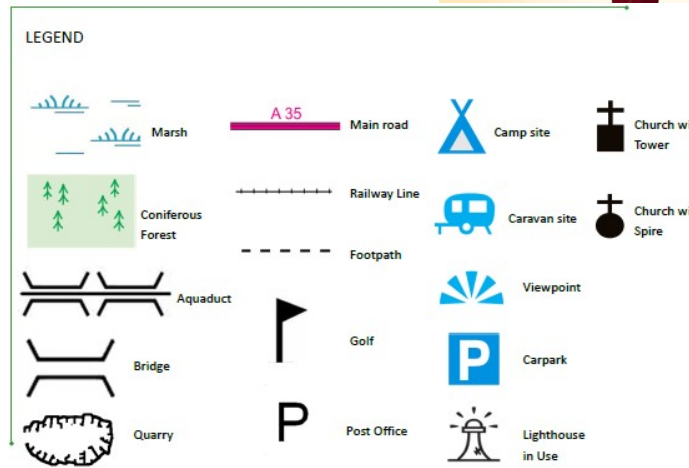
Communicating - Sharing information or ideas with others.

Teamwork - The combined actions of a group.

Planning - a proposal for achieving something.

Problem-solving - the process of finding a solution to an issue.

Decision-making - the process of deciding on the best course of action.



Rules & Regulations

- **Star Relay competition** - you have to collect a pre-determined control point which is to be checked before being sent to another pre-determined control point. This can be completed in pairs, small groups or as a solo event (groups must stay together or alternate legs).
- **Point to Point competition** - you have to collect a set of control points using a pre-determined route. This can be completed in pairs, small groups or as a solo event (groups must stay together or alternate legs).

Strategies & Tactics / Scoring Systems

- The team with the greatest number of correct controls 'described' in the quickest time is the winner. Places are then awarded for the next highest number of points in time order. Some points may offer a greater value due to being more difficult to collect.
- Teams should plan their routes carefully - teams should plan to collect points based on speed/fitness levels, and how difficult points are to locate.



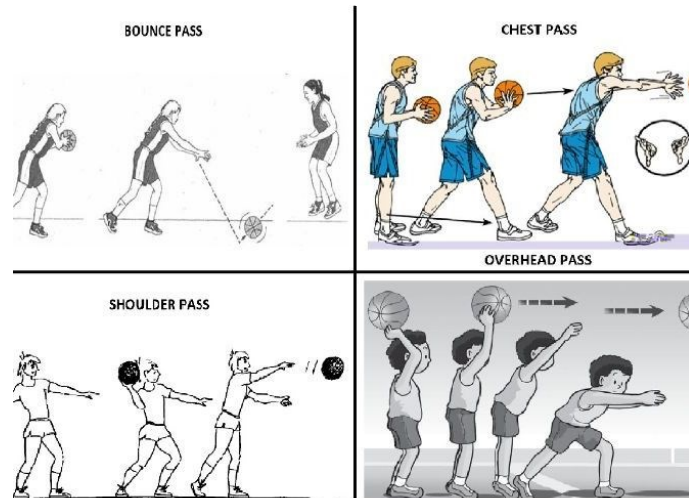
Key Vocabulary: Orientate the map, line features, symbols, listening, communicating, teamwork, planning, problem-solving, decision-making

Key Stage 3 Knowledge Organiser - Year 8 Basketball

Key Knowledge & Skills

Types of passes in basketball

- ◆ Overhead
- ◆ Shoulder
- ◆ Chest
- ◆ Bounce



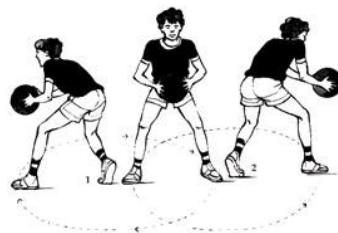
Dribbling



- Use finger tips to control the ball (do not slap the ball)
- Keep your hand above the ball.
- Don't bounce the ball higher than the chest.
- Keep the ball to the side of your body.

Pivoting

Used to change direction in a game when the player has hold of the ball. The **first landing foot** is the 'pivot foot' and **must stay in contact with the ground**.



Set Shot

When playing a set shot in basketball use **BEEF**

BEEF

B → **BALANCE:**

FEET SHOULDER WIDTH APART & BEND KNEES

E → **ELBOW:**

90° (RIGHT ANGLE) AND UNDERNEATH BALL

E → **EYES:**

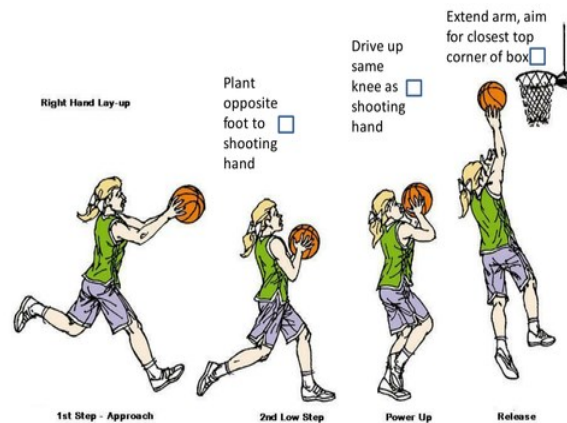
ALWAYS LOOKING AT THE BASKET (TARGET)

F → **FOLLOW THROUGH:**

ARM STRAIGHTENS AND WRIST POINTS DOWNWARDS



Lay-up Shot



HELPING HINT: Imagine the backboard is a thin piece of glass that you do **NOT** want to smash with the ball.

Rules & Regulations

Travel - Players can not run or walk with the ball in their hands. They may only dribble. More than one step with the ball = travelling

Double Dribble - Once a player has stopped dribbling and has hold of the ball in two hands they can then only pass or shoot. A player is not allowed to bounce the ball with both hands together when dribbling.

Contact - Fouls are awarded for hitting, holding or pushing an opponent.

Tip-Off - The game is started with a tip-off from the centre of the court. Arms must be down until the umpire releases the ball. The players taking the tip-off may not touch the ball again until someone else has touched it.

Restarts

The restart after a basket has been scored is taken with a pass from behind the back line by the opposing team. Feet must be behind the line whenever restarting from a side line pass.

Strategies & Tactics / Scoring Systems

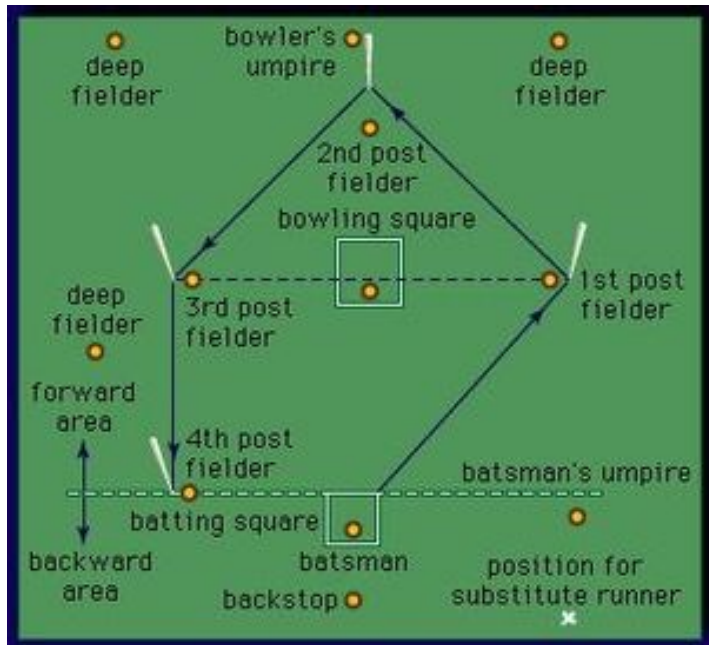
The 5 players on court, typically consist of two guards, two forwards and a centre.

- ⇒ **3 points** = basket scored behind the 3 point line
- ⇒ **2 points** = basket scored inside 3 point line.
- ⇒ **1 point** = basket scored from foul shot after a foul has been committed.

Key Vocabulary: Travelling, Double Dribble, Contact, Chest pass, Bounce Pass, Shoulder Pass, Lay-Up, Pivot, Set Shot, B.E.E.F

Key Stage 3 Knowledge Organiser - Year 8 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 **or a batter gets in the way of a fielder.**

Bowling

- Bowling must be underarm and the aim is to try to make it difficult for the batter to hit and score points.
- Different types of bowls are **fast, spin** and **donkey drops**
- A '**no ball**' is when the ball is bowled;-
 - * Above the batters head or below the batters knee
 - * Too close to the batter's body or too wide from the batter's body or the wrong side of the batter's body
 - * Bowler steps out the bowling box
- 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 and can be either a forehand or backhand hit to find the spaces and score more points.
- If the bat is dropped the batter is out.
- If a batter steps out the front of the batting box they are out.
- A batter can be caught out, stumped out or run out.
- 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 by '**backing up**' players, using '**short and long barriers fielding techniques**' or using '**linking play**'.



Backwards Hits - Fielding

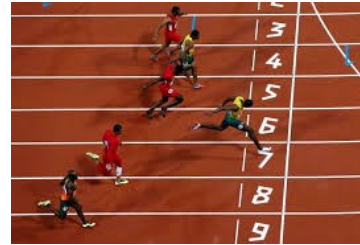
- The backstop will field the ball, walk up to the front of the batting box and throw the ball straight to 2nd post to try and stop the batter running on and scoring points.
- 2nd post will be backed up by fielders in case the ball is missed or the ball is overthrown.

Innings - a batting innings usually consists of 21 or 30 'good balls' and usually in a match both teams will field and bat twice.

Key Stage 3 Knowledge Organiser - Year 8 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.



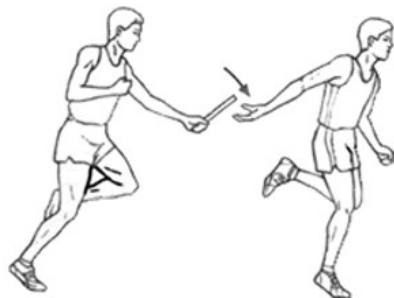
Endurance Events like 800m and 1500m - don't sprint the entire race. You need to **pace your race** so that you don't get too tired too quickly but can sprint at the end of the race to get a quicker time or better place.



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.

DOWN SWEEP EXCHANGE



STEP BY STEP TECHNIQUE:

1. INCOMING RUNNER SHOUTS HAND!
2. OUTGOING RUNNER HOLDS OUT THEIR RIGHT HAND, PALM FACING UPWARDS IN A V SHAPE
3. INCOMING RUNNER PLACES THE BATON DOWN INTO THE PALM OF THE OUTGOING RUNNER.
4. OUTGOING RUNNER GRASPS THE BATON 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

Key Stage 3 Knowledge Organiser - Year 8 Athletics: Field Events

Key Knowledge & Skills

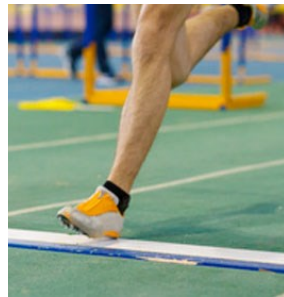
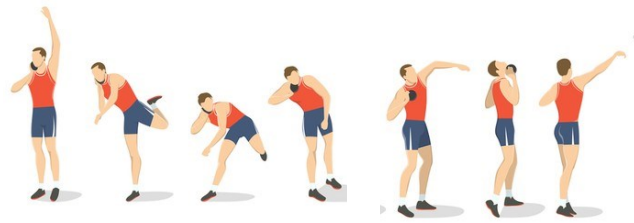
Shot Put - Building on standing throw using 'Glide technique', glide backward not upwards, keep feet close to the ground, keep upper body low until glide finished, extend then flex lead leg to pull in below the body, push shot hard and high.

Discus - Building on standing throw, using step back: keep discus close to body initially, thrust with legs, hips and chest towards direction of throw, last action is pull through

Javelin - Building on standing throw using a 3-stride run-up, hold javelin in the carry position, keep body square on but face forwards, backward lean, when releasing body rises upwards over the extended leg.

Long Jump - Hang technique using a run up: pace out a small run up, 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). Run up should increase in distance with confidence when jumping.

Triple Jump - using a run up, 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.



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).

Strategies & Tactics / Scoring 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