

# Boys PE



## Year 9

# Knowledge Organisers

# Key Stage 3 Knowledge Organiser - Year 9 Boys Football

## Key Skills:

**Moving into Space** - By creating space before receiving a pass, a player will avoid immediate pressure, giving himself time to make good decisions with the ball and a chance to execute them.

**Creating channels** - By receiving the ball in the channel, a striker hopes to confuse the opposing defence, as he is between the fullback and centre-back, and makes them unsure as to who should mark or close down the striker, this thinking time allows the striker more time on the ball, and also distracts the defence from other players who are making runs.

**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.

**Goalkeeping** - A goalkeeper should be on their toes at all time ready to anticipate the shot. They can either block the shot, catch the ball, tip it over or kick it out. A goalkeeper can also dive. A goalkeeper should focus on making themselves big in the net.

## Strategies and Tactics:

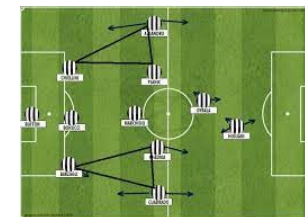
- It is important to have a structured formation, **to maximise efficiency and chances for success**. Which football formation is used is always determined by the strengths and weaknesses of the players in a given team.
- Keeping shape—if players move all over the place, overcrowd zones or miss opportunities by having empty spaces they put themselves at risk. Knowing each person's role and the area they cover is important.
- **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.

## Rules and Regulations:

1. Game is started by kicking the ball from the centre spot.
2. The U14 game has 11 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.
9. A goalkeeper can kick or throw a ball to a player. Goalkeepers can not pick the ball up if it is kicked back to them from a player.
10. Playing positions - In football there is 1 goalkeeper and 10 other players who are either defenders, midfielders or attackers

## Key Knowledge:

- **Power**— The ability to drive with explosiveness, win one-on-one battles, and make positive plays all come from the power and strength of a player
- **Positions**—in a 5v5 game there can be a combination of 2-1-1 / 1-2-1 or 1-1-2. This can be altered to the other team's strengths.
- There are two types of channels, vertical (between full backs and their closest centre back), and horizontal (between defence, midfield, and attack).
- A good goalkeeper minimizes the need to dive by being in good position, aggressively sweeping up loose balls, and challenging shooters. stay on their feet as long as possible .



# Key Stage 3 Knowledge Organiser - Year 9 Badminton

## Key Knowledge & Skills

### Backhand Clear

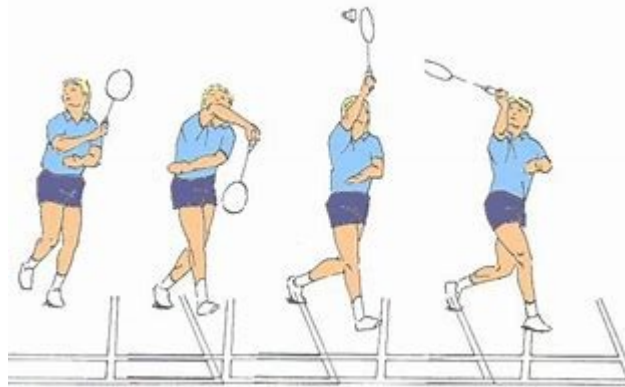
- Disguise important
- Non-dominant leg forward
- Snap wrist on contact
- High arc of shuttle
- Back of hand facing opponent for backhand

### Net Play

- Lunge forward to the net with your racket foot
- As you are moving forward, raise your racket arm to around shoulder height. Ideally, this is the height where you are going to make contact with the shuttle.
- Avoid holding your racket too tightly.

### Forehand Jump Smash

- Move quickly and get behind the shuttle.
- Raise your racket arm and non-racket arm. Stretch out your racket arm as far back as possible.
- At the same time, jump into the air. Use your racket foot to push your body up into the air.
- Hit the shuttle at the highest point possible. Time your jump.
- Follow through and land.



## Rules & Regulations - Umpire Signals



Out



In



Umpire unsighted



Foot Fault

## Strategies & Tactics/Scoring Systems

### Front and back tactics in doubles

Power player plays at the back. Agile player at the front of the court



### Side to side tactics in doubles

Partners take control of their side of the court.



**Key Vocabulary:** Net play, backhand clear, jump smash, front and back, side to side

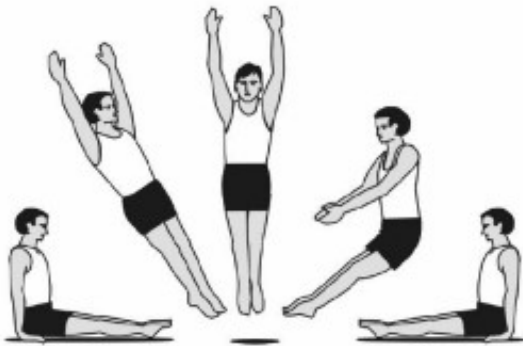
# Key Stage 3 Knowledge Organiser - Year 9 Trampolining

## 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.**

## Swivel Hips

Swivel Hips, also known as a 'seat drop half twist to seat drop' is a combination/advanced skill. The trampolinist performs a seat drop, bounces up into a straight position (without landing) and then performs a half twist to land into a second seat drop facing in the opposite direction.

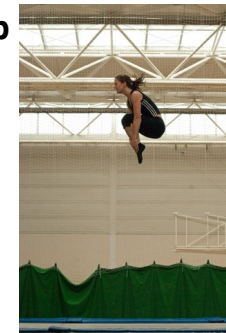


## Basic Jumps

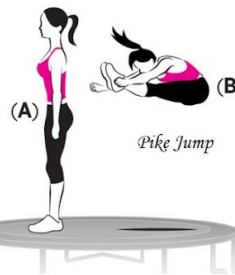
### Straight Jump



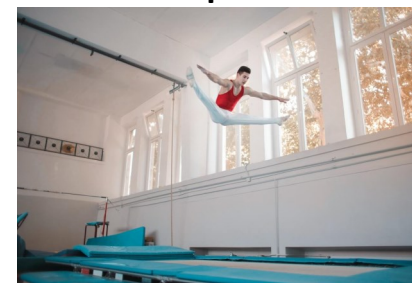
### Tuck Jump



### Pike Jump

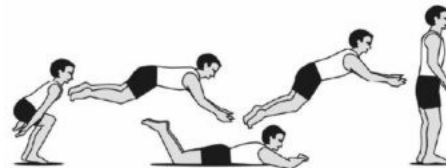


### Straddle Jump



## Front Drop

The front drop is where you jump and land directly on the front of your torso - belly button on the red cross.



Hands in a triangle shape in front of the body, landing flat on the trampoline bed with the chin and head up.

Before you move into a full front drop, practice going into a front drop from hands and knees.

## SET - 6 Bounce Routine

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

## SET - 7 Bounce Routine

1	Straddle jump/ Pike jump
2	Seat drop
3	Half twist to seat drop
4	Tuck jump
5	Seat drop
6	To front drop
7	Straight jump

# Key Stage 3 Knowledge Organiser - Year 9 Fitness

## Key Knowledge

**Continuous Training:** Steady-state low moderate intensity exercise for a prolonged period of time.

**Fartlek Training:** *Speed play* - continuous steady state exercise with random higher intensity periods.

**Interval Training:** Periods of exercise followed by periods of rest.

**Weight/Resistance Training:** use of weights/dumbbells/kettlebells/bars bells.

**Speed:** understand the different types of speed. *Pure speed, acceleration speed and maximum speed.*

**HIIT:** High Intensity Interval Training



## Key Terms

**Reps** - A "rep," short for "repetition," is a single execution of an exercise.

**Sets** - A "set" is a collection/group of reps. If your goal is to complete 20 push ups, you might break your workout up into two sets of 10 reps.

**Heart Rate/Pulse** - Your heart rate is the number of times each minute that your heart beats, which is normally between 60 and 100 times per minute.

**Frequency** - How many times you training a week

**Intensity** - how hard you train—measure by HR

**Time** - How long your training session lasts

**Type** - the type of training you are doing.

**Specific** - are you training for a specific goal or activity and does your training match this e.g a shot putter would not do much if any continuous training.

**Progress** - are you improving. Getting quicker, stringer or training for longer?

## Equipment



Kettlebells



Dumbbells



Barbell



Resistance Bands

# Key Stage 3 Knowledge Organiser - Year 9 Boys Rugby

## Key skills and Knowledge:

**Creating space** - Much of attacking rugby is about finding space and avoiding contact, in an effort to go forward and get over the gain line. Moving into space will allow gaps to be opened up.

**Miss pass** – a pass were the next player in the line does not receive and instead it moves down the line.

**Scrum** - A scrum is used when the ball is knocked on or dropped. Normal scenario would see 8 players in the scrum (forwards) with the scrum half place the ball in the side.

**Lineout** - this take place when the ball leave the field of play on the side-lines. On player (usually hooker) throws the ball in down the middle of a line of players for them to compete for it. Players can lift one and other for an advantage. Team can have a minimum of two players and a maximum of 13 players in a lineout. The opposition must match the number. Although it is usually the forwards (7 players) that take part.

**Front on tackle** - The tackler must keep their eye on the ball carrier. As the ball-carrier reaches the tackler, the tackler should move their head to one side of their body. They should end up in the cheek to bum cheek position. As contact is made the tackler shrugs their shoulders, and then lifts the shoulder into the ball carriers ribs. The tackler wants to use the ball carrier's momentum to sit them down, with their arms wrapped around their thighs. As the tackler sits on their bum, they should turn to send the ball carrier over their shoulder, and land on top of them.

## Strategies and Tactics/Scoring Systems

- A team can use tactics such as the fake pass, side step and overlap to gain an advantage over the team they are playing.
- Players may use a driving maul by way of scoring creating an "in game scrum".
- Players may use different call or secret codes when calling a lineout, this gives the team throwing in an advantage.

## Rules and Regulations:

- Play starts with a kick off (normally a drop kick). Play if a ball is knocked on or accidental offside then a scrum is used to restart.
- 15 players on the pitch with up to 8 replacements.
- When a player is tackled to the floor they must place the ball on the floor and not play it. Only when a player is on their feet can they play the ball. This is called a 'ruck'.
- A try is scored when the attacking team place the ball on the ground on or over the try line. A conversation will then take place on line with where it was scored for an additional 2 points.
- The ball must be passed backwards on parallel If it is passed forward a scrum is awarded to opposition team.



## Key Stage 3 Knowledge Organiser - Year 9 Basketball

### Key Knowledge & Skills

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

**Triple threat** - Catching the ball in the 'triple threat' position allows you to pass, dribble or shoot for your next move. Stand with your legs spread, shoulder width apart and your knees slightly bent. Keeping the ball up and in front of you with your elbows pointed out will help to protect it from the opposition.

#### **Attacking**

**Fake and drive** - step to the side of an opponent and fake to pass to put the opponent off balance. Step back in and drive (dribble) to the opposite side

**Crossover dribbles** (in front of body, behind back, between legs, spin) - Dribble to one side of an opponent. Switch the ball from one hand to the other to change direction.. Crouch down lower on the switch and shift weight to push off at speed to accelerate away from the opposition.

#### **Defending**

**Player to player marking** - sideways on/watching the ball and the player/on your toes/trying to intercept a pass. Stance (one hand to stop the pass, the other stop the shot, bend knees, keep feet moving, timing of strip). Contact rules – no contact or reaching around.



### 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 have 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.

**Timing rules** - 3 seconds in the key, 5 seconds to release the ball from the side line or after dribbling.

### 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.

Player to player defence played throughout games

**Key Vocabulary:** Triple Threat, Fake and Drive, Cross-over, Player to Player Defence.

# Key Stage 3 Knowledge Organiser - Year 9 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.

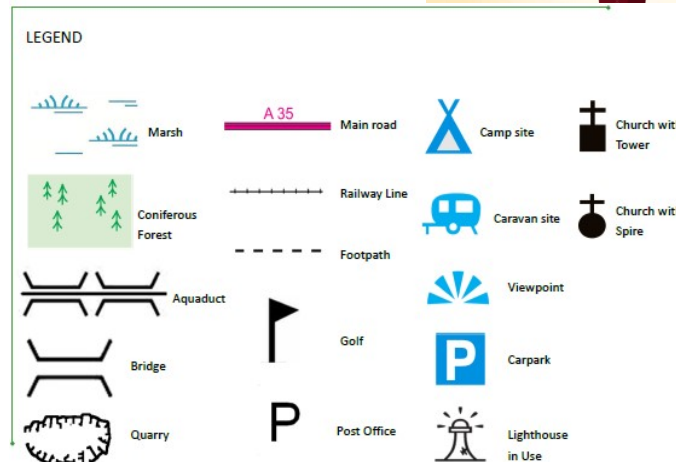
**Communicating** - Sharing information or ideas with others.

**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.

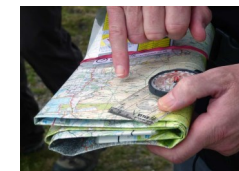


## Rules & Regulations

- **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 9 Athletics: Field Events

### Key Knowledge & Skills

**Shot Put** - Building on standing throw using the 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

## Key Stage 3 Knowledge Organiser - Year 9 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.



### 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

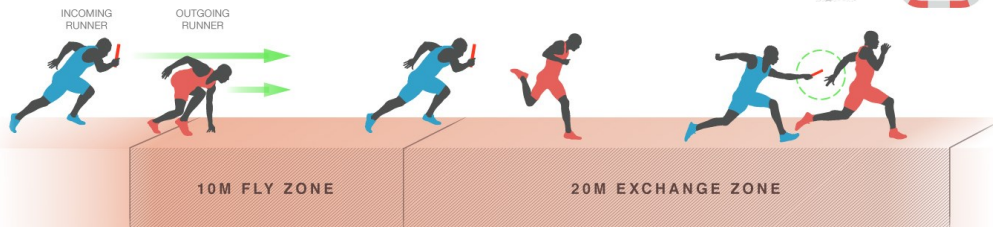
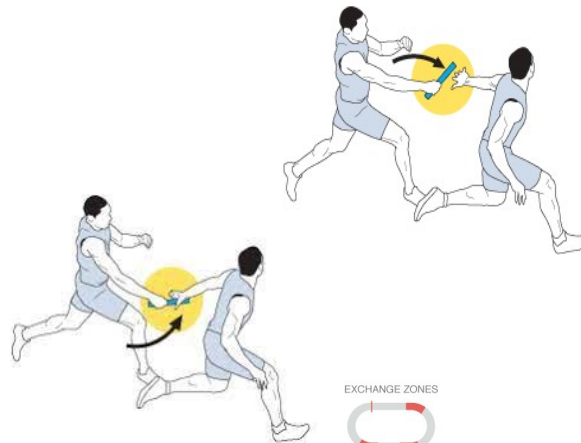
# Key Stage 3 Knowledge Organiser - Year 9 Athletics: Relay Races

## Key Knowledge & Skills

**Relay Races - Sprint events:** “Take your marks, set, go!” Standing start, use same sprinting technique as 60m and 200m. Four people must pass the baton from runner 1 to 4 in order, with the baton being exchanged in changeover box.

**Up-sweep** - In the exchange zone, the passer ‘sweeps’ the baton up and places it in the receiver’s hand at arm’s length - the receiver is looking forwards with the arm outstretched, with the hand in a ‘V’ shape palm downwards.

**Down-sweep** - In the exchange zone, the passer ‘sweeps’ the baton down and places it in the receiver’s hand at arm’s length—the receiver is looking forwards with the arm outstretched, with the hand in a ‘V’ shape palm upwards, thumb to the torso.



## Strategies & Tactics

Runner 1 is usually the fastest runner off the line.

Runner 2 will typically be a runner who prefers running a straight sprint.

Runner 3 will typically be a runner who prefers running a bend, e.g. a good 200m runner.

Runner 4 will run the ‘anchor leg’ - someone who runs well under pressure.

Incoming runners should not slow down; outgoing runners should accelerate before the changeover zone. The incoming runner shouts “hand” within a few metres of the outgoing runner (who is facing forwards not backwards) so they know they are about to receive the baton. Runners should position themselves so that they don’t collide with each other (or impede other teams in other lanes) - see table below for an example tactic:

Relay Leg	1	2	3	4
Hand for baton carry	right	left	right	left
Lane position at exchange	inner	outer	inner	outer

## Rules & Regulations

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.

During baton exchanges, an athlete receiving the baton may accelerate up to 10m before the 20m exchange zone. The exchange must take place within the 20m zone otherwise the team is disqualified. If a baton is dropped, the athlete who dropped the baton must pick it up - during the exchange if the incoming athlete drops the baton, they pick it up and pass to the outgoing runner.

**Key Vocabulary:** Sprint, 4 x 100m, 4 x 400m, speed, baton, up-sweep changeover, down-sweep changeover, acceleration-zone, exchange-zone

