

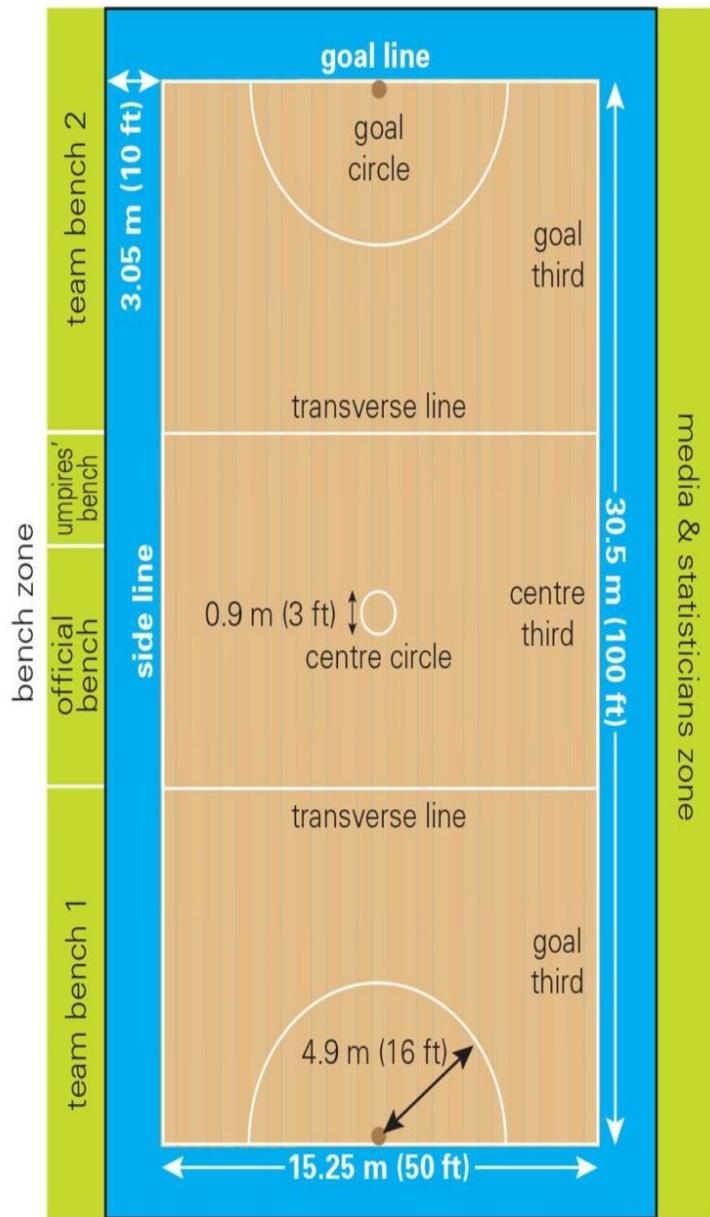
Girls PE



Year 9

Knowledge Organisers

Key Stage 3 Knowledge Organiser - Year 9 Netball



Netball Rules

Basic rules from Year 7 and 8 plus:-

- When ball marking a player's hands must be marking the ball and not the face of their opponent.
- Ball must be touched in each third of the court. If the ball travels from the goal third to the other goal third with being touched by a player it is '**over a third**'
- A player is offside if any part of their body lands in an area of the court they are not allowed.
- If the ball is thrown from outside the shooting circle but actually ends up going through the hoop, no goal is scored and the game just carries on.

Types of Defending

Ball Marking - when a player stands 1m (3 feet) away from an opponent and puts their arms up in the air to make it difficult for their opponent to throw the ball.

Man to Man Marking - when a player sticks as close to their opponent as possible to make it difficult for them to receive a pass.

Zone Marking - when a number of players on the same team mark areas on the court rather than man to man players, such as in the shooting circle. This tactic involves good communication so the players close down the space, makes it difficult to pass the ball and can intercept passes.

Footwork - Split landing

A **2-footed landing** used by the GS or GA to get closer to the post when shooting.

The landing foot is the foot nearest to the post.



Spin Dodge (or Roll Dodge)



Player is stood behind their opponent on their toes ready. Go to run one way and then spin away and quickly go the other way away from your opponent.

See video clip to see it in action
https://www.youtube.com/watch?v=e_15raj4KvA

Holding Space - is when attacking players hold their space using their body against their opposition to stop them getting into that particular space and getting the ball (i.e. GS holding the space near the post against GK, the GS asks for the ball to throw so they can move into and receive the ball in the space they are holding).

Key Stage 3 Knowledge Organiser - Year 9 Badminton

Key Knowledge & Skills

Backhand Clear

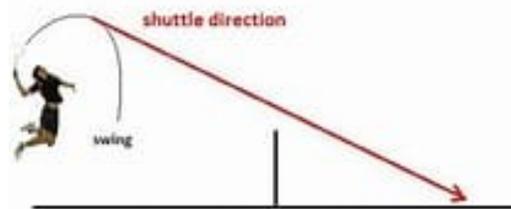
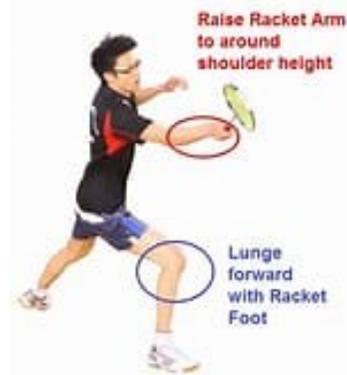
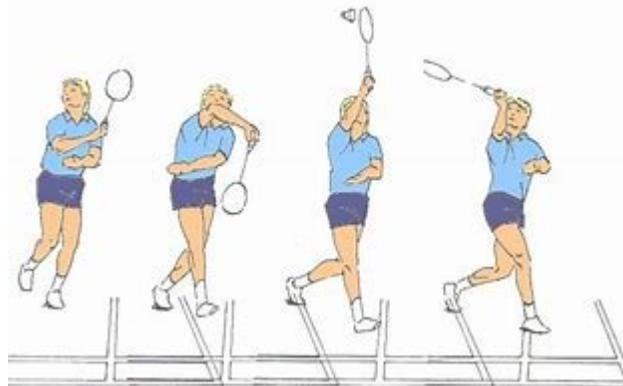
- Disguise important
- Non-dominant leg forward
- Snap wrist on contact
- High arc of shuttle
- Back of hand facing opponent for backhand

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 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 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.

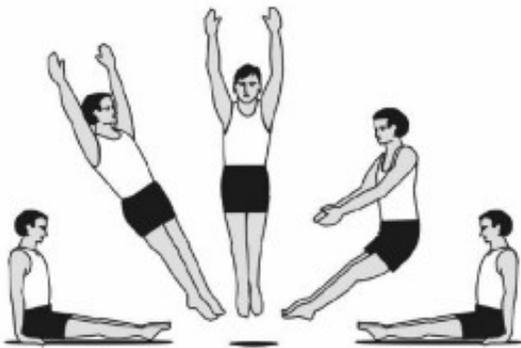
Key Stage 3 Knowledge Organiser - Year 9 Trampolining

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

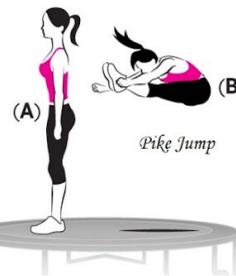
Straight Jump



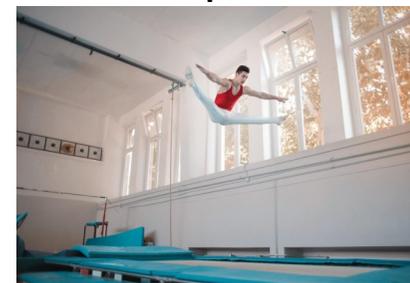
Tuck Jump



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 Girls Rugby

Rules and Regulations:

- Play starts and restarts with a tap. This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up. Penalties are performed using the same procedure. On both a re-start and penalty the defending team must retreat at least 10 metres.
- Six players are allowed on the field at any one time, with up to eight substitutes off the field.
- A touch is legitimate and minimal contact between a player in possession and a defending player. A touch includes contact on the ball, hair or clothing and may be made by a defending player or by the player in possession with two hands
- When touched, the player in possession must place the ball on the ground at the exact point of the touch. Play is re-started by stepping over the ball. It can be controlled with a hand or foot. This is known as a 'rollball'.
- After six touches with no score, possession changes. The attacking team begins play with a 'rollball'.
- During a roll ball, all defending players must retire to the inside line set by the referee, 7m back from the roll ball. The defending team cannot move forward until play restarts, nor interfere with play while retreating.
- A try is scored when the attacking team place the ball on the ground on or over the try line.
- The ball must be passed backwards.

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. If the ball is passed forwards a penalty will be incurred.

Touch - A touch is where the opposition makes contact with the attacking team with two hands.

Strategies and Tactics/Scoring Systems

- One try is awarded when the attacking team place the ball on the ground on or over the try line in less than 6 touches.
- There is a mixture of attacking and defending players on a team.



Key Stage 3 Knowledge Organiser - Year 9 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

Theme - The content that informs a piece of choreography; may be taken from the movement itself, or from other sources (e.g., ideas, images, emotions); a phrase or sequence of movement around which a dance is constructed

Canon - Individuals and groups perform the same movement/phrase beginning at different times.

Locomotor Movement - Movement that travels from place to place, usually identified by weight transference on the feet. Basic locomotor steps are walk, run, hop, jump, skip, leap, gallop, crawl, and roll.

8 count - Most dances are choreographed to a count of 8 or two 4 counts back to back.



Choreographic Forms:

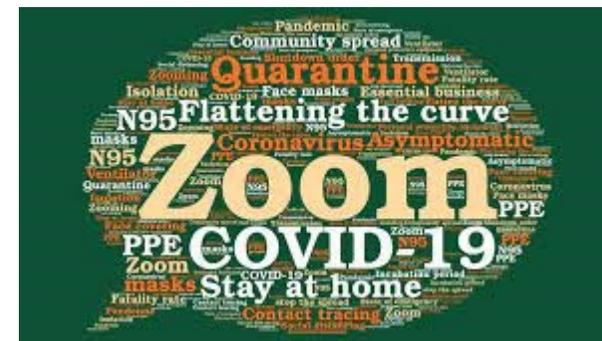
ABA - A sequential choreographic form with three distinct parts in which a dance theme (A) is followed by a contrasting but related dance theme (B) and ends with a repeat of the initial dance theme (A).

AB - consists of a beginning section, A, followed by a second section, known as B. While sections A and B fit together in terms of the common feeling of a composition, each contains elements that contrast in tone or quality.

Choreographic Processes:

Researching
Improvising
Selecting
Developing
Structuring
Refining

Theme: The Pandemic



4 COMPONENTS OF DANCE

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

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.

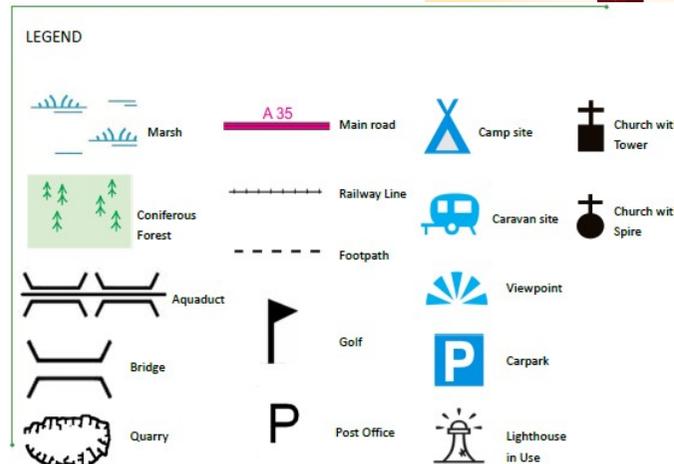
Communicating - Sharing information or ideas with others.

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

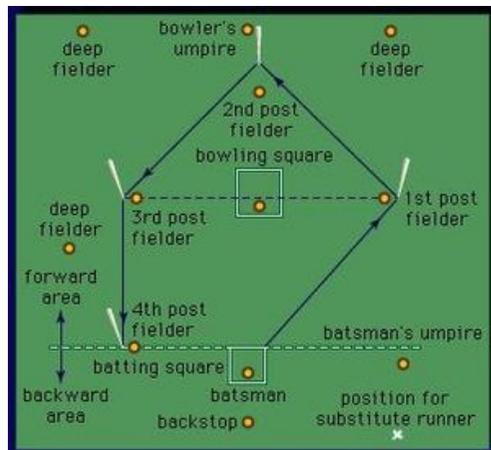
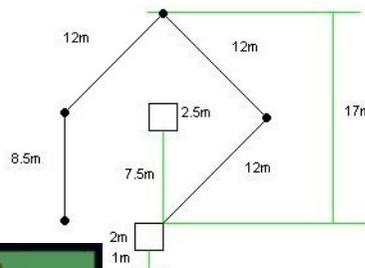
- The team with the greatest number of correct controls 'described' in the quickest time is the winner. Places are then awarded for the next highest number of points in time order. Some points may offer a greater value due to being more difficult to collect.
- Teams should plan their routes carefully - 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 Rounders

The Rounders Pitch, Positions and Dimensions



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**'.



A Backhand Hit

- The batter uses a backhand swing when hitting the ball to send the ball into the spaces on the pitch where there are fewer fielders and can then score more points.
- A good backhand hit will be disguised and travel between 1st post and the batting line.

'Together and In' - a call made by the umpires if both the batter touches the post and the fielder stumps the post at the same time.

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.

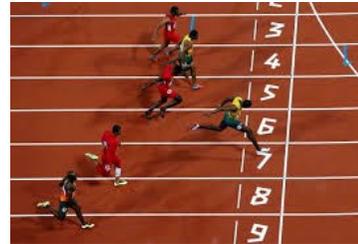
Throwing events – these events are measured from the front edge of the throwing line to the first mark made in the ground by the implement. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three attempts.

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.

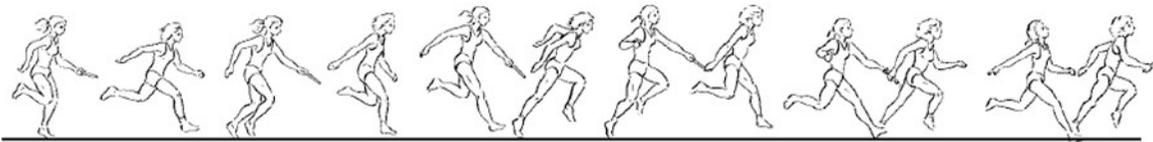


Endurance Events like 800m and 1500m - don't sprint the entire race. You need to **pace your race** so that you don't get too tired too quickly but can sprint at the end of the race to get a quicker time or better place.



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

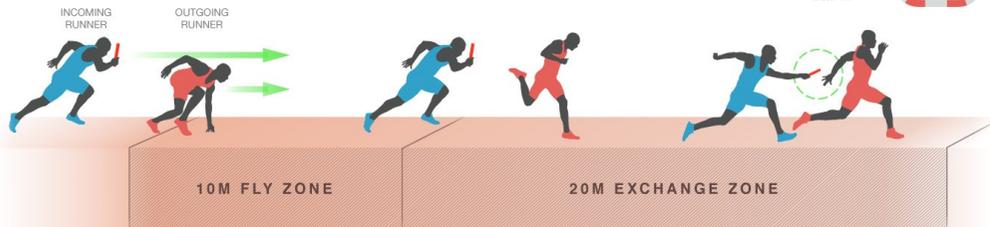
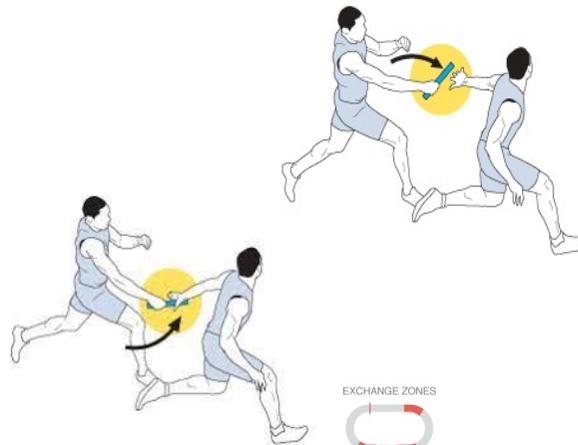
Key Stage 3 Knowledge Organiser - Year 9 Athletics: Relay Races

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