

Basketball– Y7 Key knowledge

Chest pass

- Two handed pass
- Push the ball from your chest aiming for your team mates chest
- Step in to the pass with one foot
- Receive with two hands. Reach and bring into the triple threat position

Basic dribbling

- One handed dribble
- Push the ball with your finger tips not your palm and 'snap' your wrist towards the floor from waist height position
- Dribble the ball at the side of your body not in front
- Keep your head up to scan the court
- Dribble in one continuous movement
- Use your body and you're your non-dribbling hand to shield the ball

Basic defending

- Non-contact
- Wide stance, low body position to increase stability
- Use of hands to block 'passing lanes'
- Force onto weaker side and protect the basket
- Always defend your man 'ball side' 'basket side'

Bounce pass

- Two handed pass
- Push the ball from your chest/stomach towards the floor aiming to bounce the ball so your team mate receive it above waist height
- Step in to the pass with one foot
- Receive with two hands. Reach and bring into the triple threat position

Set Shot

- Follow the acronym 'B.E.E.F.'
- **B**: Balanced position
- **E**: Eyes on the target looking under the ball at the basket
- **E**: Elbow of the dominant underneath the ball with the non-dominant hand supporting at the side
- **F**: Follow through 'snapping' your wrist to direct towards the basket
- Aim at the small black box on the backboard to gain enough height
- Power generated from the legs and arms

Overhead pass

- Two handed pass
- Move the ball above and in line with your head, do not move it behind your head
- Step in to the pass with one foot
- Aim between your team mates chest and chin
- Receive with two hands. Reach and bring into the triple threat position

Triple threat/Pivot/Jump stop

- **Triple threat: (fundamental ball holding position)** wide stance, square and face on to the basket, ball in both hands at your dominant hand's hip, weight slightly forward
- **Pivot:** When in possession of the ball one foot must be in static contact to the floor while using the other foot to rotate your body to improve position while in possession of the ball
- **Jump stop:** coming to a stop landing simultaneously on both feet in a controlled stance (triple threat)

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Gymnastics - KS3 Essential Knowledge Sheet

Apparatus

Floor
Vault
Trampet
Rings
Beam
Wall apparatus

Key knowledge

Shapes: Straight, tuck, pike, straddle,
front support, rear support, bridge,
handstand, headstand
Jumps: Tuck, straddle pike, straight
Balances: 1-4 point balances
Levels: High, mid, low
Direction: Forwards, backwards, diagonal,
free.
Rolls: Forwards roll, backwards roll, teddy
bear roll, pencil roll
Exiting skills: use of one leg, arm position

Scoring in gymnastics

All gymnasts start with a score of 10.

Throughout the routine the judges
deduct points, tenths and even
hundredths for mistakes in
technique.

Once the routine is over the final
score is tallied and the result is
posted.

Different disciplines:

Tumbling
Trampoline
Rhythmic
Acrobatic
Artistic
Aerobic
Parkour

Personal development

Creativity

Self confidence

Theoretical links

Arousal

Stress management techniques

Feedback & Guidance

Health benefits

Improve balance, co-ordination, flexibility,
power, strength.

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Gymnastics – Y7 Key knowledge

Balance/Shapes

1-4 point balances can include individual, pair, counter balance and group balances.

Shapes – **Tuck** – tuck your knees to your chest.

Straddle – legs come up parallel and out, arms reach toes or in-between legs

Pike – Legs together and parallel reach toes

Entrance and exiting knowledge

This is the way you start your skill and finish your skill, you can be creative with this to make your skill more aesthetically pleasing.



Levels/Jumps

Low/Middle/High – When creating your routine try include skills which are done low to the ground, in the middle zone and up high to make your routine interesting and engaging.

Jumps: Straight jump – jump up straight arms above your head, bend and extend knees to gain height, legs remain together.

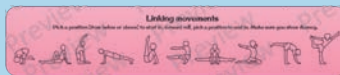
Tuck jump – bring your knees up to your chest and make contact with your knees before extending your legs.

Straddle jump – bend and extend legs into straddle position, reach for toes, land on 2 feet.

Pike jump – bend and extend legs into pike position, legs tight together, reach for toes.

Direction/Transition

You can travel – forwards, backwards, sideways, diagonal, zigzag which involves how you move from one skill to the next in a routine. This makes your routine more interesting and allows it to link together, you can be as creative as you want with this.



Rolls

Forward roll – Chin tucks into neck, rounded back, use hands to support either side of the head.

Backwards roll – Chin tucks in, hands either side of to push up, kicks legs over your head, land on 2 feet.

Teddy bear roll – Hold onto both legs, sit in straddle, roll in either direction keeping legs in straddle.

Pencil roll – Keep your body straight, toes pointed and arms straight and tight to your head, use hips to roll you over.

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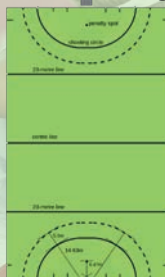
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Hockey - KS3 Essential Knowledge Sheet

Pitch Markings



Key rules/fouls

- Feet** – the ball cannot make contact with the feet at any time.
- Shooting circle** – you must be inside this area to shoot.
- Non-contact** – contact with another player cannot be made at any time.
- Obstruction** – blocking the ball with your body from an opponent.
- Back stick** – only the flat side of the stick can be used to hit the ball.
- Sticks** – you cannot hit another players stick with your own.
- High stick** – Stick cannot be above the hip if another player is around you.

Penalties awarded:

- Free Hit** – all players 5m away from the ball. Can be a pass or taken to yourself.
- Penalty corner** – awarded when the defence commits a foul in the shooting circle or purposefully hits the ball over the back line.
- Penalty stroke** – awarded when a foul is committed which would have prevented an almost certain goal.

Key knowledge

- Dribbling** – basic and Indian dribble.
- Tackling** – block, jab and reverse.
- Shooting** – hit, push, flick and slap.
- Passing** – hit, push, flick and slap.
- Jockeying** – pushing towards the line.
- Receiving the ball** – trapping and on the move.

Personal development

- Communication
- Teamwork

Theoretical links

- Importance of a warm up and its stages.
- Importance of a cool down and its stages.
- Key muscles used and joint types.
- Fartlek training
- Components of fitness required for successful performance.
- Health benefits**
- Improves cardiovascular endurance
- Improved co-ordination.
- Increases range of motion



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Hockey – Y7 Key Knowledge

Basic Dribbling

- Keep the ball in front of you away from the feet and slightly to the right.
- Left hand is placed at the top of the stick and the right hand should be three quarters down the grip.
- Knees are bent to lower body position towards the ball.
- Keep the ball in contact with the stick where possible.



Push pass

- Left hand is placed at the top of the stick and right hand at the bottom of the grip.
- The back foot starts in line with the ball and the stick is in contact with it.
- Knees are bent to lower the body to the ball.
- Weight moves from the back foot to the front foot and the stick maintains contact with the ball.
- The stick follows through in the direction of the pass.

Slap pass

- Left hand is placed at the top of the stick and right hand at the bottom of the grip.
- The ball is in front of the body to the right.
- The stick is swung back sort and flat, parallel to the ground.
- Follow through in the direction of the pass



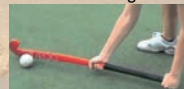
Block tackle

- Left hand is placed at the top of the stick and right hand at the bottom of the grip.
- As the opposition approaches step forward with the left knee and bend.
- The stick should be placed parallel to the floor.
 - Can use one hand or two.
- Use two hands to strengthen the tackle.



Trapping the ball

- Left hand is placed at the top of the stick and the right hand should be three quarters down the grip.
- Stick is low to the ground as the ball approaches.
- Cushion the ball into the stick by meeting the ball out in front of the body and then bringing it backwards.
- Stick should be slightly angled towards the ground.



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Rugby– Y7 Key Skills

Lateral Passing

All players must pass lateral or backwards to team mates
Swing arms from the shoulder to hip
Look at team mate when passing
Run backwards before passing to team mate

'Play the ball'

After a tackle the player in possession must place the ball on the ground and gently roll it backwards to the 'acting half back' using their foot. The acting half back picks the ball up and decides whether to pass to a team mate or run forwards

Side Tackle

Head must be placed at the back of the opponent and make contact using their cheek (face) with the ball carriers cheek (backside)
Arms are wrapped around his/her waist and squeezed together with a vice like grip
Drive from legs for extra power and push

Front Tackle

Place head at the side of the opponent and form a crouched position.
Place arms around the opponents waist, making contact with the shoulder, and squeeze
From the strong crouch position the tackler rolls back using the ball carriers momentum to bring them to the ground.

Playing a role within a modified game

Effectively take on the role of a defender, using the tackle to stop the opposition from beating you.
Effectively take on the role of an attacker, demonstrating the ability to beat an opponent through the use of methods such as effective timing of the pass.

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