

Athletics- KS3 Essential Knowledge Sheet

Track Events

- 100m
- 200m
- 400m
- 800m
- 1500m
- Relays

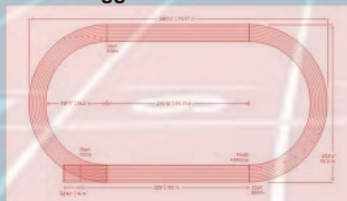
Field Events (throw/jumping)

- Shot putt
- Javelin
- Discus
- Long jump
- Triple jump
- High jump

Theoretical Elements

- Students will understand and justify appropriate elements and phases of a warm up for different events.
- Students will be able to link components of fitness to each event.
- Use of numeracy skills to work out times and distances.
- Identify muscles used in events.
- Aerobic and anaerobic respiration.
- Discuss the use of drugs in athletics.

Staggered track starts



Key Skills

- Sprint starts
- Pacing
- Baton exchange (relay)
- Glide (shot putt)
- Grip (Javelin/discuss)
- Windup (discuss)
- Take off (long jump/triple)
- Scissor kick (high jump)
- Fosbury flop (high jump)

Aim High



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Futsal – Essential Knowledge Sheet

Short pass

- Turning your kicking foot outwards
- Plant your non-kicking foot next to the ball pointing in the direction of the pass
- Use the inside of your foot to make contact with the centre of the ball
- Follow through in the line of passing direction

1st touch control

- Get in line with the ball
- 'Cushion' the ball as it makes contact with your foot/body part
- Get your head up to assess your next decision
- Protect the ball from your opponent by moving the ball with a pass, another touch or a dribble

Sole of foot control

- Receive the ball with the foot closest to the ball
- Point your toes to where the ball is coming from and have your heel down
 - 'Kill the ball'
- Head up to make your next decision

Dribbling

- Use a combination of your sole of the foot and your instep to dribble high and tight close to your chest
- Quickly change between looking at the ball, your direct opponent and where your team-mates are positioned
- Identify gaps in the defence and accelerate towards them
- Use side-step, decoy runs to step-overs, disguise and changes of direction to beat the defender

Shooting

1. Observe the goalkeeper's position.
2. Select the best **technique** for your **shot**. (laces, side-foot, outside of foot)
3. Put your non-kicking foot alongside the ball.
4. Keep your head down and your eyes on the ball when striking.
5. Keep your body over the ball.
6. Make contact with the middle to top half of the ball.
7. Maintain your composure.

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Handball- KS3 Essential Knowledge Sheet

Court Markings



Key rules/fouls

- 7 players per side
- 30 minute halves
- Can't shoot inside the D.
- 3 steps with the ball, but no more.
- Goalie is allowed outside.
- 3 seconds holding the ball.

Positions:

- GK
- Left back
- Right back
- Centre
- Right wing
- Left wing
- Pivot



Key Skills

- Passing-** Chest, shoulder, bounce, Overhead
- Attacking Dodging skills-** Feint/single dodge and double dodge.
- Signalling-** Receiving the ball
- Marking a player/Space-** Defending
- Interception-** Gaining possession
- Shooting-** Close/distance
- Dribbling-** Bounce /no bounce

Personal skill development

- Communication
- Teamwork

Theoretical links

- Somatotypes
- SPORT
- Functions of the skeleton

Health benefits

- Improves cardiovascular endurance
- Improved co-ordination.

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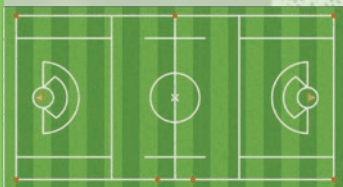
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Lacrosse- KS3 Essential Knowledge Sheet

Court Markings



Key rules

- 10 players per side
- Four of the players must stay on the defensive half of the field, three must stay on the offensive half, and three can go anywhere on the field.
 - Game starts with a face off
- 4 players must remain on defensive half, 3 in attacking half
 - 4 quarters of 15 minutes.
- A goal is scored by shooting the ball into the goal
- You can run with the ball in the stick
- The closest player to where the ball crossed out of bounds, restarts play- this player can then just start the game by passing or running with the ball

Penalties awarded/Fouls

- Cannot touch the ball with hands except GK
- If a player commits a foul, they will get put in a penalty area for 1 to 3 minutes
 - No tripping with stick or feet
 - Cross check (hitting opponents stick between hands)
 - No holding a player

Key Skills

Cradling – half/full

Scooping – picking up the ball from the ground

Passing – overhand, bounce, sidearm, underhand

Catching – high/low, cross body

Shooting – overhand, wraparound, low shot, side arm shot

Personal skill development

Communication
Teamwork

Theoretical links

Levers

Key muscles used and joint types.
Fartlek training

Components of fitness required for successful performance.

Health benefits

Improves cardiovascular endurance
Improved co-ordination.

Aim High



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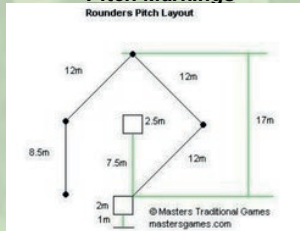
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Rounders - KS3 Essential Knowledge Sheet

Pitch Markings

Rounders Pitch Layout



Key rules

- 9 players for each team on the field at one time
- If a batter reaches 2nd or 3rd post in one hit, the batting team scores $\frac{1}{2}$ a rounder. If the batter reaches 4th base in one hit, the batting team scores a rounder.
- Games usually played over 2 innings of 30 good balls
 - You cannot be caught out on a no ball.
 - When bowling it must be between the batters head and knee.
- A batter must keep in contact with their base at all times.
- If a batter drops their bat they are out.

Positions:

Backstop
Bowler
Batter
1st base
2nd base
4th base
Deep fielder
Inner fielder

Key Skills

Underarm throw
Bowling
Overarm throw
Batting
Catching
Long barrier
Scoop

Personal skill development

- Improves team work
- Improves leadership skills
- Improves communication skills

Theoretical links

Types of goals
Types of motivation
Guidance

Health benefits

Improved hand eye co-ordination

Aim High



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Softball- KS3 Essential Knowledge Sheet



Key rules/fouls

- 4 balls (no balls) = Men Walk to 2nd base/Women to walk to 1st base
- 3 strikes = batter out
- 3 outs for the team = change over
- Ball has to pass through the batters box between the knee and shoulder
- If batter swings but the ball is bad this is still a strike
- Must touch every base on the way around
- Player CAN run back to previous base once they have set off
- To get the batting team out you can catch the ball before touching the floor, receive the ball at a base the runner is running at, tag the runner with the ball when running between bases.
- Ball must land between the two foul lines
- Can get multiple people out in one go.

Positions:

- Pitcher
- Catcher
- Batter
- 1st Base
- 2nd Base
- 3rd Base
- Short Stop
- Left field
- Centre field
- Right field
- 1st/3rd base coaches

Key Skills

- Over arm throw
- Catching a direct ball with the glove
- High Fly ball catch
- Ground ball catch
- Pitching
- Deep Field batting
- Bunting
- Sliding into base

Personal skill development

- Improves team work
- Improves leadership skills
- Improves communication skills

Theoretical links

Arousal
Types of feedback
Stress management techniques

Health benefits

Improve hand eye co-ordination

Aim High



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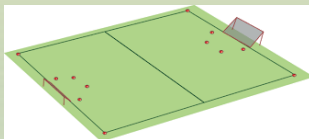
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Tchoukball Essential Knowledge Sheet

Pitch markings/Equipment



Key rules/fouls/penalties awarded

- Games will consist of 6 players. There are no goalies in Tchoukball, for co-ed at least 2 players MUST be female.
- The game will start with a jump ball at centre court.
- Games will consist of two 20 minute halves, with a short half time.
- There are no time outs permitted, exclusion: personal injury or playoffs.
- A goal is scored once the ball has bounced off of the rebounder (net) and lands on the ground outside of the crease.
- Players are allowed to move with the ball for a maximum of 3 steps and then must pass to another teammate or attempt a shot on goal. (a step is considered when a player lifts any foot off of the ground and places it back down, even if it is in the same spot).
- Players are only allowed to hold the ball for 5 seconds without moving when closely guarded by a defender (defender must be counting).
- Players may use their hands (open or closed) to catch, push or hit the ball. Use of the chest, head and knees are also permitted. However use of leg below the knee is not permitted.
- Players can throw the ball at one rebounder a maximum of 3 times. After the third time, the ball must be thrown at the opposite rebounder.
- A player may not touch the ball more than once (not allowed to pass to one's self) unless the ball is deflected or hit from the hands of the defender from the opposing team.
- If a player misthrows the ball the first player to get to the ball get possession, unless the ball goes out, in that case the ball goes to the other team.
- No one is allowed in the crease (offense or defense)
- In order to score a point the ball must be thrown from outside of the crease, bounce off of the frame and land on the ground outside of the crease.
- Points can be scored on either frame.
- If the ball is bounced off of the frame and then caught by the opposing team, no point is scored and the opposing team can attack immediately.
- After a point is scored the opposing team get possession of the ball beside the frame outside of the crease.

Key Skills

Over arm one handed throw
 2 handed catch
 1 handed catch
 Jump shot
 Underhand shot
Tactics
 Utilising the jump
 Extreme angles
 Utilising the underhand top spin
 Dummy shot

Personal skill development

Team work
 Communication
 Confidence
 Resilience

Theoretical links

Emerging sports
 Obesity
 Recovery process

Health benefits

Increase in co-ordination
 Cardiovascular endurance

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Tennis - KS3 Essential Knowledge Sheet

Equipment



Key rules / infringements

Always start a game by serving from the right, serving diagonally. Alternate serving from the right and then left
 Foot-fault - cannot touch any part of line or court until ball has been hit
 You can toss the ball up / stop and start again
 When serving the feet should not touch the any part of the line
 If the ball hits the net and goes over when serving, play a "let"
 Second serve – if the serve does not get the ball into the service box they are allowed a second serve. If this does not go in it is a "double fault" and the opponent's point
 The ball is only allowed to bounce once before a player hits the ball
 Unlike table tennis you are allowed to volley the ball – hit it before it bounces
 If the ball hits the net and goes over in a rally, play on
 If the ball touches any part of the line the ball is in

Scoring – always give the server's score first
 0 points = love / 1 point = 15 / 2 points = 30 / 3 points = 40 / 4 points = game
 If the score is 40 – 40 it is called "deuce." If the score is deuce a player has to win two more consecutive points to win the game. If at 40 – 40 a player wins the next point it is their "advantage." If they win the next point they win the game. If they lose the next point the score goes back to deuce.
 To win a set you must win 6 games and win by two games e.g. 6 – 4. If the score is 5 – 5 you must win 7 – 5.
 At 6 – 6 a tie-break is played which is the first to 7 points, winning by two clear point eg 7 – 5.

Essential skills

Grip – depends on the shot being played
 Ready Position: balls of feet / knees slightly bent / after each shot return to position just being baseline
 Serving: sideways and balanced / ball toss on hitting side and slightly in front / throwing action / hit ball at highest point
 Forehand; Face sideways with your shoulder and arm pointing towards the opponent.
 Keep your eyes on the ball / The forward swing should travel from low to high / Make contact with the ball at waist height. / The racket will follow through, finishing to the left of the shoulder.
 Backhand: Two handed" for greater control: / Closed racket face at 45 degrees / Swing from low to high / Contact point slightly in front of the waist
 The volley: Racket flat or slightly open / do not take the racket back behind you / step forward and hit the ball in front of your body / keep the wrists firm / there will not be much follow through
 The smash: Turn sideways / point at the ball with non-racket hand / reach up and hit in front of body

Tactics

Speed and placement of service
 Use of the cross court shot for safety
 Use of topspin for net clearance
 Use of spin to gain an advantage
 Hitting to opponent's weak areas – normally backhand
 Evaluation of opponent's strengths and weaknesses

Personal skill development

Communication
 Self confidence
 Creativity

Theoretical concepts

Spectator behaviour
 Consequences of a sedentary lifestyle.
 Technology in sport

Health benefits

Agility
 Reaction time
 Co-ordination

Aim High



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