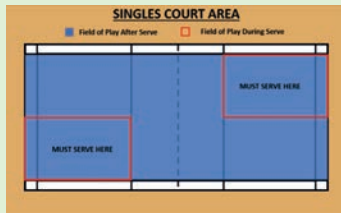


Badminton- KS3 Essential Knowledge Sheet

Court Markings



Key rules/touls

- A match consists of the best of 3 games of 21 points.
- Every time there is a serve – there is a point scored.
- The side winning a rally adds a point to its score.
- To score a point the shuttle must land on the opponents side inside the court.
- If the shuttle lands on the line, it is in.
- If the shuttle hits the net you play on even on a serve. If it lands in, it is a point.
- If the shuttle is hit outside of the court area, it is the opponents point.
- Serving must be hit in an upwards direction with an underarm hitting action
- There are no second serves

Serving - LORE

At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court.
When the server's score is odd, the server serves from the left service court.
Left Odd
Right Even

Key Skills

Serving – Short/long, flick serve (forehand/backhand)
Overhead – Clear, drop (forehand and backhand)
Underarm – clear, drive, drop (forehand and backhand)
Net play
Smash

Personal skill development

Sportsmanship
 Intrinsic motivation
 Resilience

Theoretical links

Interval training
 Energy Systems
 Components of fitness – power, agility, coordination

Health benefits

Improves cardiovascular endurance
 Improves aerobic and anaerobic fitness

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– Y8 Key Skills

Forehand serve

- Stand sideways with non racket shoulder to the net
- Hold the shuttle upside down with thumb and index finger – arm fully extended
 - Weight in racket leg
 - Wrist cocked back
- Release shuttle as you transfer weight from racket leg to non-racket leg (heel to toe movement)
- Push through shuttle without uncocking wrist

Smash

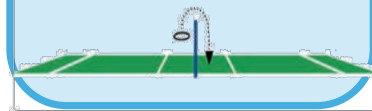
- Stand side on – knees slightly bent
- Get behind the shuttle – further than overhead clear
- Extend non racket hand up to point at shuttle
- Place racket behind head (scratch the back)
- Hit shuttle at highest possible point – Can jump
- Make contact above and in front of the body.
- Strike the shuttle with a throwing action – flick the wrist down to aim the shuttle downwards

Drop shot - Backhand

- Stand sideways with your racket hand closest the net
 - Shift weight to back foot
- Raise the racket above the head
- Bend the elbow and lock the wrist
- Contact the shuttle at highest point possible
- Gently hit the shuttle aiming to just clear the net and land as close to the net as possible
- Following through in direction you wish the shuttle to travel

Net shot

- Lunge forwards with the racket leg forwards
- Supinate the wrist and extend the arm to forehand side
- Gently hit the shuttle above the waist
- Aiming to get the shuttle to just clear the tape of the net



Clear continued

- To develop the clear, look at disguising this shot with another, hitting the shuttle flatter,
- Combine the overhead clear with a drop shot to bring the opponent to the net to then hit it over them with a clear.

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Dance - KS3 Essential Knowledge Sheet

Gumboot Dance

The gumboot dance is a South African dance that is performed by dancers wearing wellington boots. Students will learn a basic motif, which they will then develop and create the own choreography using the key words/concepts. They will then perform there routine during the last lesson.

Key words

Posture - The carriage of the body as a whole, the attitude of the body, or the position of the limbs (the arms and legs)

Co-ordination - the ability to use the different parts of your body together efficiently.

Timing (canon unison) - Moving one after another or moving at the same time.

Levels - Movements take place on three levels: high, middle, and low or deep level.

Spacing - Formations, create formations to suit the space ang group number.

Theoretical Elements

Structure of skeleton –and femur. Radius, ulna humorous and tibia, fibular.

Plains and Axis – Sagittal, frontal and transverse plane. Transverse sagittal and longitudinal axis.

Cross curriculum link to history – Slaves in the gold mines in south Africa.

Basic motif

Clap clap slap stomp x2
Slap Stomp Slap slap Clap x2
Clap clap clap clap slap stomp x2

<https://www.youtube.com/watch?v=qfAScKWSDjs>

Different movement that can be used



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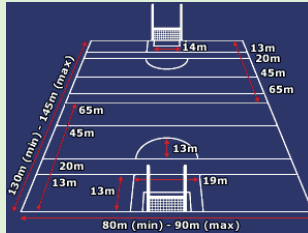
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Gaelic Football - KS3 Essential Knowledge Sheet

Pitch Markings



Key Skills

Passing – feet and hands – hand slap, kick pass

Kicking – Punt, drop, freekick

Tackling – intercepting, blocking

Shooting – long, short, feet and hands 45s

Moving with the ball – solo, toe to hand, pick up, bouncing

Receiving the ball – one hand, two hand catch,

Pick up – getting the ball from the floor must be done by scooping the ball up with your feet

Key rules

Running with the ball in the hands – Can only take 4 steps before you must bounce or solo the ball.

Shooting – You can score in the football net or hit the ball over the bar between the posts (with feet and hands)

Passing with the hands – strike the ball with the fist, not thrown

Moving with the ball in the hands – cannot bounce it twice in row

Contact – shoulder contact and slapping the ball out of an opponents hand is allowed

Fouls are awarded for the following

- Blocking a shot with the foot
- Pulling an opponent's jersey
- Pushing an opponent
 - Sliding tackles
 - Striking an opponent
- Touching the goalkeeper when he/she is inside the small rectangle
 - Tripping
- Using both hands to tackle
- Wrestling the ball from an opponent's hands

Personal skill development

Communication
Teamwork

Theoretical links

Key muscles used and joint types.
Fartlek training

Components of fitness required for successful performance.

Classification of skill

Health benefits

Improves cardiovascular endurance
Improved co-ordination

Restarting play

A match begins with the referee throwing the ball up between the four mid fielders.

Kick out – after the attacker has shot wide or scored, goalkeeper kicks the ball out.

Freekick – after a foul is committed – kicked from ground or hands

Penalty kick – from the ground if a player is fouled inside the large rectangle

Sideline kick – kicked from the ground or hands where the ball went out.

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– Y8 Key Skills

Hand Pass/Hand slap

- Can be used to pass or shoot.
 - Volleyball serve technique
- Face teammate, eyes on the ball
- Hold ball in weaker hand at waist height
- Place leg of the same side forwards
- Extend arm holding the ball out – step into the pass
- Extend the hitting arm and strike the ball with open palm
- Follow through in direction of the pass

Punt Kick

- Used for longer passing/shooting
- Place the ball in the same hand as the leg you are striking the ball with
- Step forward with non kicking leg/foot
- Drop the ball above the striking foot
- Swing leg to hit the ball before it bounces
 - Strike with the laces/instep
- Opposite arm to the leg striking should be held out to the side for balance
- Toes pointed and follow through

Receiving the ball/catching

- When catching the ball above the chest, fingers should point upward
- When the ball is below the chest, fingers should point down
 - Palms towards the ball
- Make a 'W' shape with hand
 - Spread the fingers
- bring the ball into the chest once caught to protect it and ensure it is not dropped

Moving with the ball – bouncing

- When running with the ball, every 4 steps the ball must be bounced.
- Bounce the ball with the hand on the same side as the kicking leg or with the hand of the direction you are wishing to travel
- One bounce then catch the ball to move up to another 4 steps.

Pick-up

- Place the non chipping leg in front and to the side of the ball
- Bend the body forward and place hands in front of the ball
- Place the foot/toes of the chipping foot directly behind the ball
- Scoop the ball up into the hands

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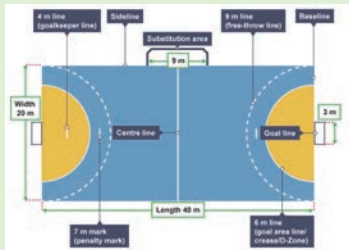
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Handball- KS3 Essential Knowledge Sheet

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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Handball– Y8 Key Skills

Dribbling (With Bounce)

- After receiving the ball and before dribbling, a player holds the ball with both hands
- The ball should be dribbled in one hand at hip level
- The angle of the bounce depends on the speed that the player is moving at; the faster the run the more the angle becomes obtuse
- If an opponent comes close, the ball should be shielded using the body and the centre of gravity lowered

Side Pass

- Weight is always on the front foot.
- The ball is gripped using fingers and thumbs and never balanced in the palm.
- The arm is kept low at hip height
- Lever/flex the arm at the elbow to generate power
- Throw – gently push, the ball into the path of another player.

Jump Shot (one footed take off)

- Raise the throwing arm backwards and high (above the shoulder)
- Ensure you are side ways on to the target (goal)
- Transfer weight from back to front (nose over toes)
- Take off foot of the jump should be opposite to the throwing arm to generate maximum power
- Release the ball at the highest point and aim the shot appropriately in corners

Game Play

Throughout this activity students should be taught how to **apply** the skills they have learned into a game or modified game. Students should have the opportunity to **reflect, analyse, modify and refine** both their own and their peers performance. They should also be given the opportunity to develop their understanding of the '**full version**' of the game with rules and regulations

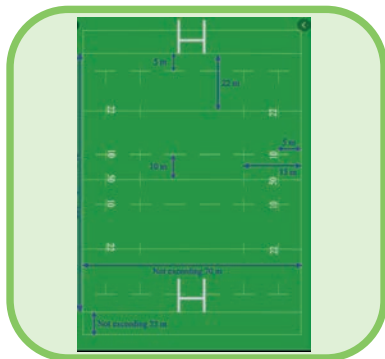
Defensive body positioning

- Have slightly bent legs
- Use small and fast steps
- Have both feet on the ground – avoid jumping
- Move with legs parallel – do not cross over as this may cause you to be off balance
 - Lift and wave arms to distract opponent and block the path of the ball
 - Look up at the ball – don't look at your feet

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Rugby- KS3 Essential Knowledge Sheet



Key rules

- The game is played between two teams of thirteen players each.
- The game lasts for 80 minutes, with two halves of 40 minutes.
- Each team is given six tackles for a chance to score.
- If a team doesn't score in this time then the ball is 'handed over' to the opposition.
- 4 points are awarded for a try, 2 for a conversion/penalty and 1 for a drop goal
- The ball cannot be passed forwards

Penalties awarded for:

- Tackling a player who isn't in possession of the ball.
- Tripping an opponent up.
- Hitting an opponent with arm or fist.
- Kicking the ball when your opponent is trying to pick it up.
- Dangerous play, such as tackling your opponent above their shoulders.
- Defenders not back in line with the referee (10 metres)

Key Skills

- Passing – able to pass to the left and the right.
 - Tackling – front, side, rear.
- Kicking – defensive and attacking.
 - Playing the ball.
 - Positional awareness.
 - Scrum.
- Playing to individual players strengths and opponents weaknesses.

Personal skill development

- Communication
- Teamwork

Theoretical links

- Importance of a warm up/cool down
- Different types of strength used and what training would be applicable to improving it.
 - Arousal

Health benefits

- Improves cardiovascular health.
- Promotes positive mental well being.

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Rugby– Y8 Key Skills

Scrummaging

3 player scrum to be developed to 6
Arms over the top of the shoulders &
bind tightly with teammates.

Grab team mates shirts near to their
waist and grip.

Gently come towards opponents
and lean into one another – DO NOT
PUSH.

The formation of 6 player scrum is 3
at the front, followed by 2, with one
person at the back.

Rear Tackle

Focus on the target area, the back of
the attackers thighs.

Head must be placed at the side of
the opponent.

Arms are wrapped around his/her
waist and squeeze arms together,
making contact with the shoulder.

Drive from legs for extra power and
push

Grip hands together and do not let
go.

Dummy pass

Run towards opponent with the ball
in two hands.

Look towards the person you are
pretending to pass to and make the
movement of passing the ball – but
don't let go.

The defender will be drawn to where
you pretended to pass, take
advantage of this by accelerating to
the opposite direction.

Playing a role within a modified game

Effectively take on the role of a defender and demonstrating the ability to play the role of first marker. The first marker guesses which way the ball is going to be passed from the play the ball and closes that player down to stop the player receiving the ball..

Effectively take on the role of the scrum half, placing the ball in the scrum and distributing it effectively. The scrum half has to have excellent passing skills and be able to pass left and right. They should be able to identify where there may be gaps and expose these.

Using the advantage of an extra player in a 3v2 setting to overload the defence.

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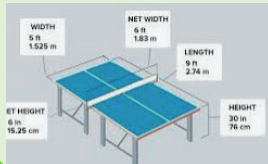
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Table Tennis - KS3 Essential Knowledge Sheet

Equipment

Paddles/Table tennis balls/Net



Key rules / infringements

SERVICE RULES –

Each player will, in sequence, serve two good serves each.
 Serve from behind the table and serve anywhere on to the table ball must rest on the server's open hand
 Ball shall be projected up without spin at least 16 cm
 Ball must drop before being hit

If the ball hits the net and goes over a "let" is played
BALL IN PLAY:- until it touches anything other than the table surface, the net assembly, the racket or **the racket hand below the wrist**, or the point is won or it is a let.

The ball is allowed to travel around the **outside of the net assembly** before hitting the opponent's part of the table
OBSTRUCTION:- Occurs if the ball touches the player or the racket in front of the end line before it has touched the table surface.

OBSTRUCTION:- Occurs if the player's free hand touches the table.
DOUBLES:- You have two serves before it is your opponent's turn to serve twice. The service must go diagonally, from the server's right-hand side to the receiver's right-hand side. A doubles pair must strike the ball alternately. At the change of service, the previous receiver becomes the new server and the partner of the previous server becomes the receiver. This makes sure everybody does everything. After eight points you're back to the start of the cycle.

Personal skill development

Confidence
 Resilience

Theoretical concepts

Golden triangle
 Types of goals
 Bones

Health benefits

Co-ordination
 Reaction time

Essential skills

Grip - The shake hands grip. Index finger does not go up the back of the racket.
 Ready position - Feet slightly wider than shoulder width on balls of feet / knees bent / upper body leant forward at the waist
 Flat service
 Service with spin
 Forehand drive - Closed racket face / Rotate backwards at the hip / swing from low to high finishing in a salute position near the forehead
 Forehand smash - rotate the hips and shoulders backwards so they are sideways to the table/ hit the ball at its highest point or shoulder height / hit down on the ball
 Forehand push - open racket face / small backswing / play the ball to the side of you / follow through in the direction you hit the ball / do not prod at the ball
 Backhand push - Be square to the line of the ball / slightly open bat / push forward from the elbow / strike ball in front of stomach
 Backhand drive - body square to the line of the ball / take racket back towards the belly button / slightly close racket face / hit the ball in front of you / shot comes from the elbow like throwing a Frisbee

Tactics

Speed and placement of service
 Use of the cross table shot for safety
 Use of topspin for net clearance
 Use of spin to gain an advantage
 Hitting to opponent's crossover point
 Evaluation of opponent's strengths and weaknesses

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Table Tennis – Y8 Key Skills

Topspin serve

- Bat face is closed
- Bat moves upwards and forwards as you are just about to strike the ball
- Contact the top of the ball



Backspin serve

- Bat face is open
- Contact the bottom of the ball
- Short follow through



Forehand smash

- Body side on
- Bat high
- Strike the ball at the top of the bounce or shoulder height
- Transfer weight from back foot to front foot
- Hit with power



Backhand drive

- Start with bat around waist height, in front of your body
 - Close the bat face
- As the ball approaches, move your bat forwards and up
- Contact the ball just in front of your body
- Your bat should follow through and finish just to the side of your body
- The action is similar to throwing a frisbee

INFRINGEMENTS

- OBSTRUCTION:- Occurs if the ball touches the player or the racket in front of the end line before it has touched the table surface.
- OBSTRUCTION:- Occurs if the player's free hand touches the table.

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