


















| Symbol  | Name              | Value         | How to Count  |
|---|-------------------|---------------|---|
|  | <b>Semibreve</b>  | 4             | <p>Counting Whole Notes<br/>Hold the note for four beats.</p>    |
|  | <b>Minim</b>      | 2             |    |
|  | <b>Crotchet</b>   | 1             |    |
|  | <b>Quaver</b>     | $\frac{1}{2}$ | <p>Counting Eighth Notes<br/>1 &amp; 2 &amp; 3 &amp; 4 &amp;</p>  <p>Hold each note for half a beat.</p> |
|  | <b>Semiquaver</b> | $\frac{1}{4}$ |    |

Try tapping out some of these rhythms while you count:

*Six Notes Example 1*














| Pitch                      | Visual Representation   | Features   | Description  |
|----------------------------|---|--|--|
| <b>Low Pitch</b>           |    | Bass, Cello, Tuba, Trombone use this clef.   | This is the bass clef, sometimes called the F clef.  |
| <b>Low Pitch Notes</b>     |   | There is an easy way to remember the lines and spaces:<br><b>Great Big Dogs Frighten Auntie. All Cows Eat Grass.</b> | The bass clef is used to notate low pitch instruments.   |
| <b>High Pitch</b>          |    | Violin, clarinet, right hand piano.  | This is the treble clef, sometimes called the G clef.  |
| <b>High Pitch Notes</b>    |   | There is an easy way to remember the lines and spaces:<br><b>Every Green Bus Drives Fast. F A C E.</b>               | The treble clef is used to notate higher pitch instruments.  |
| <b>Low and High Voices</b> |  <p>Acronym: <b>SATB</b></p>   | Peoples singing voices range from low to high. Male voices are lower, female voices are higher.                      | <p><b>Soprano:</b> Highest female voice.</p> <p><b>Alto:</b> High female voice.</p> <p><b>Tenor:</b> Mid-range male voice.</p> <p><b>Bass:</b> Low male voice.</p> |

### Self-Test Questions

1. Which clef would a bass guitar use?
2. Which is the highest pitch female voice?
3. What does SATB stand for?
4. Which clef does higher sounding notes use?
5. A clarinet would use which clef?

### Super Challenge Question






1. Which clef would a piano use?

| Symbol  | Name       | Value | How to Count  |
|---|------------|-------|---|
|  | Semibreve  | 4     |  |
|  | Minim      | 2     |  |
|  | Crotchet   | 1     |  |
|  | Quaver     |       |  |
|  | Semiquaver |       |  |

Try tapping out some of these rhythms while you count:

*(8th Notes Example)*




| Pitch                      | Visual Representation   | Features   | Description   |
|----------------------------|---|--|---|
| <b>Low Pitch</b>           |  | Bass, Cello, Tuba, Trombone use this clef.   | This is the bass clef, sometimes called the F clef.   |
| <b>Low Pitch Notes</b>     |  | There is an easy way to remember the lines and spaces:<br><b>Great Big Dogs Frighten Auntie.</b><br><b>All Cows Eat Grass.</b> | The bass clef is used to notate low pitch instruments.  |
| <b>High Pitch</b>          |  | Violin, clarinet, right hand piano.  | This is the treble clef, sometimes called the G clef.   |
| <b>High Pitch Notes</b>    |  | There is an easy way to remember the lines and spaces:<br><b>Every Green Bus Drives Fast.</b><br><b>F A C E.</b>               | The treble clef is used to notate higher pitch instruments.   |
| <b>Low and High Voices</b> |  | Peoples singing voices range from low to high. Male voices are lower, female voices are higher.                                | <b>Soprano:</b> Highest female voice.<br><b>Alto:</b> High female voice.<br><b>Tenor:</b> Mid-range male voice.<br><b>Bass:</b> Low male voice. |

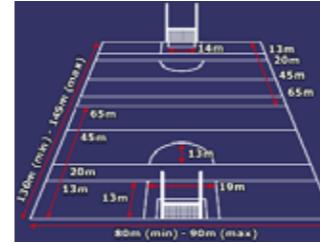
### Self-Test Questions

- Which clef would a bass guitar use?
- Which is the highest pitch female voice?
- What does SATB stand for?
- Which clef does higher sounding notes use?
- A clarinet would use which clef?

### Super Challenge Question

- Which clef would a piano use?

### Pitch Markings



### Key Skills

|                             |   |
|-----------------------------|---|
| <b>Passing</b>              | feet and hands<br>- hand slap, kick pass  |
| <b>Kicking</b>              | Punt, drop, freekick  |
| <b>Tackling</b>             | intercepting, blocking  |
| <b>Shooting</b>             | long, short, feet and hands 45s   |
| <b>Moving with the ball</b> | solo, toe to hand, pick up, bouncing  |
| <b>Receiving the ball</b>   | one hand, two hand catch,   |
| <b>Pick up</b>              | getting the ball from the floor must be done by scooping the ball up with your feet |

### Key Rules/Fouls

|   |  |
|---|--|
| <b>Running with the ball in the hands</b> | Can only take 4 sets before you must bounce or solo the ball.  |
| <b>Shooting</b>                           | You can score in the football net or hit the ball over the bar between the posts (with feet and hands) |
| <b>Passing with the hands</b>             | strike the ball with the fist, not thrown  |
| <b>Moving with the ball in the hands</b>  | cannot bounce it twice in row  |
| <b>Contact</b>                            | shoulder contact and slapping the ball out of an opponents hand is allowed                             |

### Personal Skill 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.

### 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

### Restarting play

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

|                      |  |
|----------------------|--|
| <b>Kick out</b>      | after the attacker has shot wide or scored, goalkeeper kicks the ball out. |
| <b>Freekick</b>      | after a foul is committed - kicked from ground or hands                    |
| <b>Penalty kick</b>  | from the ground if a player is fouled inside the large rectangle           |
| <b>Sideline kick</b> | kicked from the ground or hands where the ball went out                    |