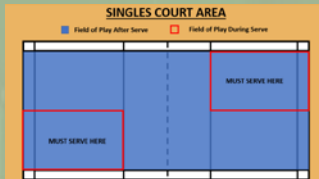


Badminton- KS3 Essential Knowledge Sheet

Court Markings



Key rules/fouls

- 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

Aim High 🏆

Be Determined 🏆

Be Brave 🏆

Be Supportive 🏆

Be Proud 🏆

Achieving Excellence through a Values Driven Education

– Y9 Core Knowledge

Net kill

- Lunge towards the net with racket leg forwards
 - Extend and put racket up
- The point of impact shall be well out in front of you and as high as possible
- *Let the shuttle hit the racket rather than striking the shuttle*
- *Direct the shuttle downwards by angling the racket, closing the face*
- *Aiming to get the shuttle to drop just over the net*

Spin/tumble

- When playing net shots, use a slicing action from left to right or right to left to send the shuttle tumbling/spinning.
- Rotate the wrist on impact of the shuttle.

Forehand Drive

- Lunge into the shot with racket leg and shoulder to the net
- Shift weight onto the lunging leg
- Make contact with the shuttle at just below shoulder height
- Cock the wrist back to prepare to strike the shuttle
 - Avoid full arm swing
- Hit the shuttle with a horizontal racket
 - Aim for a straight trajectory

Net lift

- Extend and put racket up
- The point of impact shall be well out in front of you and as high as possible with your racket leg leading in a lunge position.
- Swing your racket upwards as the shuttle drops in the hitting area.
- Unlock your wrist as you contact the shuttle, producing a whip action.
- Follow through in the upwards direction

Smash continued

- To develop the smash, look at disguising the smash with another shot
- Force the opponent to the back of the court so that when they do return it the shuttle may be high and they will be at the back of the court
- Challenge students to jump to smash

Aim High



Be Determined



Be Brave



Be Supportive



Be Proud



Achieving Excellence through a Values Driven Education

Basketball – Y9 Core Knowledge

Screening

- An off the ball attacking move that creates space and shooting opportunities for a team mate
- Successfully "setting a screen" in **basketball** requires attention to position and timing
- Hands should be crossed across your chest
- Need to be stationary as the **screen is set**.
- Body should be vertical (should not be leaning forward or backwards).
- Square to the defender.

Reverse lay up

- You would perform a reverse layup to help protect the ball from your defender.
- A reverse layup uses your body and the rim to protect the ball as you go up for a shot
- You Approach the basket from one side and shoot on the opposite side.
- Dribble with your outside hand to the basket
- Move under and across the basket
- Hold and protect the ball from your defender as you square your shoulders to the backboard.
- Your momentum should carry you across the court as you shoot the ball from the opposite side off the backboard and through the hoop.



Zonal marking

- Any marking which does not involve normal person-to-person defensive principles
- 'Guard' an area not a particular player
- Aim is to prevent passing lanes, drives and attacking plays that penetrate the 'key' and basket
- Common zonal defence is 2-3 or a 3-2 or a 2-1-2 zonal defence around the basket

3 point shooting

- A **three-point** field goal (also 3-pointer, **three**) is a field goal in a **basketball** game made from beyond the **three-point** line, a designated arc surrounding the basket.
- Similar technique to the set shot but aiming for greater height and distance by increasing power from your legs and arms.



Aim High 🐾

Be Determined 🐾

Be Brave 🐾

Be Supportive 🐾

Be Proud 🐾

Achieving Excellence through a Values Driven Education

Football- KS3 Essential Knowledge Sheet

Pitch Markings



Key rules/fouls

Handball – When a player other than the keeper handles the ball, or the keeper does outside of the area. Results in a free kick or a penalty depending on where this happens.

Goal Kick – Used to restart play if the ball is kicked out by the opposition beyond the goal line.

Offside – When an attacking player receives the ball from a member of their team when they are closer to the opposing team's goal than any of the opposition (except the keeper)

Throw-in – Used to restart play when the ball has gone out of play on the sides of the pitch.

Direct free kick – awarded for a foul that takes place outside of the box.

Indirect free kick – A foul inside the box but is not a penalty.

Corner kick – This is awarded when the defending team kicks the ball out behind their goal line.

Positions:

Goalkeeper: There is only one goalkeeper on the field for each team. Their main role is to defend the goal and stop the other team from scoring goals. They can use their hands while they are in the goal area.

Defender: these players play near their goalkeeper to help defend their goal.

Midfielder: a player who plays between the forwards and the defenders. They sometimes help defend, sometimes they help attack, though they spend most of the time in the middle of the pitch.

Forward: an attacking player in a team. When a forward has the main role of scoring goals, he or she can be called a **striker**.

Key Skills

Passing – Short Side foot / Long driven and lofted passes using laces

Dribbling – Instep and outstep (both feet)

Tackling – Block, interception and slide

Shooting – Placement and power

Control – Selection of surfaces

Personal skill development

Communication
Teamwork

Theoretical links

Year 7: Immediate, short, long term effects of exercise

Year 8: Types of joints

Year 9: Hooliganism

Health benefits

Improves cardiovascular endurance
Improved co-ordination.

Aim High



Be Determined



Be Brave



Be Supportive



Be Proud



Achieving Excellence through a Values Driven Education

Football – Y9 Core Knowledge

Goal Keeping

- *Feet shoulder width apart, good balance with bodyweight slightly forward neither on heels or too far forward on toes, hands comfortable in a mid height position in front of the GK's body.
- *From the set position, the leg nearest the direction of the ball steps towards it, with the foot pointing slightly outwards.
- *Bodyweight goes slightly over the knee, hands go towards the ball with the body going low for a dive along the floor to take the ball at a slight forward angle (if possible).
- *Hands together, the nearest hand behind the ball, the furthest hand reaching behind and on top to control the ball.
- *Head should always be still and towards the ball maintaining eye contact with the ball at all times.

Heading (Defensive)

- * Contact with the ball should be made on the forehead between the eyebrows and the hairline.
- *Ball must be struck and not bounce off the head
- *Players must use muscles in their back and stomach to approach the ball
- *Back slightly arched as ball approaches, slightly leaning forward after striking the ball
- *Head moves toward the ball
- *Eyes must remain open and on the approaching ball
- *For balance, knees must be slightly bent
- ** When defending, the purpose of header is to clear the ball UP and AWAY from your goal and clear the ball from opponents. Heading a ball high gives other defenders time to reorganise defensively; heading the ball far denies an immediate threat on goal .**

Shooting Advanced – Volleying

- *Stand facing side on to the goal, and looking at where the ball is coming from
- *Step towards the goal, plant your standing foot pointing at target, body still facing sideways
- *Make sure your legs open up when you step, your thigh needs to be cocked back for power
- *Lock your ankle, toe straight down and strike the middle to upper middle part of the ball. This keeps the ball going straight or downward and towards the goal
- *Follow through and finish with your shoulders and body facing the target



Crossing

- *Push the ball ahead of you at an angle so you avoid the defender and give yourself enough space to cross the ball without the defender being able to block the cross
- *Plant standing foot next to the ball.
- *Turn your hips at an angle to the ball.
- *Wrap your foot around the ball to bend it with the inside area of your foot.
- *Strike the ball with pace, although not necessarily like a shot, take just a little pace off the ball, but hit the ball with enough power so you whip the ball into the player you're picking out with the cross.
- *Cross the ball from any part of the field in the attacking third, you don't have to get to the goal-line to cross the ball.

Heading (Attacking)

- *Contact with the ball should be made on the forehead between the eyebrows and the hairline.
- *Ball must be struck and not bounce off the head
- *Players must use muscles in their back and stomach to approach the ball
- *Back slightly arched as ball approaches, slightly leaning forward after striking the ball
- *Head moves toward the ball
- *Eyes must remain open and on the approaching ball
- *For balance, knees must be slightly bent
- **When attacking, the focus is on heading the ball downward towards the goal line to score a goal. You head the ball down towards the goal line because this is the most difficult spot for goalkeepers to defend and increases your chance of scoring**

Aim High



Be Determined



Be Brave



Be Supportive



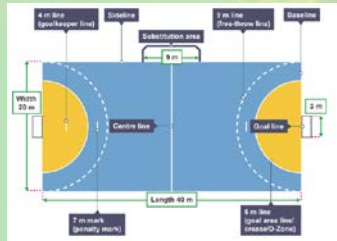
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Handball- KS3 Essential Knowledge Sheet

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.

Aim High



Be Determined



Be Brave



Be Supportive



Be Proud



Achieving Excellence through a Values Driven Education

– Y9 Core Knowledge

Blocking

- Meet the opponent well balanced
- Be closest to the shooting arm of the attacker
 - Use both arms raised
- The arms should be so close together that the ball cannot pass through
 - A slight bend in the elbows
- Keep hands and fingers extended, pointing up
- Aim to block the ball with your palm or underarm

Goal Keeping

The first player in attack and the last player in defence; the goalkeeper plays a key role in everything a team does. The role of the goalkeeper extends way beyond simply shot stopping

Goalkeeper Ready Position

- A slight bend in the knee
- Weight on the toes and not heels
- Arms wide giving a large range of movement
- Core/trunk should be upright

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

Tackling

- With a right handed attacker, you should meet the opponent with your left arm on the opponent's shooting arm and your right arm on the hip of the opponent
 - Meet the opponent with bent arms
- If the opponent is shooting with the right hand, place your left foot in front
 - Move accordingly with the opponent

The difference between tackling and blocking is that by a tackle you attempt to prevent the opponent from shooting. When blocking, the opponent is able to shoot and you try to place one or both hands in front of the ball.

Officiating

Throw - in	Explanation
Free Throw	These are awarded for slight infringements of the rules. All defenders are required to stay 3 metres away from the person taking the free-throw.
Penalty Throw (7 metre throw)	These are awarded when denying a clear scoring opportunity with an infringement.
Corner Throw	A corner is taken by the attacking side when the defender has knocked the ball over the goal line (other than the goalkeeper). The player puts one foot on the corner and passes the ball in.
Goal Throw	This occurs when the ball comes off the goal keeper and crosses the goal line. The goalkeeper then takes the throw from within their own area.
Side Throw	These are awarded after the ball has crossed a sideline. It is taken by the team which were not the last to touch the ball, with the player putting one foot on the line where the ball went out and passing it back into the court.

- Aim High 🐼
- Be Determined 🐼
- Be Brave 🐼
- Be Supportive 🐼
- Be Proud 🐼

Achieving Excellence through a Values Driven Education

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 Skills

- 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 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.
- Increases range of motion



Aim High



Be Determined



Be Brave



Be Supportive



Be Proud



Achieving Excellence through a Values Driven Education

Hockey – Y9 Core Knowledge

Flick pass

- Aim is to lift the ball.
- Lean back on the right leg.
- Roll the right wrist and arm backwards.
- Body is low to the ground.
- Ball should be in line with the toes on the left foot.
- Stick face needs to be against the ball facing slightly upwards.



Flick shot

- Use the flick pass technique to perform a shot on goal.
- The ball should be raised higher when shooting on goal compared to a pass.
- Practice from different angles and distances.



Reverse stick pass

- Both hands are at the top of the stick with palms facing upwards.
- Hook is turned clockwise with the flat side facing upwards.
- Bring the stick back keeping it low to the ground.
- The ball should be slightly in front of the right foot.
- Get down low when making contact with the ball.



Slap pass (sweep)

- Left hand is placed at the top of the stick and right hand at the bottom of the grip.
- The stick is swung back sort and flat, parallel to the ground.
- Follow through in the direction of the pass.
- Strike the ball as it comes into the body and when it is a sticks length away strike the ball in a sweeping motion.



Jockeying

- Left hand should be placed at the top of the stick.
- The stick is pushed towards/ ran alongside the opposing player to prevent them passing.
- Push them towards the side line and put pressure on them.



Aim High



Be Determined



Be Brave



Be Supportive



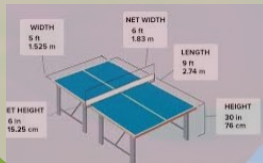
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Achieving Excellence through a Values Driven Education

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 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

Aim High



Be Determined



Be Brave



Be Supportive



Be Proud

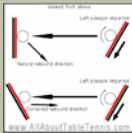


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Table Tennis – Y9 Core Knowledge

Sidespin service

Also called the pendulum serve
 Stand sideways to the table
 The bat is vertical
 Keep the wrist loose
 Swing across your body from right to left
 (for right handers)



Forehand push

Turn your bat so your playing side is facing upwards
 As the ball approaches, bring your bat forwards and down
 Brush under the ball – this will generate backspin
 Your bat should finish in front of you, pointing in the direction in the direction you want the ball to go

Doubles Rules

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.

Doubles Serving

- At the start of a game, the serving team will decide which player will serve first. The first player to serve is A1 and;
 - A1 serves to B1 (2 services)
 - B1 then serves to A2 (2 services)
 - A2 then serves to B2 (2 services)
 - B2 serves to A1 (2 services)
- Repeat until one team wins the game (see scoring system below)
- At the start of game 2, team B will take the first serve; B1 must serve to A1. A1 then serves to B2 and so on

Doubles strategy

When you have played a shot move backwards and slightly sideways to the left – do not move too far from the table
 Hit towards the player who has just hit the ball

Aim High



Be Determined



Be Brave



Be Supportive



Be Proud



Achieving Excellence through a Values Driven Education

Ultimate Frisbee- KS3 Essential Knowledge Sheet

Pitch Markings



Key rules/fouls

- The game starts with a 'pull' this is where the team in possession of the disc throws it to the opposing team.
- You can only pivot when you have the disc
- A goal is scored by catching the disc in your teams endzone, after each point your endzone changes to the opposite side and the conceding team return to their endzone before performing a pull to restart the game.
 - No contact allowed
- When the disc hits the floor possession is turned over
- If a player intercepts or slaps the frisbee down to the floor they remain in possession.
- Can only hold the disc for 10 seconds, defensive player marking them to say 'stall' then count to 10.

Penalties awarded:

Ultimate frisbee is self refereed – all players on the pitch are responsible for following the 'spirit of the game'

- **Contact** = No pushing, tackling, grabbing the disc out of a players hands = this results in a free pass to the opposing team.
- **Stalling** = Holding the disc for longer than 10 seconds = this results in a free pass to the opposing team.
- **Fast counting** = Defenders counting to 10 too quickly = player in possession of the disc has another 10 seconds to release the disc
- **Travelling** = where a player takes more than 1 step = change of possession

Key Skills

Backhand throw
 Forehand throw
 Catching the disc
 Intercepting/ Slap down
 Cutting

Personal skill development

Communication

Leadership

Theoretical links

Levers

Feedback and information processing.

Health benefits

Improved cardiovascular endurance

Improved reaction time

Aim High



Be Determined



Be Brave



Be Supportive



Be Proud



Achieving Excellence through a Values Driven Education

Y8 Ultimate Frisbee Skills

Backhand Throw

- Grip the disc with your four fingers underneath and your thumb on top
 - Feet shoulder width apart
- The back of your hand should be facing your team mate
- Flick your wrist and point your hand in the direction of the pass.
- Once you have mastered the flick, use your whole arm through extending in the direction of the pass.
- Keep your arm parallel to the ground.



Forehand Throw

- Grab the disc with your two index fingers underneath the disc and your thumb on top
- Stand facing your team mate
- Hold the disc out to the side
 - Keep your elbow tucked in
- Use a flick action at the wrist, allow your wrist to 'snap' forwards, bring your arm forward quickly



Catching the disc

Crocodile catch – Aim to catch the disc with two hands, one either side of the disc by smacking them together.

Crab catch – Aim to catch the disc between your thumb and index finger – where possible try to catch the disc with two hands.



Intercepting/Slap down

- Try to read the direction of the pass through the direction of their hand/body.
- Aim to block the disc getting to it's intended player through blocking it with your hand.
- You can try to catch the disc and continue your offensive play or slap it down.
- A slap down is where a player doesn't catch but gets their hand on the disc and pushes it to the floor, this player then gains possession of the disc.

Cutting

This is where a player fakes a pass and throws the marker off balance.

- Shift your weight to push your markers weight to one side
- Quickly transfer your weight to the other side and make the pass
- Make your cut look as realistic as possible

Aim High



Be Determined



Be Brave



Be Supportive



Be Proud



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