

Y7 Handball Knowledge Organiser



Key vocabulary / skill:

- **1. Passing** must be one handed i.e. shoulder, bounce, side (wrist)
- **2. Dribbling** only using one hand with a continuous bounce ideally if no defenders in front of you
- 3. Outwit use of passes and movement to get the ball past an opponent.
- **4. Positions** set places for each player all players defend and all players attack
- **5. Centre Pass** must be passed to one of your own players
- **6. Re-starts** Goalkeeper starts with the ball if attackers through it out or the last touch is off the goalkeeper
- **7. Feint dodge** Faking the direction you are about to travel in before moving in an alternative direction
- 8. Jump shot Making a shot whilst being in the air
- 9. Defensive shape Working as a team to prevent attacking play

Rules of The Game:

- **10.** 7 players per side (1GK, 6 outfield)
- 11. You cannot shoot inside the D (GK area)
- **12.** Take up to 3 steps with the ball then you must dribble (bounce or pass the ball)
- 13. You can hold the ball for 3 seconds whilst stationary
- 14. You must make an attempt to attack
- 15. Cannot pass back to GK in their area from within your half
- 16. Tackling must be front on / square on
- **17.** A competitive game consists of equal 30-minute halves with a 10-15 minute break.
- 18. Players cannot make contact with the ball below the knee.



Careers in Handball:

Handball player
Coach
Official
Sports commentator
Statistical analyser

Professional teams:









Y7 Table Tennis Knowledge Organiser



Key vocabulary / skill:

- **1. Serve:** To strike the ball it must his your own side of the table before your opponent's side. A 'let' service is called if the ball touches the top of the net and goes over and onto the table
- 2. Grip: Hold the handle of the bat like you are going to shake its hand.
- 3. Table: Playing area divided by a net Bat / Paddle
- 4. Equipment: A paddle is used for hitting the ball,
- **5. Spin:** Making the ball turn in different ways depending on how it is hit.
- 6. Rally: Continuous shots over the net between 2 or more players.
- 7. Footwork: Moving your feet early to get in line with the ball
- **8. Ready Position:** The ready position is a key starting point when fielding. It provides you with the best opportunity to catch and/or stop the ball and allows you to move into position quickly. This is done by being on your toes with your body weight slightly towards where the ball is coming from with hands ready
- **9. Forehand Drive:** Hip to lip (start and finish points for the bat) Finish with your index finger pointing towards the target (like a gun)
- **10. Backhand Push:** Making an L shape with your elbow on the backswing and push your arm forwards. This aids the return of short balls, and prevents your opponent from making an attacking return.

Rules of the game:

SCORING:

- **11.** A match is played as the best of 1, 3 or 5 games
- 12. The first player to reach 11 points wins the game. However a game must be won by at least a 2 point margin
- 13. A point is scored at the end of each rally
- 14. The edges of the table (but not the sides) are part of the legal table surface
- **15.** Each player serves 2 points alternately
- 16. After each game players change ends. In the final game players change ends after the first player reaches 5 points

A POINT IS LOST IF A PLAYER:

- 17. Fails to make a good serve or hit the ball
- 18. Fails to hit the ball onto their opponents side
- 19. You cannot hit the ball before it bounces (volley)





Careers in table tennis:

Player
Coach
Official
Analytical adviser
Merchandising representative
Volunteer





Y7 Dance Knowledge Organiser



Key Vocabulary:

- **Choreography** the art of creating dance
- **Motif** a movement or group of movements that are developed throughout a dance
- **Canon** when the same movement overlap in time
- **Unison** two or more dancers performing the same movement at the same time
- Facial expressions expressing emotions in the face when dancing
- **Body language** the way the dancers use their body during a dance
- **Timing** moving to the beat of the music
- 8. Formations – the arrangement of the dancers
- **Repetition** performing the same action more than once
- 10. **Space** – the way in which the dancers use the area around them throughout a dance
- 11. **Genre** - the style of dance
- 12. Travelling - the way a dancer moves around the area
- 13. Speed - how fast a dancer moves

15. What are the main genres/styles of dance?

- Ballet
- Tap
- Hip hop
- Jazz

- Modern
- Contemporary

Careers in dance:

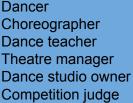
- Ballroom
- Swing

Where can dance take me?









14. Common dance moves:











Y7 Fitness Knowledge Organiser

Key vocabulary / skill:

- 1. Cardiovascular Endurance The ability to continuously exercise without tiring
- 2. Muscular Endurance The ability to contract muscles without tiring repeatedly
- 3. Muscular Strength The ability of the muscles to exert a force
- 4. Speed The ability of the body to move quickly
- 5. Power The combination of strength and speed
- 6. Flexibility The range of motion at a joint
- 7. Coordination The ability to move two or more body parts at the same time
- 8. Agility The ability to change direction at speed
- 9. Balance The ability to maintain the bodies centre of mass

Training Methods

- 10. Circuit Training A series of exercise stations to work on different muscle groups including rest periods
- 11. Continuous A steady, moderate low intensity exercise for a long period of time no rests.
- 12. Fartlek Training A steady continuous exercise with high intensity periods known as speed play.
- 13. Interval (HIIT) periods of exercise at a high intensity followed by periods of rest.
- 14. Plyometric Training a series of explosive exercises to improve power, hopping, bounding and jumping

Training Tests:

- **15. Cooper Run -** A fitness test to test your cardiovascular and muscular endurance. Carried out over a 12-minute period.
- **16. Multi-stage fitness tests** A repetitive run over 20m to the sound of a 'beep'. The beeps get repeatedly fast meaning the athlete has to speed up.



20 meters



Careers in fitness:

Personal trainer Athlete Coach Official

Sports commentator Statistical analyser