



Y8 Handball Knowledge Organiser



Playing positions within the sport:

1. There are 14 players in each team in handball, with seven on the pitch at any one time. The playing positions are as follows:
2. **Goalkeeper:** the player who defends the goal with just about every part of the body including their feet
3. **Centre:** a creative handball player who directs play in both defense and attack. Also known as the 'playmaker' and sets up the tactics and the players in shooting positions.
4. **Left and right backs:** usually the largest players on the team. When defending, they try to block shots, in attack they are the long-range handball shooters.
5. **Pivot:** The creative force in attack and disruption to opponents when defending. The pivot is quick and gets in among opposing defenders to either create openings for teammates or to get into a good scoring position themselves.
6. **Left and right wingers:** The fast players who patrol the sides of the court. They counter opposing wingers and in attack look to create openings for others, or shoot from the more difficult angles.
7. **Substitutes:** Substitution is allowed at any moment, without limit and without time stoppage. There are seven substitutes on the sidelines for each handball side. But a substitute can't play until the player they are swapping for is off the court.

Rules of The Game:

1. Tackling must be square on
2. No passing back to the Goalkeeper
3. Players are not allowed in the 'D' (Goal area)
4. Players can score from anywhere on the pitch
5. Players cannot shoot in 'D' unless they jump across line and shoot before landing in the 'D'
6. You can hold the ball for 3 seconds whilst stationary

Key terminology:

1. **Traveling:** taking more than 3 steps without bouncing the ball
2. **Passive play:** called when team is not actively trying to score
3. **Goal Area:** 'D' Shaped area in front of the goal
4. **Foul:** Any illegal movement or technique used by a defending player to block the attacker while attempting to score a goal is considered to be foul.

Careers in Handball:

Handball player
Coach
Official
Sports commentator
Statistical analyser

Professional teams:





Y8 Table Tennis Knowledge Organiser



Key vocabulary / skill:

- 1. Serve:** To strike the ball it must hit 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 opponent's side
- 19.** You cannot hit the ball before it bounces (volley)

Careers in table tennis:

Player
Coach
Official
Analytical adviser
Merchandising representative
Volunteer





Y8 Fitness Knowledge Organiser



Key vocabulary / skill:

- 1. Progression** - Improve over time
- 2. Warm-Up** - Preparing the body for exercise, inducing a pulse raiser, dynamic and static stretching whilst reducing the risk of injury
- 3. Dehydration** - When the body loses more fluids that it puts in - this leads to a loss in performance
- 4. Cool-down** - Allow heart rate to go down and reduce waste products in muscles that released from exercise - EG: lactic acid
- 5. Power** - The combination of strength and speed
- 6. Health** - A state of complete MENTAL, PHYSICAL and SOCIAL wellbeing
- 7. Fitness** - The ability to meet the demands of the environment
- 8. Repartition ('Reps')** - The number of times you do an exercise before a short break
- 9. Intensity** - How hard you train or complete a task

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:

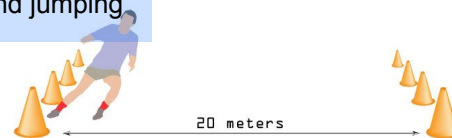
- 15. Cooper Run** - A fitness test to test your cardiovascular and muscular endurance. Carried out over a 12-minute period.
- 16. Multi-stage fitness tests** - A repetitive run over 20m to the sound of a 'beep'. The beeps get repeatedly fast meaning the athlete has to speed up.



Careers in fitness:

Personal trainer
Athlete
Coach
Official

Sports commentator
Statistical analyster





Y8 Dance Knowledge Organiser



Key Vocabulary -

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

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

- Ballet
- Tap
- Hip hop
- Jazz
- Modern
- Contemporary
- Ballroom
- Swing

Where can dance take me?

Careers in dance:



Dancer
Choreographer
Dance teacher
Theatre manager
Dance studio owner
Competition judge

14. Common dance moves:

Leaps



Balances



Jumps



Spins

