



VISION: To encourage maximum participation through an inclusive curriculum, inspiring students to fulfil a lifelong, healthy active lifestyle.

	Foci	Assessment	Knowledge Organiser
Football	<p><u>Core skills</u> Control using both feet. Passing short and long with dominant foot. Shooting with dominant foot. Dribble using both feet. Be able to tackle and jockey. Mark a player with the ball.</p> <p><u>Advanced skills</u> Control the ball using thigh and chest. Be able to accurately use a lofted pass. Be able to pass using non dominant foot. Be able to shoot with the dominant foot using swerve. Be able to shoot on the volley with dominant foot. Be able to shoot from the ground using non dominant foot. Be able to beat opponents while dribbling. Mark a player without the ball.</p> <p><u>Decision making skills</u> When and where to pass. Pass selection. When and where to dribble. When and where to shoot. Positioning on the field. Be able to referee a game.</p>	<p>During students assessment lesson they will perform the core and advance skills in isolation and then these will be applied to a competitive situation.</p> <p>All students should be able to perform the majority of core skills successfully in isolation and within a game situation.</p> <p>They should also be able to perform a variety of advanced skills successfully in isolation, working towards as well as successfully in a game situation.</p> <p>Students are then awarded a colour banding dependant on their performance.</p> <p>This is a three year journey and we expect students to progress throughout the bandings.</p>	Football Knowledge Organiser



Basketball

Core skills

Stance and footwork

- Triple threat/ pivoting

Passing – chest bounce and overhead

Shooting

- set shot
- jump shot
- left and right hand lay up

Dribbling with dominant hand and non-dominant hand

Marking – man to man (player with ball)

Advanced skills

Shooting

- non- dominant hand lay up
- hook shot

Rebounding

Dribbling

- use of either hand

Beating opponents

- cutting
- Fake and drive
- Cross over step

Marking

- intercepting the passes

Decision making and tactical awareness

- When to run/pass/shoot/dribble
- Where to run/pass/shoot/dribble
- Which pass to make
- Awareness of team strategies/tactics in both attacking and defending situations
- Appropriate use of defensive plays
- Finding space
- Attacking positioning on court
- Defensive positioning on court
- Awareness of strengths and weaknesses

During students

assessment lesson they will perform the core and advance skills in isolation and then these will be applied to a competitive situation.

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Basketball
Knowledge
Organiser



Core skills

Handling and carrying

- Picking up the ball:
- Stationary
- Moving
- Falling on the ball

Passing

- Both hands in either direction
- Off-loading
- Kicking

Receiving

- On the move
- Stationary
- Ground pick-up

Running with the ball

Beating opponents

- Hand off
- Side-step
- Change of pace/direction

Try scoring

- Grounding the ball with downward pressure
- When and when not to use one/two hands

Contact skills

Tackling

- Basic technique from front to side
- Close contact tackling

Ruck

- Going to the ground
- Placing the ball
- Support roles
- Clear out

Maul

- Staying on feet
- Body positioning
- Support roles
- Rolling maul
- Tactics

Advanced skills

Handling and carrying skills:

- Passing – spin, both ways

Beating opponents

- Feint
- Swerve
- Dummying
- Switching

Contact skills

- Jackal
- Counter ruck

Tackling

- Basic technique from rear
- Smothering

Specialist skills

- Scrum
- Set scrummaging
- Line out
- Kicking

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Rugby Knowledge
Organiser



	<p><u>Decision making and tactical awareness</u></p> <ul style="list-style-type: none"> • When to run/pass/kick • Where to run/pass/kick • Which pass to make • Controlled phase possession • Awareness of team strategies/tactics in both attacking and defending situations 		
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">HRF</p>	<p><u>Core Skills</u></p> <ul style="list-style-type: none"> • Health and safety and the dangers in the gym • Understanding how to operate the cardiovascular machines • Understand resting heart rate and training zones • Warm up and cool down techniques. Pulse raiser, mobility, stretching, dynamic movements and • skill rehearsal. • How to use bodyweight exercises for resistance training • Operating the resistance machines <p><u>Advanced Skills</u></p> <ul style="list-style-type: none"> • Simple measurements of the body – heart rate • How to use light weights with high reps and the correct technique. • Sets and reps training, recovery time and supersets • Be able to create a workout plan. Cardiovascular. Upper body and lower body • Circuit training – Being able to perform and design a specific circuit for the relevant <p>Component of fitness</p> <ul style="list-style-type: none"> • Know the tests for the 10 components of fitness. • Muscular Strength; • Muscular Endurance; • Flexibility; • Speed; • Cardiovascular Endurance; • Coordination; • Balance; • Agility; • Reaction time; • Power. 	<p>During students assessment lesson they will perform the core and advance skills in isolation and then these will be applied to a competitive situation.</p> <p>All students should be able to perform the majority of core skills successfully in isolation and within a game situation.</p> <p>They should also be able to perform a variety of advanced skills successfully in isolation, working towards as well as successfully in a game situation.</p> <p>Students are then awarded a colour banding dependant on their performance.</p> <p>This is a three year journey and we expect students to progress throughout the bandings.</p>	<p>HRF Knowledge Organiser</p>



Core skills

- Footwork- Stopping/landing once received the ball.
- Pivoting, Dodging and Ball handling.
- Catching whilst stationary- using a W grip hold.
- Passing over short distances: Chest • Overhead • Bounce
- Shoulder pass Shooting: (GS and GA only)
- Stationary Rebounds (GA, GS, GD, GK only)
- Marking- T position

Advanced skills

- Ball handling – Catching on the run
- Catching in the air
- Passing over mid-long distances – Chest/Overhead/Bounce/Shoulder pass
 - Shooting – Stepping
 - Defence – shadowing/Interception/ Marking player without the ball

Decision making and tactical awareness

- When to pass/shoot/dodge
 - Where to pass/shoot/dodge
 - Which pass to make
 - Awareness of team strategies/tactics in both attacking and defending situations eg set piece plays, shot/penalty
- Attacking positioning on the court
- Defensive positioning on the court
- Defensive plays – man to man marking
- Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game
 - Awareness of the rules and regulations of the game and their application (including refereeing signals)
 - Positioning and organisation at set pieces, communication

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Netball Knowledge
Organiser



Table Tennis

Core Skills

Serving

Return of serve

Offensive strokes

- Hit
- Flick
- Smash

Defensive strokes

- Push/slice
- Chop

Application of spin on strokes

- Topspin
- Backspin

Advanced skills

High toss service

Offensive strokes (forehand only)

- Loop
- Counter-hit

Defensive strokes

- Block
- Lob

Application of spin on strokes

- Sidespin
- Corkspin

Footwork and positioning

Decision making and tactical awareness

- Selection of appropriate shot
- Principles of attack and defence
- Understanding of positions
- Applying tactics in different competitive situations
- Applying ploy/tactics to outwit opponent
- Awareness of team strategies
- Awareness of strengths and weaknesses
- Awareness of rules and regulations

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Handball
Knowledge
Organiser



Badminton

Core skills

- Serving:
Short and long
- Return of serve
- Forehand shots:
Overhead clear
Drop shot
Lift/Underarm clear
Smash
Drive

Advanced skills.

- Serving
 - Flick
- Net shots
- Backhand shots:
 - Overhead clear
 - Drop shot
 - Lift/Underarm clear
 - Smash
 - Drive
- Footwork and court positioning

Decision making skills

- Selection of appropriate shot
- Principles of attack and defence
- Understanding of positions and the roles in attack and defence
- Apply tactics in different competitive situations
- Applying different systems/formations of play in different situations
- Applying other ploys/tactics to outwit opponent
- Intercepting in doubles, disguising your shot, switching positions
- Awareness of rules and regulations

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Badminton
Knowledge
Organiser



Events

Track

- 100m
- 200m
- 300m/400m (gender appropriate distance)
- 800m
- 1500m

Field

- High jump
- Long jump
- Triple jump
- Shot
- Discus
- Javelin

Core Skills for track events

- Starting
- Finishing
- Posture
- Leg action
- Arm action
- Head carriage

Advanced skills for track events

- Leg action – foot strike/cadence
- Bend running
- Stride pattern/pacing

Core skills for field events

- Approach
- Synchronisation of arms and leg action
- Take off
- Flight
- Landing
- Initial stance
- Grip
- Throwing actions

Advance skills for field events

- Approach- hitting appropriate speed for take off
- Efficient transition between technical phases of movements
- Flight- approach elevation
- Landing – Movement of the body beyond initial point of contact

Decision making and tactical awareness

- Pre-event tactics
- Positioning in the field
- Changing and adapting your tactics
- When to dip for the finish line
- Awareness of the rules and regulations

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Athletics
Knowledge
Organiser



Core skills

Throwing and catching

- Basic throwing and catching
- Underarm and overarm throws

Batting

- Use the correct batting technique

Fielding

- Understand fielder's roles and responsibilities

Advanced skills

Batting

- grips and their uses; stance; hitting in different directions; forehand and backhand

Bowling

- basic action; stepping action; variation of speed, height, angle, spin

Fielding

- under-arm throwing and catching; over-arm throwing and catching; stopping, chasing and returning
- Backstop

Decision making and tactical awareness

- Basic tactics
- Positioning during fielding
- Type of batting technique to apply

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Rounders
Knowledge
Organiser



Tennis

Core skills

Serving

Return of serve

Groundstrokes

- Forehand
- Backhand

Volleys

- Forehand
- Backhand

Forehand lob

Court positioning

- Footwork
- Speed
- Mobility

Advanced skills

Groundstrokes – variety of spin

- Forehand
- Backhand

Serve

- Use of spin (slice or topspin)
- Second serve

Drop shot/volley

Overhead/smash

Footwork and court positioning

Decision making and tactical awareness

- Selection of appropriate shot
- Principles of attack and defence
- Understanding of positioning
- Apply tactics in different competitive situations
- Applying other ploys/tactics to outwit opponent
- awareness of strengths/weaknesses
- awareness of rules and regulations

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Tennis Knowledge
Organiser