



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

Football	Foci	Assessment	Knowledge Organiser
	<p><b><u>Core skills</u></b>            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><b><u>Advanced skills</u></b>            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><b><u>Decision making skills</u></b>            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>	<p>Football Knowledge Organiser</p>



#### 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

##### 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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Rugby Knowledge  
Organiser



	<p><b><u>Decision making and tactical awareness</u></b></p> <ul style="list-style-type: none"> <li>• When to run/pass/kick</li> <li>• Where to run/pass/kick</li> <li>• Which pass to make</li> <li>• Controlled phase possession</li> <li>• Awareness of team strategies/tactics in both attacking and defending situations</li> </ul>		
<b>Netball</b>	<p><b><u>Core skills</u></b></p> <ul style="list-style-type: none"> <li>• Footwork- Stopping/landing once received the ball.</li> <li>• Pivoting, Dodging and Ball handling.</li> <li>• Catching whilst stationary- using a W grip hold.</li> <li>• Passing over short distances: Chest • Overhead • Bounce</li> <li>• Shoulder pass Shooting: (GS and GA only)</li> <li>• Stationary Rebounds (GA, GS, GD, GK only)</li> <li>• Marking- T position</li> </ul> <p><b><u>Advanced skills</u></b></p> <ul style="list-style-type: none"> <li>• Ball handling – Catching on the run</li> </ul> <p>- Catching in the air</p> <ul style="list-style-type: none"> <li>• Passing over mid-long distances – Chest/Overhead/Bounce/Shoulder pass</li> <li>• Shooting – Stepping</li> <li>• Defence – shadowing/Interception/ Marking player without the ball</li> </ul> <p><b><u>Decision making and tactical awareness</u></b></p> <ul style="list-style-type: none"> <li>• When to pass/shoot/dodge</li> <li>• Where to pass/shoot/dodge</li> <li>• Which pass to make</li> <li>• Awareness of team strategies/tactics in both attacking and defending situations eg set piece plays, shot/penalty</li> </ul> <p>- Attacking positioning on the court</p> <p>- Defensive positioning on the court</p> <p>- Defensive plays – man to man marking</p> <ul style="list-style-type: none"> <li>• Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game</li> <li>• Awareness of the rules and regulations of the game and their application (including refereeing signals)</li> <li>• Positioning and organisation at set pieces, communication</li> </ul>	<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>Netball Knowledge Organiser</p>



### Core Skills

- 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

### Advanced Skills

- 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

### Component of fitness

- Know the tests for the 10 components of fitness.
- Muscular Strength;
- Muscular Endurance;
- Flexibility;
- Speed;
- Cardiovascular Endurance;
- Coordination;
- Balance;
- Agility;
- Reaction time;
- Power.

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HRF 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

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Basketball  
Knowledge  
Organiser



#### 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



### Ball skills

#### Core skills

##### Throwing:

- Overarm

##### Catching:

- One handed
- Passing (with hands):
- Shoulder pass
- Passing (with feet):
- Long passing with laces

##### Travelling:

- Dribbling with feet

##### Shooting:

- Set shot
- Netball shooting technique
- Football (with laces)

#### Advanced skills

##### Catching:

- Non-dominant hand

##### Passing:

- Faking a pass
- Intercepting

##### Marking a player with and without the ball

#### Decision making skills

- Where to pass/shoot/dodge
- Awareness of attacking and defensive tactics and strategies
- Awareness of strengths and weaknesses of opposition and their players
- Positioning and organisation of set pieces.

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Ball Skills  
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





### Rounders

#### **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



#### Core skills

##### Batting:

- Footwork
- Defensive shots off front foot
- Drives
- Cut
- Pull
- Running between the wickets

##### Bowling

- Fast medium or spin
- Line, flight and length of bowl

##### Fielding: (outfield, infield and close)

- Stopping the ball
- Catching
- Pick up and throw – underarm and overarm

##### Wicket Keeping:

- Positioning in relation to pitch and type of bowler
- Stance • Low

#### Advanced skills

##### Batting

- Defensive shots off the back
- Square cut
- Hook shots
- Off or on drive
- Sweep

##### Bowling

- Variation in delivery in terms of line, flight, speed and length of bowl

##### Fielding

- Pick up and throw for a run out –underarm and overarm
- Pick up and throw on the run

##### Wicket keeping

- Leg side takes and catches
- Stumping

#### **Decision making and tactical awareness**

- Awareness and application of team strategies and tactics
- Selection of appropriate shots
- Understand the use of positions and roles in batting and fielding
- Principles of attack and defence
- Effective decision making for running between wickets
- Awareness of the rules and regulations of the sport

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Cricket 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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