



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

	<b>Foci</b>	<b>Assessment</b>	<b>Knowledge Organiser</b>
<b>Football</b>	<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>		
<p><b>Gymnastics</b></p>	<p><b><u>Core skills</u></b></p> <ul style="list-style-type: none"> <li>• Rolls – Forward Backward Forward roll to straddle Dive forward roll Backward roll to straddle</li> <li>• Balances using different parts of the body</li> <li>• Aerial skills – Cartwheels Round off Jumps and leaps</li> </ul> <p><b><u>Advance skills</u></b></p> <ul style="list-style-type: none"> <li>• Forward and backwards rolls</li> <li>• Handsprings</li> <li>• Headsprings</li> <li>• Forward and backwards walkover</li> </ul> <p><b><u>Decision making</u></b></p> <ul style="list-style-type: none"> <li>• Difficulty of routine to complete</li> <li>• Composition of routine</li> <li>• How to respond and interpret the music</li> <li>• How to ensure that the routine flows</li> <li>• Body awareness/ how to effectively, smoothly and precisely</li> <li>• Awareness of rules and regulations</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>Gymnastics 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



### Handball

#### Core Skills

##### Catching

Position for catching the ball

- Frontal
- Sideways
- Backwards

Dribbling with dominant hand

##### Passing

- Standing
- Running

##### Shooting

- Shot in place
- Leaning back shot

Offensive and defensive movement

- Feinting with the body
- Feinting a shot
- Feinting a pass

#### Advanced skills

Dribbling with either/both hands

##### Passing

- Forward jumping
- Vertical jump

##### Shooting

- Vertical jump shot
- Striding/jump shot
- Shot whilst falling

Offensive and defensive movement

- Stealing the ball
- Screening an opponent without the ball
- Screening an opponent with the ball

#### Decision making and tactical skills

- When to pass/shoot/dribble
- Where to pass/shoot/dribble
- Which pass to make
- Awareness of team strategies/tactics
- Awareness of strength 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



#### Core Skills:

- Be able to bat and make contact with the ball
- Be able to throw accurately and catch in the field
- Be able to perform a long barrier
- Be able to chase down a ball in the field
- Be able to bowl underarm

#### Advanced skills:

- Be able to select shots to hit space in the field
- Be able to field effectively with a tactical awareness
- Be able to vary the types of bowl using varying pace and spin.

#### Decision making:

- Select appropriate shot when betting to hit space
- Select appropriate fielding skills to put runners under pressure
- Decide where to throw the ball to when fielding to get people out/ stop them scoring
- Decide as a runner if I should run or not.
- Change fielding set up to put pressure on the batters.

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Softball  
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



#### 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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Tennis Knowledge  
Organiser