



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>	<p>Football Knowledge Organiser</p>



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



Tag Rugby

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 		
Hockey	<p><u>Core Skills</u></p> <ul style="list-style-type: none"> • Slap hit- passing • Scoop Open or reverse passing- weaker side passing • Flick Open passing- or push passing for weaker students • Aerial scoop- passing and shooting <p><u>Advanced Skills</u></p> <ul style="list-style-type: none"> • Receiving and stopping the ball whilst on the move- strong side and weaker side • Grip and body position- V grip and open body position • Using Reverse stick Dribbling- within a drilled situation • Indian dribble- reverse and strong side whilst dribbling alternate. • Close control when dribbling and receiving the ball. • Tackling- block and jab tackling. • Player without the ball/shadowing- movement with and without the ball. <p><u>Decision making and tactical awareness</u></p> <ul style="list-style-type: none"> • When to pass/shoot/dribble/tackle • Where to pass/shoot/dribble/tackle • Which pass to make • Awareness of both team strategies/tactics in both attacking and defending • Corners • Awareness of strengths/weaknesses • Awareness of rules and regulations of the game 	<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>Hockey Knowledge Organiser</p>



Core skills

- Rolls – Forward
Backward
Dive forward roll
- Aerial skills – Cartwheels
Round off
Jumps and leaps
Twists
- Vaulting skills – Squat
Straddle
Handspring

Advance skills

- Forward and backwards rolls
- Handsprings
- Headsprings
- Somersault
- Handspring with half turn
- Round off

Decision making

- Body awareness
- Use of flight
- Acceleration/deceleration
- Awareness of rules and regulations

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Gymnastics
Knowledge
Organiser



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



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
- Principals 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



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