



Knowledge Organiser

**Year 7 Half Term 1
Physical Education**



Subject Knowledge Organiser

Football



Subject Knowledge

Passing: The aim of passing is to keep possession of the ball with your teammates. You can conduct this through executing a short pass, driven pass, and/or a lofted pass.

Turning Principles: Within a game scenario, there are opportunities to turn with the ball through executing the Cruyff Turn, drag back, inside toe-loop and/or outside toe-loop.

Key Terminology

- Instep
- Outside of the foot
- Balance
- Flexibility
- Driven pass
- Short pass
- Lofted pass
- Awareness



Tactics

- How can I move the ball quickly within a game scenario?
- Why would I turn with the football in a game scenario?.



Look, say, cover, write, check





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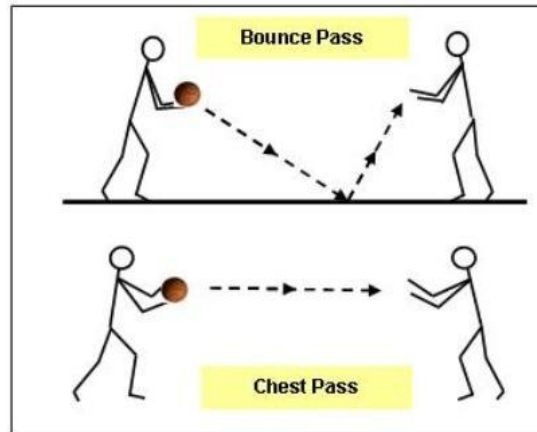
1st stage of defense: This defensive principle outlines the man to man marking which occurs within the game. This principle outlines how to mark a specific player on court.

Key Terminology

- Awareness
- Communication
- Speed
- Pace
- Trajectory
- Accuracy
- Flexibility
- Precision

Tactics

- How can I move the ball quickly within a game scenario?
- When would I use man to man marking in a game scenario?



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Subject Knowledge

Passing: The aim of passing is to keep possession of the ball within your team. We look to make passes over short distances to increase the chances of keeping possession of the ball.

Ball handling: Becoming familiar with the rugby ball is crucial in order to execute specific skills. You hold the rugby ball with two hands. You catch the ball by using the 'W Grip'.

Key Terminology

- Drop off
- Contact zone
- Running onto the ball
- Reaction-time
- Communication
- Hand-eye co-ordination
- Power



Tactics

- Which type of pass should I select within a specific situation?
- Which type of tackle should be executed?



Look, say, cover, write, check





Subject Knowledge

Passing: The aim of passing is to keep possession of the ball within your team. We look to use the push pass over shorter distances and a drive over a longer distance by using the open stick.

Dribbling: Hockey players can dribble with the ball and look to use the head of the stick to keep close control of the ball. Always try to dribble in front of you when advancing down the pitch.

Key Terminology

- Push pass
- Drives
- Co-ordination
- Contact zone
- Close control
- Accuracy
- Decision making



Tactics

- Which type of pass should I select within a specific situation?
- When should I dribble with the ball?



Look, say, cover, write, check





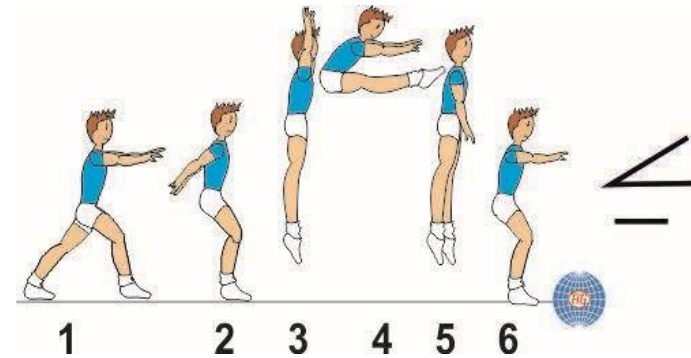
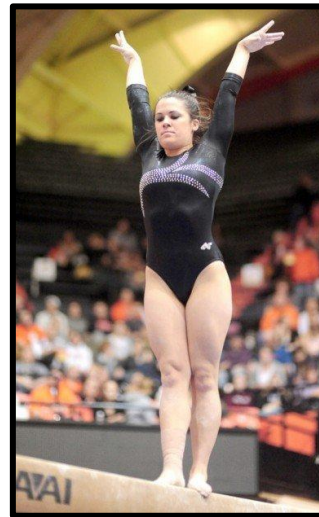
Subject Knowledge

Agilities: This is how you can adapt your routines to suit the needs of your partner. For example, forward rolls, pike jumps, backwards rolls.

Standards: You are expected to sit in the ready position. You put your hands flat on the floor, behind your back. You sit with your legs out in front of you and your toes are pointing. You finish your routines with your hands in the air and on your tippy toes.

Key Terminology

- Aesthetic Appreciation
- Balance
- Flexibility
- Agility
- Body tension
- Core strength



Look, say, cover, write, check





Subject Knowledge

Motif: This is a dominant feature within the performance which is repeated throughout. This can be a single movement or a phrase of movement. This can be a theme within the performance.

Choreography: This is how you create the sequence of movements in line with a chosen piece of music. You can be creative with your movements and encapsulate the audience you are performing to.

Key Terminology

- Motif
- Fluency
- Dynamic
- Unison
- Canon
- Balance
- Co-ordination



Look, say, cover, write, check





Subject Knowledge

Sprinting Technique: You drive forward through using the balls of your feet. Your knees drive upwards and forwards. Your arms are driving with fingers pointing forward. Head and your core are still throughout.

Hurdling Technique: Make sure that you know what leg to lead off from when gliding over the hurdle. Keep your head still and focused upon the finish line. Be aware that your trail leg has to go over the hurdle as well.

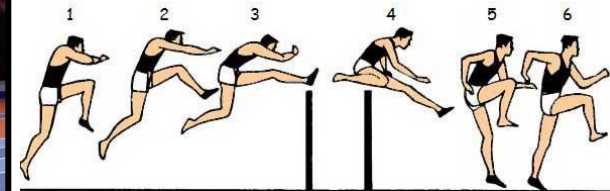
Key Terminology

- Power
- Speed
- Agility
- Reaction Time
- Contact Point
- Aerobic endurance
- Co-ordination
- Sprinting Technique
- Pacing



Tactics

- How can I order my team to win the relay event?
- How can I pace myself when competing in middle distance events?



Look, say, cover, write, check





Subject Knowledge

Symbols: Within orienteering there are key symbols that you may see on a map which you may need to identify. A triangle is used to indicate the start and a double circle indicates the finishing point.

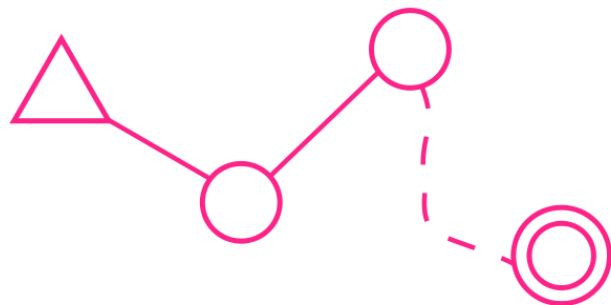
Control Point: These are points within the map which you need to find. They may have directions of where to go next or you may need to write the control point down and decipher a code at the end of the route.

Key Terminology

- Navigation
- Teamwork
- Communication
- Leadership
- Pacing
- Cardinal Points
- Resilience
- Common goal

Tactics

- How can we complete this task in the fastest time?
- What do we need to think about when planning our route?



	Open land
	Playground
	Forest: run
	Bushes
	Pond
	Stream
	Footpath
	Man made objects

Look, say, cover, write, check



Subject Knowledge Organiser

Fitness



Training Methods

Training can be aerobic or anaerobic. In aerobic exercise, which is steady and not too fast, the heart is able to supply enough oxygen to the muscles. Aerobic training improves cardiovascular fitness. Anaerobic exercise is performed in short, fast bursts where the heart cannot supply enough oxygen to the muscles. Anaerobic training improves the ability of the muscles to work without enough oxygen when lactic acid is produced.

Specific training methods can be used to improve each fitness factor. Circuit training involves performing a series of exercises in a special order called a circuit. Each activity takes place at a 'station'. It can be designed to improve speed, agility, coordination, balance and muscular endurance. Continuous training involves working for a sustained period of time without rest. It improves cardiovascular fitness. Cross training involves using another sport or activity to improve your fitness. It happens when an athlete trains in a different environment. For example a volleyball player uses the power training for that sport to help with fitness for long jump. Fartlek training or 'speed play' training involves varying your speed and the type of terrain over which you run, walk, cycle or ski. It improves aerobic and anaerobic fitness. Interval training involves alternating between periods of hard exercise and rest. It improves speed and muscular endurance. Weight training uses weights to provide resistance to the muscles. It improves muscular strength (high weight, low reps), muscular endurance (low weight, high reps, many sets) and power (medium weight and reps performed quickly).

Advantages and Disadvantages of Training Methods

Continuous Training

Good for aerobic fitness, lose weight accessible, health benefits, good for beginners of all ages, little equipment Boring, not always sport specific, risk of injury does not improve anaerobic fitness

Fartlek Training

Good for team sports, less boredom, easy to use, can mimic the sport, god for team sports

Too easy to cheat, can be difficult

Circuit Training

Less boring, easily adapted for fitness/skill, easily adapted to sports, stations can target specific muscle groups

Take time to set up, requires equipment

Interval Training

Can be both aerobic and anaerobic, less technical, can mimic a sport, good for sports that require a change of pace

Can be boring, easy to cheat hard aspects,

Free weights

Full range of sporting movement, large muscle groups can be worked

Risk of injury, need a spotter, more suitable for advance performers, requires good knowledge

Resistance machines

Safer, good for beginners, good for injury rehabilitation

Expensive, no functional everyday movements, only focuses on one muscle group

Training Zones

Anaerobic Threshold
80-100%
Peak Performance
80-90%
Aerobic Fitness
70-80%
Aerobic
60-80%
Fat Burning
60-70%
Active Recovery
60%
Warm-up Cool-down
50%



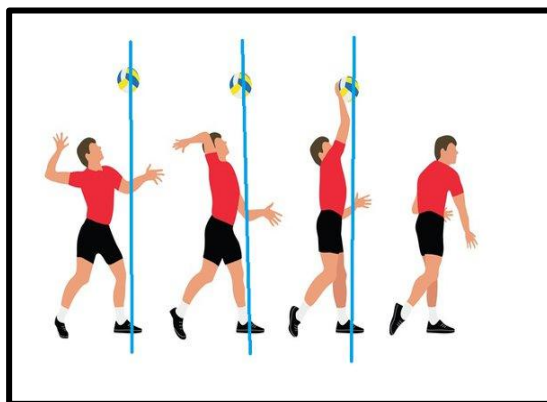
Subject Knowledge

Overarm Serve: This is a serve in which the player tosses the ball with one hand and strikes it in the air above their head with the other hand. Make sure you contact the ball with an open palm.

Positioning: There are seven positions on a volleyball court: outside hitter, opposite setter, middle blocker, libero, defensive specialist, and serving specialist.

Key Terminology

- Decision making
- Strength
- Speed
- Agility
- Co-ordination
- Spatial awareness
- Open palm
- Bow and arrow



Tactics

- What factors do we need to think when performing the overarm serve?
- How can my team keep the ball after a serve?



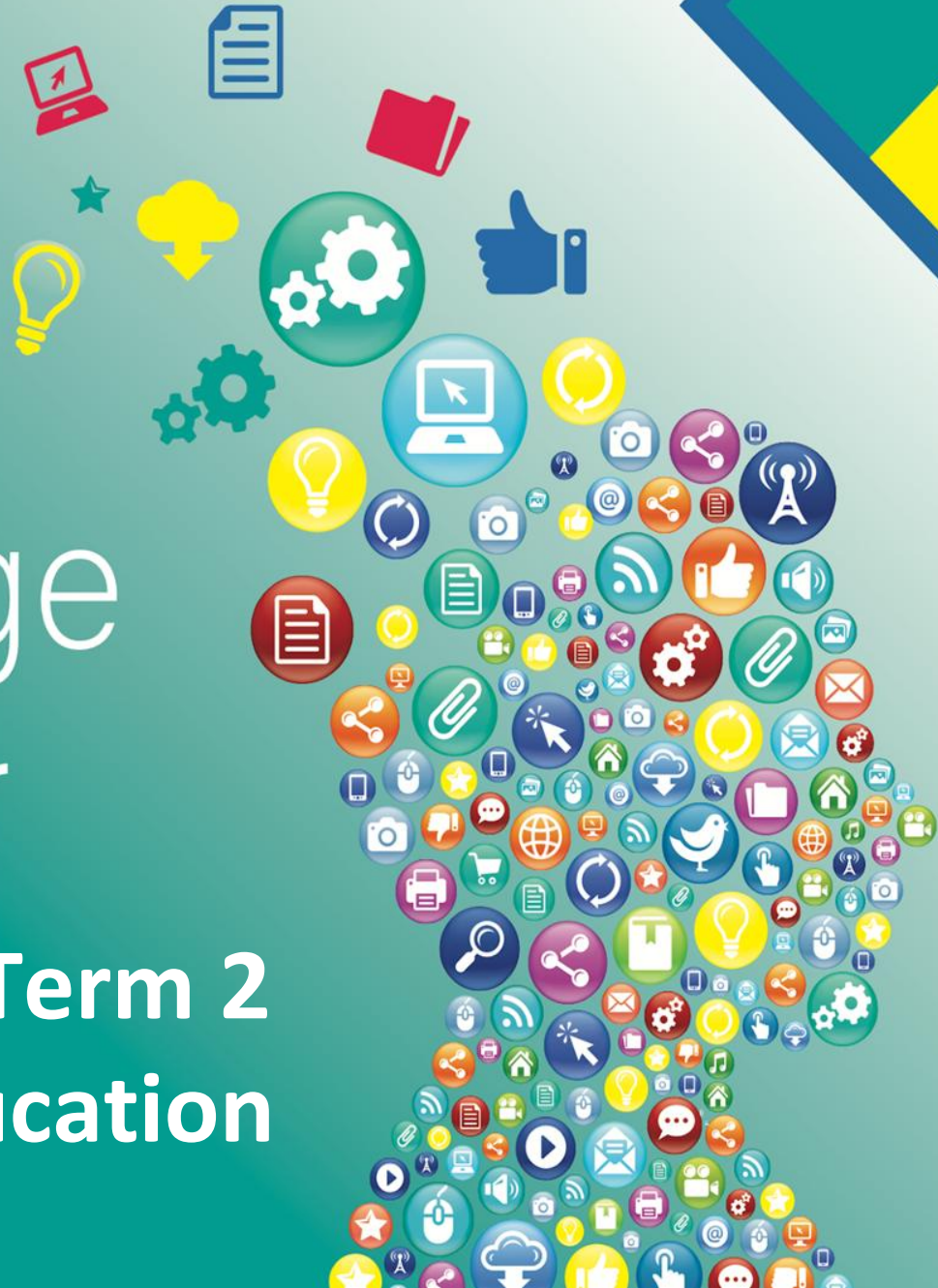
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Knowledge Organiser

Year 7 Half Term 2 Physical Education



Subject Knowledge Organiser

Football



Subject Knowledge

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- Short pass
- Lofted pass
- Awareness



Tactics

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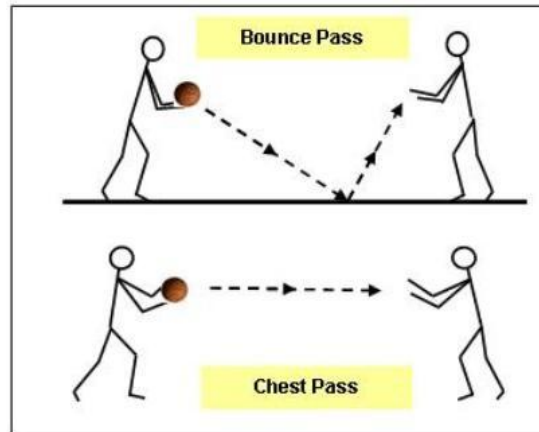
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Key Terminology

- Awareness
- Communication
- Speed
- Pace
- Trajectory
- Accuracy
- Flexibility
- Precision

Tactics

- How can I move the ball quickly within a game scenario?
- When would I use man to man marking in a game scenario?



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Subject Knowledge

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- Push pass
- Drives
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Tactics

- Which type of pass should I select within a specific situation?
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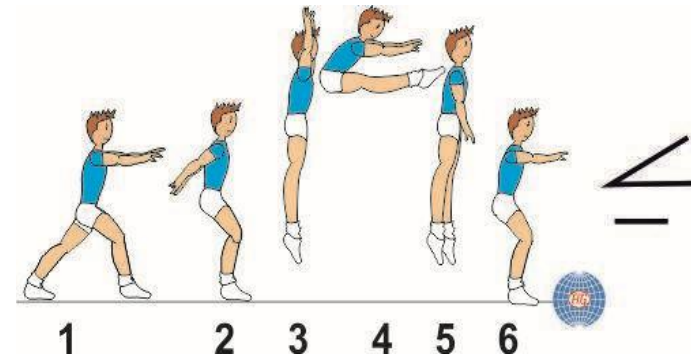
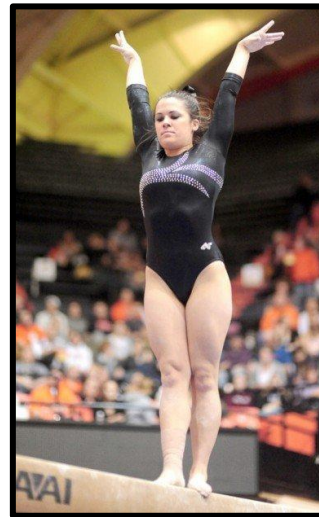
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Key Terminology

- Aesthetic Appreciation
- Balance
- Flexibility
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- Body tension
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Year 7 Half Term 3 Physical Education



Subject Knowledge

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Ball handling: Becoming familiar with the rugby ball is crucial in order to execute specific skills. You hold the rugby ball with two hands. You catch the ball by using the 'W Grip'.

Key Terminology

- Drop off
- Contact zone
- Running onto the ball
- Reaction-time
- Communication
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- Power



Tactics

- Which type of pass should I select within a specific situation?
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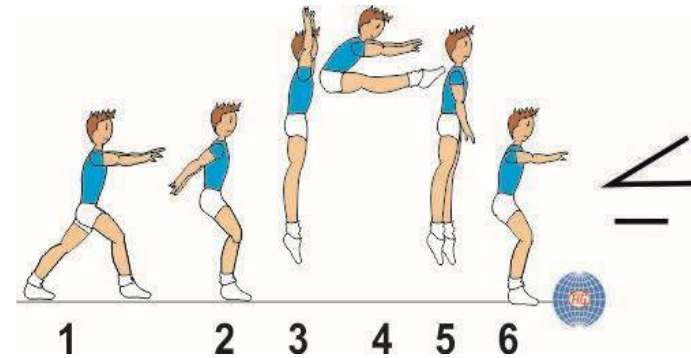
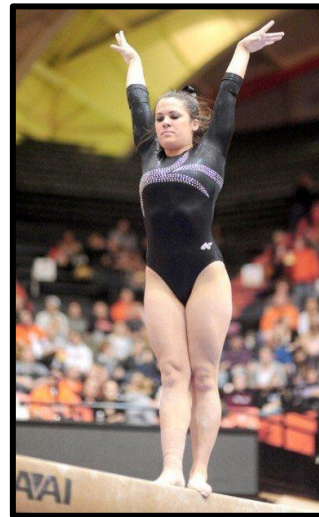
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Subject Knowledge

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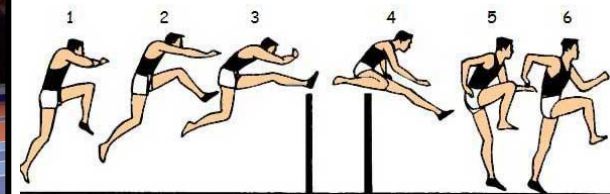
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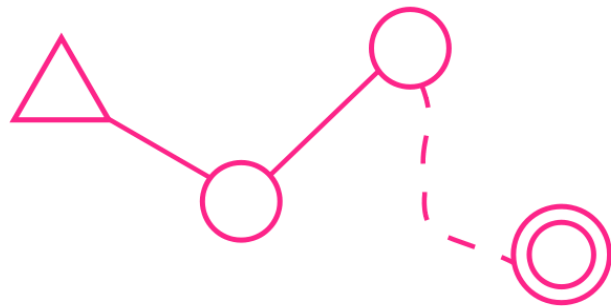
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Key Terminology

- Navigation
- Teamwork
- Communication
- Leadership
- Pacing
- Cardinal Points
- Resilience
- Common goal

Tactics

- How can we complete this task in the fastest time?
- What do we need to think about when planning our route?



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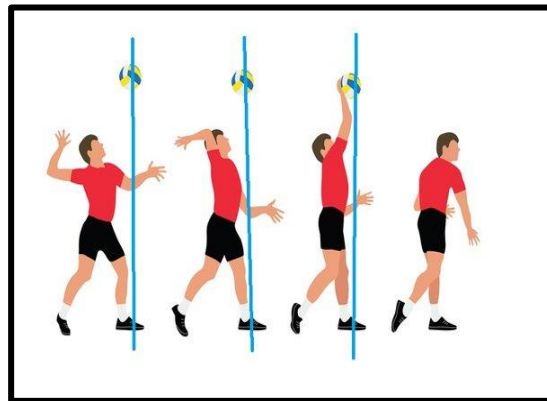
Subject Knowledge

Overarm Serve: This is a serve in which the player tosses the ball with one hand and strikes it in the air above their head with the other hand. Make sure you contact the ball with an open palm.

Positioning: There are seven positions on a volleyball court: outside hitter, opposite setter, middle blocker, libero, defensive specialist, and serving specialist.

Key Terminology

- Decision making
- Strength
- Speed
- Agility
- Co-ordination
- Spatial awareness
- Open palm
- Bow and arrow



Tactics

- What factors do we need to think when performing the overarm serve?
- How can my team keep the ball after a serve?



Look, say, cover, write, check





Year 7 Half Term 4 Physical Education



Subject Knowledge

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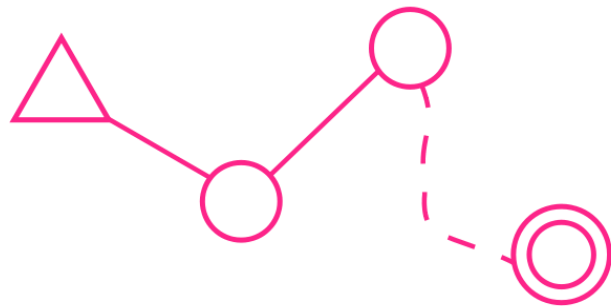
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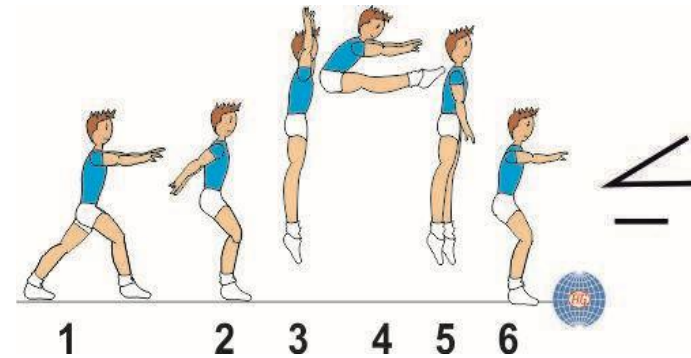
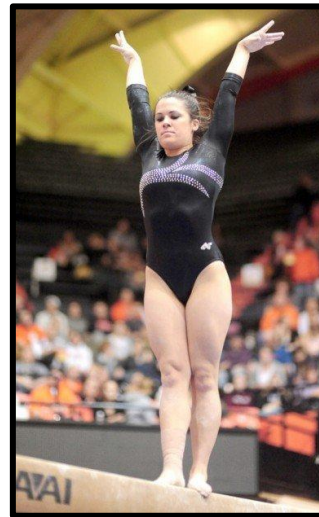
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Tactics

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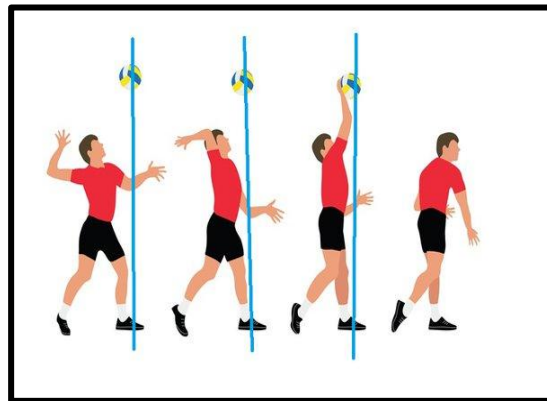
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Key Terminology

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Tactics

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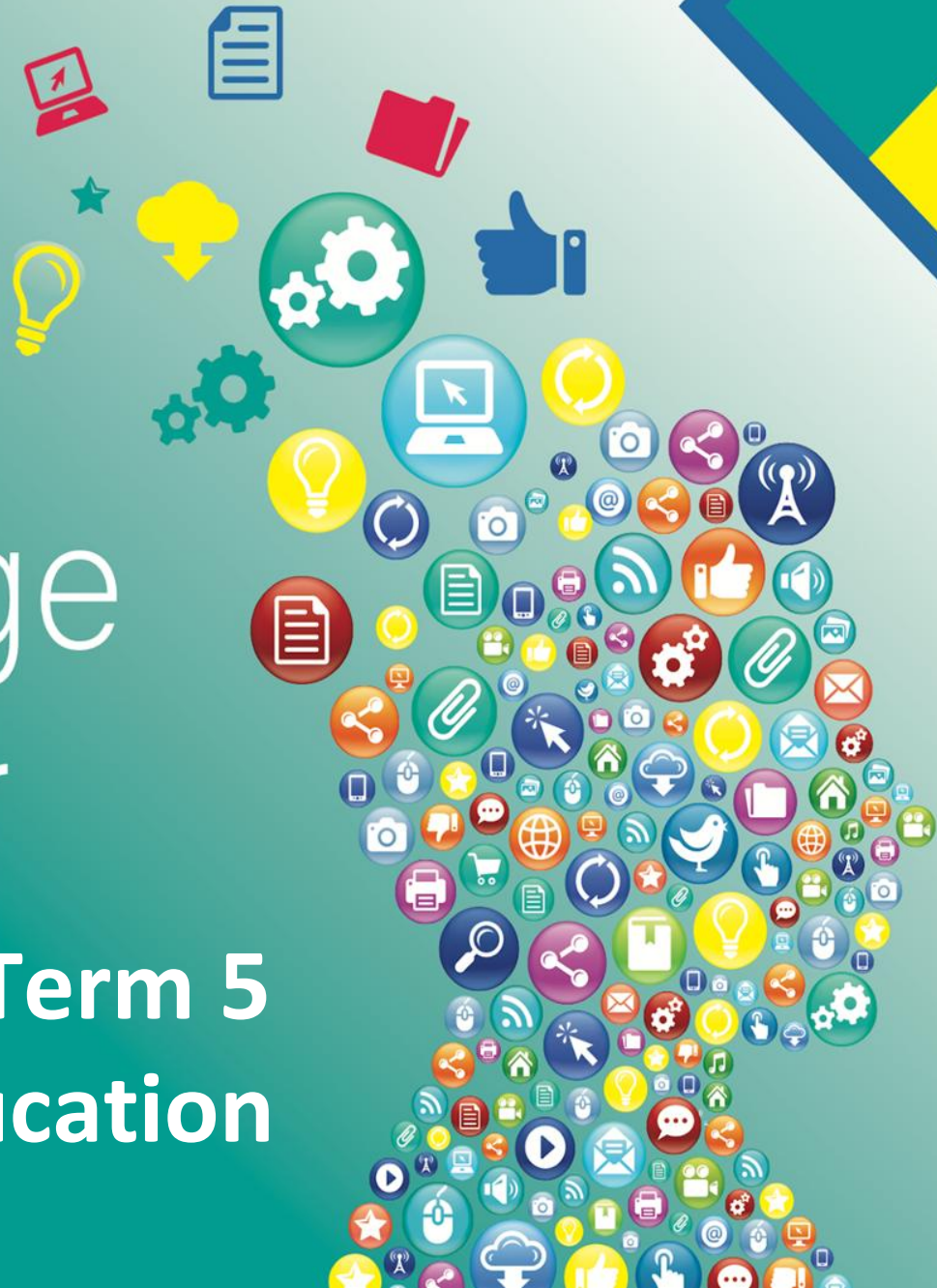
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Knowledge Organiser

**Year 7 Half Term 5
Physical Education**





Subject Knowledge

Pacing: Within middle distance events, it is important to consider the speed in which you are running. You must pace yourself in order to finish the race and to leave something in the tank for the last 100m.

Health and Safety: It is important to follow the protocols for each event in order for you to be safe and your peers to be safe when partaking in the events.

Key Terminology

- Pacing
- Personal best
- Optimum performance
- Wide base of support
- Recovery



Tactics

- What aspect of the 100M should I be at my optimum speed?
- What advantages could I use during the relay event?



Look, say, cover, write, check





Subject Knowledge

Court Familiarization: You are going to be able to identify lines on the court and the rules associated with this. Singles dimensions are narrow whereas doubles dimensions are wide.

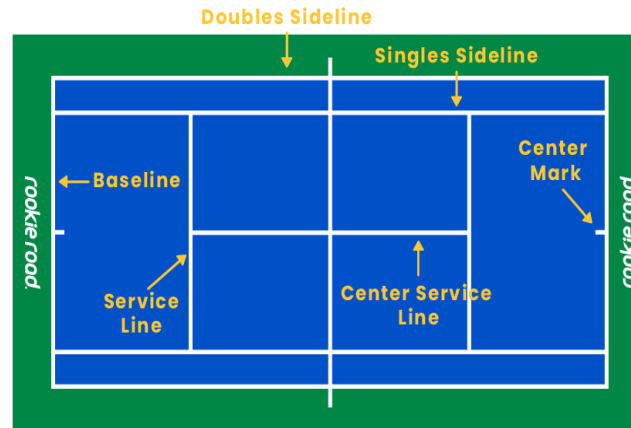
Groundstrokes: In Tennis, there are two groundstrokes, forehand and backhand. Those are used to hit the ball over the net and land in the court dimensions.

Key Terminology

- Forehand
- Backhand
- 'Knees to Trees'
- Serve
- Volley
- Awareness
- Shot selection

Tactics

- How can I repeatedly hit the ball over the net?
- How can I win a point against my opponent?



What Are The Tennis Court Lines?





Subject Knowledge

Fielding Principles: In cricket, an important aspect of the game is fielding. This is either catching a ball, stopping a ball, throwing the ball back to the wicketkeeper.

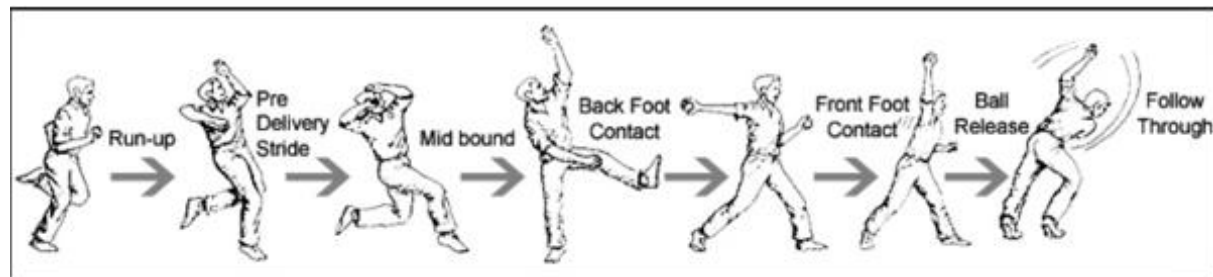
Bowling Principles: Your aim is to hit the wickets at the batters end. You grip the ball with your fingers, conduct a steady run up, side on delivery action, with a high 12 o'clock release point.

Key Terminology

- Underarm
- Overarm
- Retrieval
- Sideways
- Release point.
- Co-ordination
- Catching

Tactics

- How can I get the ball to the wicketkeeper quicker?
- How can I bowl a delivery which is going to cause them to be out?



Look, say, cover, write, check





Subject Knowledge

Fielding Techniques: You will experience the rolling barrier which is used within shorter distances. You will also look at meeting the ball to perform a more efficient throw.

Batting Technique: Standing sideways on, using hand-eye co-ordination, hitting through the middle of the ball. Make sure that you stand within the designated square when you are batting!

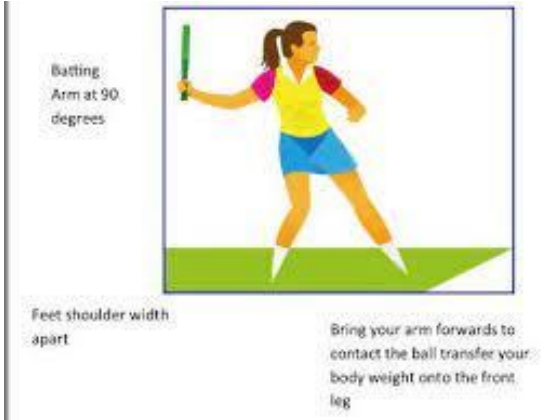
Key Terminology

- Long barrier
- Rolling barrier
- Backstop
- Bowler
- Batter



Tactics

- What area of the pitch should I aim to hit the ball into?



Look, say, cover, write, check



Subject Knowledge Organiser

Fitness



Training Methods

Training can be aerobic or anaerobic. In aerobic exercise, which is steady and not too fast, the heart is able to supply enough oxygen to the muscles. Aerobic training improves cardiovascular fitness. Anaerobic exercise is performed in short, fast bursts where the heart cannot supply enough oxygen to the muscles. Anaerobic training improves the ability of the muscles to work without enough oxygen when lactic acid is produced.

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Interval Training

Can be both aerobic and anaerobic, less technical, can mimic a sport, good for sports that require a change of pace Can be boring, easy to cheat hard aspects,

Free weights

Full range of sporting movement, large muscle groups can be worked Risk of injury, need a spotter, more suitable for advance performers, requires good knowledge

Resistance machines

Safer, good for beginners, good for injury rehabilitation Expensive, no functional everyday movements, only focuses on one muscle group

Training Zones

Anaerobic Threshold
80-100%
Peak Performance
80-90%
Aerobic Fitness
70-80%
Aerobic
60-80%
Fat Burning
60-70%
Active Recovery
60%
Warm-up Cool-down
50%



Knowledge Organiser

Year 7 Half Term 6 Physical Education





Subject Knowledge

Court Familiarization: You are going to be able to identify lines on the court and the rules associated with this. Singles dimensions are narrow whereas doubles dimensions are wide.

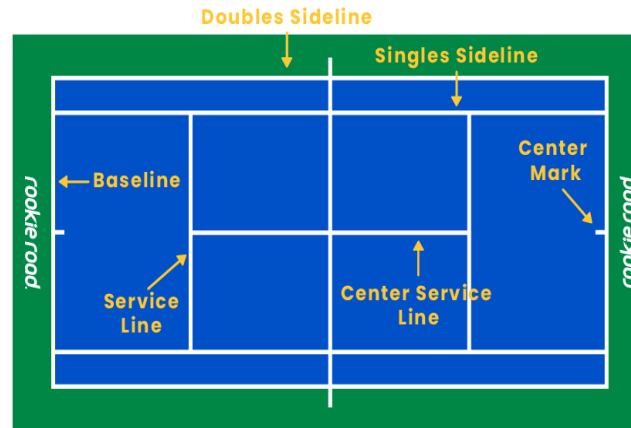
Groundstrokes: In Tennis, there are two groundstrokes, forehand and backhand. Those are used to hit the ball over the net and land in the court dimensions.

Key Terminology

- Forehand
- Backhand
- 'Knees to Trees'
- Serve
- Volley
- Awareness
- Shot selection

Tactics

- How can I repeatedly hit the ball over the net?
- How can I win a point against my opponent?



What Are The Tennis Court Lines?



Look, say, cover, write, check





Subject Knowledge

Fielding Principles: In cricket, an important aspect of the game is fielding. This is either catching a ball, stopping a ball, throwing the ball back to the wicketkeeper.

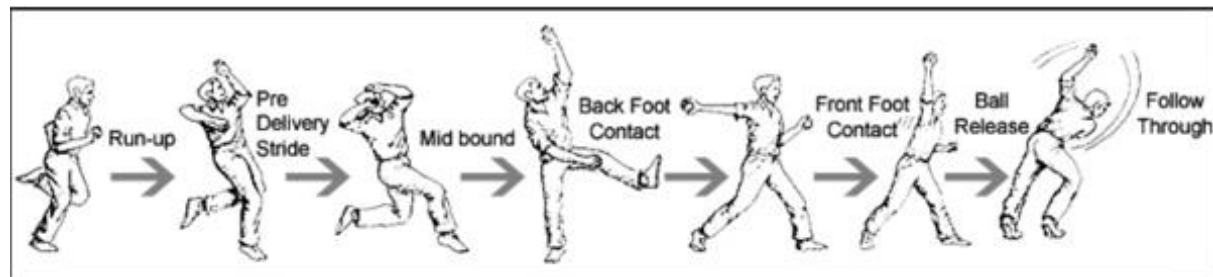
Bowling Principles: Your aim is to hit the wickets at the batters end. You grip the ball with your fingers, conduct a steady run up, side on delivery action, with a high 12 o'clock release point.

Key Terminology

- Underarm
- Overarm
- Retrieval
- Sideways
- Release point.
- Co-ordination
- Catching

Tactics

- How can I get the ball to the wicketkeeper quicker?
- How can I bowl a delivery which is going to cause them to be out?



Look, say, cover, write, check





Subject Knowledge

Fielding Techniques: You will experience the rolling barrier which is used within shorter distances. You will also look at meeting the ball to perform a more efficient throw.

Batting Technique: Standing sideways on, using hand-eye co-ordination, hitting through the middle of the ball. Make sure that you stand within the designated square when you are batting!

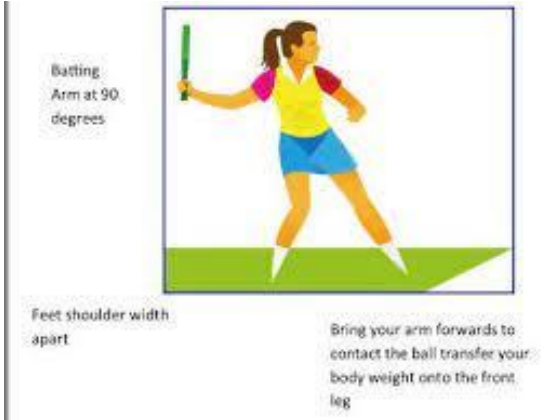
Key Terminology

- Long barrier
- Rolling barrier
- Backstop
- Bowler
- Batter



Tactics

- What area of the pitch should I aim to hit the ball into?



Look, say, cover, write, check

