



Knowledge Organiser

Year 8 Half Term 1 Physical Education



Subject Knowledge Organiser

Football



Subject Knowledge

Dribbling: The aim of dribbling is to outwit your opponent through moving the ball with both feet. You look to use the inside and outside of your foot to manipulate the ball pass your opponent.

Body shape: You look to use your body shape to enhance the trajectory and power of a defensive clearance. This can be conducted through either facing the ball or standing side on to the ball.

Key Terminology

- Dribbling
- Decision Making
- Overloads
- Creating Space
- Body Shape
- Inside Toe-Loop
- Outside Toe-Loop
- Balance
- Defensive Header

Tactics

- Outwitting your opponent in a 1v1 situation.
- Creating overloads (2v1).
- Selecting the correct pass at the right time.



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 create depth when passing the ball so that your teammate can run onto the ball effectively.

Tackling: Your aim is to position yourself in the 'cheek to cheek' position to enable to bring down your opponent in a controlled and safe manner. Make sure you keep your head to the side of your opponent, so you don't clash heads!

Key Terminology

- Drop off
- Contact zone
- Running onto the ball
- Reaction-time
- Agility
- 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

2nd stage of defense: This defensive principle outlines the 3ft marking of a player with the ball. You can only be 3ft away from the player that is in possession of the ball.

Single dodge: This is an attacking principle which is used to outwit your opponent. To incorporate this movement, you simply change direction from the balls of your feet.

Key Terminology

- Offside
- Change of direction
- Chest pass
- Shoulder pass
- Bounce pass
- 2nd stage of defense
- Applying pressure
- Footwork
- Decision making



Tactics

- Selecting the correct pass to outwit your opponent.
- Implementing the use of center and back line passes.



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Key Terminology

- Open stick
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Tactics

- How can I create an overload for my team?
- Why would I want to create an overload?
- How can I outwit my opponent?



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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

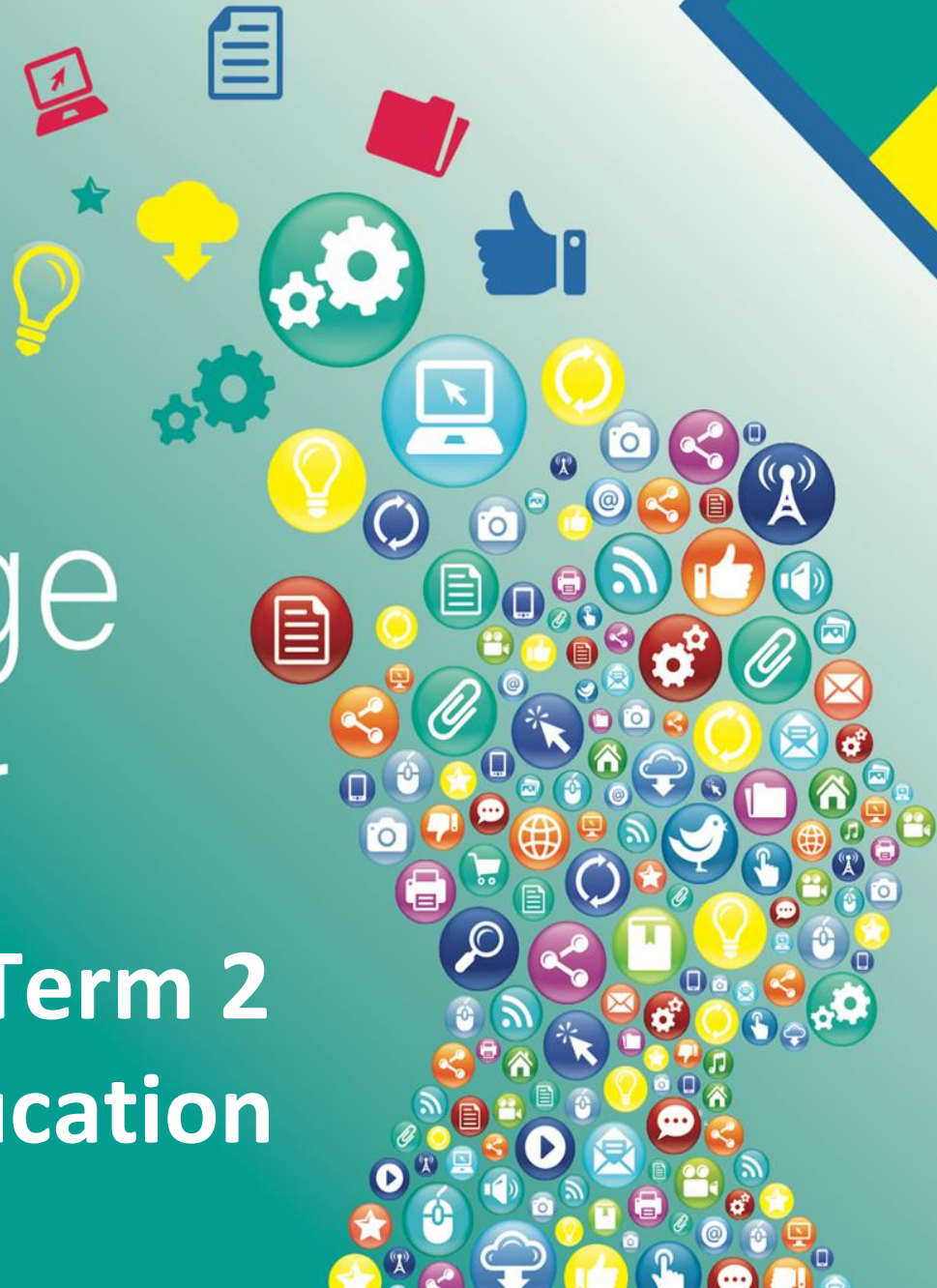
Training Zones

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%



Knowledge Organiser

**Year 8 Half Term 2
Physical Education**



Subject Knowledge Organiser

Football



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Jab Tackle: This defensive principle is used when the ball is unprotected. Players tend to lunge towards the ball with their left foot and take their right hand off the stick to increase their reach.

Key Terminology

- Open stick
- Reverse stick
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- Wide base
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Tactics

- How can I create an overload for my team?
- Why would I want to create an overload?
- How can I outwit my opponent?



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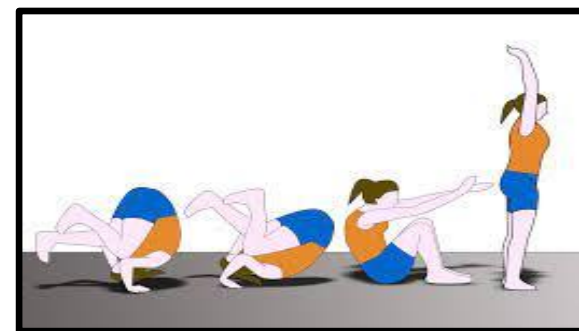
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Sequence: This is a set of movements which are combined through flight, travel, balance and/or rotations. A sequence of movement requires it to flow with the timings associated with your partner.

Skillful Agilities: You are expected to perform movements which incorporates strength, co-ordination, balance, and body tension. For example: a split jump, forward roll.

Key Terminology

- Communication
- Co-operation
- Shape
- Travel
- Flight
- Balance
- Rotation
- Counter-Balance
- Aesthetics
- Accurate Replication
- Locomotion
- Transference of weight
- Body tension



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Subject Knowledge Organiser

Fitness



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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.

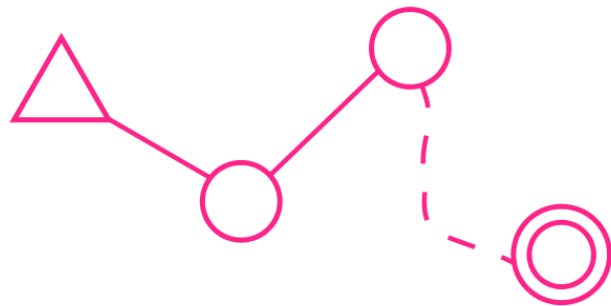
Control Point: These are points within the map which you need to find. They may have directions of where to go next or you may need to write the control point down and decipher a code at the end of the route.

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

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Year 8 Half Term 3 Physical Education

Subject Knowledge Organiser

Football



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Tactics

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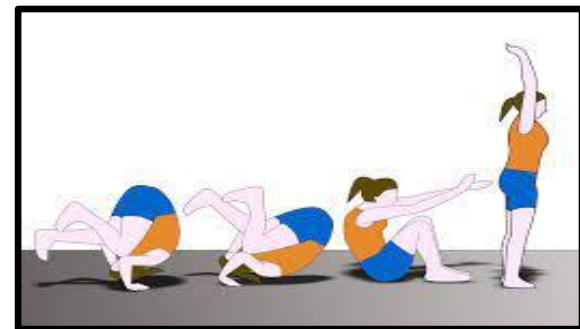
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Skillful Agilities: You are expected to perform movements which incorporates strength, co-ordination, balance, and body tension. For example: a split jump, forward roll.

Key Terminology

- Communication
- Co-operation
- Shape
- Travel
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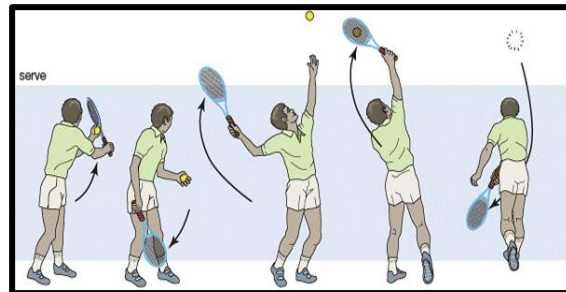
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Volleying: Solid base with your feet shoulder width apart. Turn the upper body when executing the shot. You use a punch action and not a swinging action to execute this shot correctly.

Key Terminology

- Low to High
- Contact Point
- Preparatory phase
- Execution Phase
- Follow through Phase
- Ball toss
- Co-ordination



Tactics

- How can I achieve an ace?
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Subject Knowledge

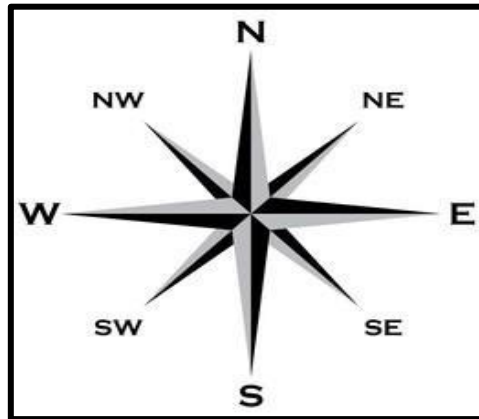
Problem Solving: This is a transferable skill that uses deeper thinking strategies to solve problems.

Leadership: Promotes individuals that are steering their team towards a common goal. This is achieved through communication, teamwork and resilience.

Cardinal Points: Those points are situated in the direction of travel. For example: North, East, South, West,

Key Terminology

- Navigation
- Teamwork
- Communication
- Resilience
- Leadership
- Co-ordination
- Pacing
- Cardinal Points



Tactics

- How can we work as a team to achieve a common goal?
- What factors affect team morale?



Look, say, cover, write, check





Year 8 Half Term 4 Physical Education



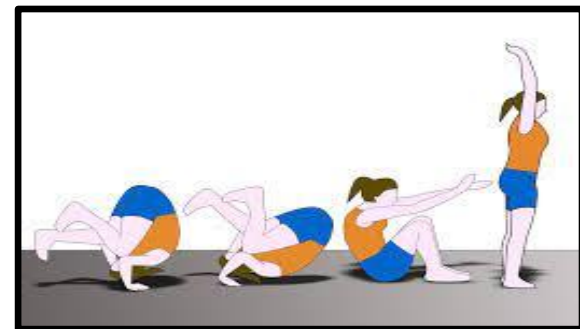
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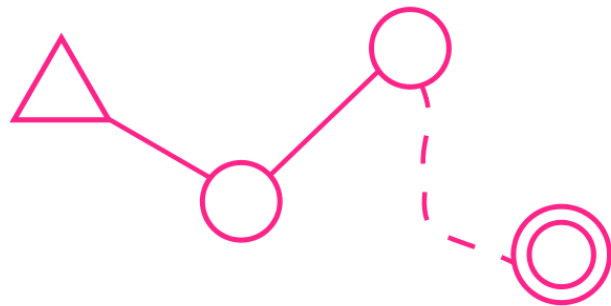
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Subject Knowledge

Overhead Smash: This is an offensive shot that is intended to end the point on that shot. This shot has the same principles of an overhead clear but your wrist produces a snapping motion towards the net.

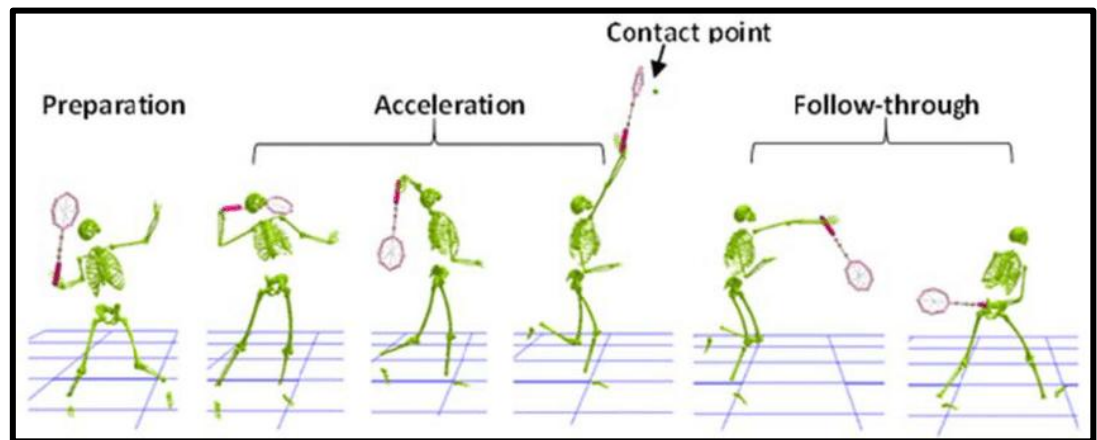
Forehand Drop Shot: This shot is used to draw your opponent to the front of the court. Your racket head needs to be slightly open before contact. You are slicing across the shuttlecock.

Key Terminology

- Ready position
- High contact point
- Follow through
- Decision making
- Co-ordination
- Spatial awareness
- Awareness

Tactics

- When would I use both of those shots?
- What are the benefits of playing those shots?



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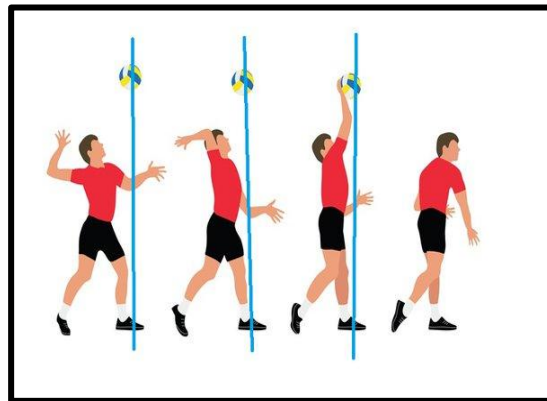
Subject Knowledge

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?



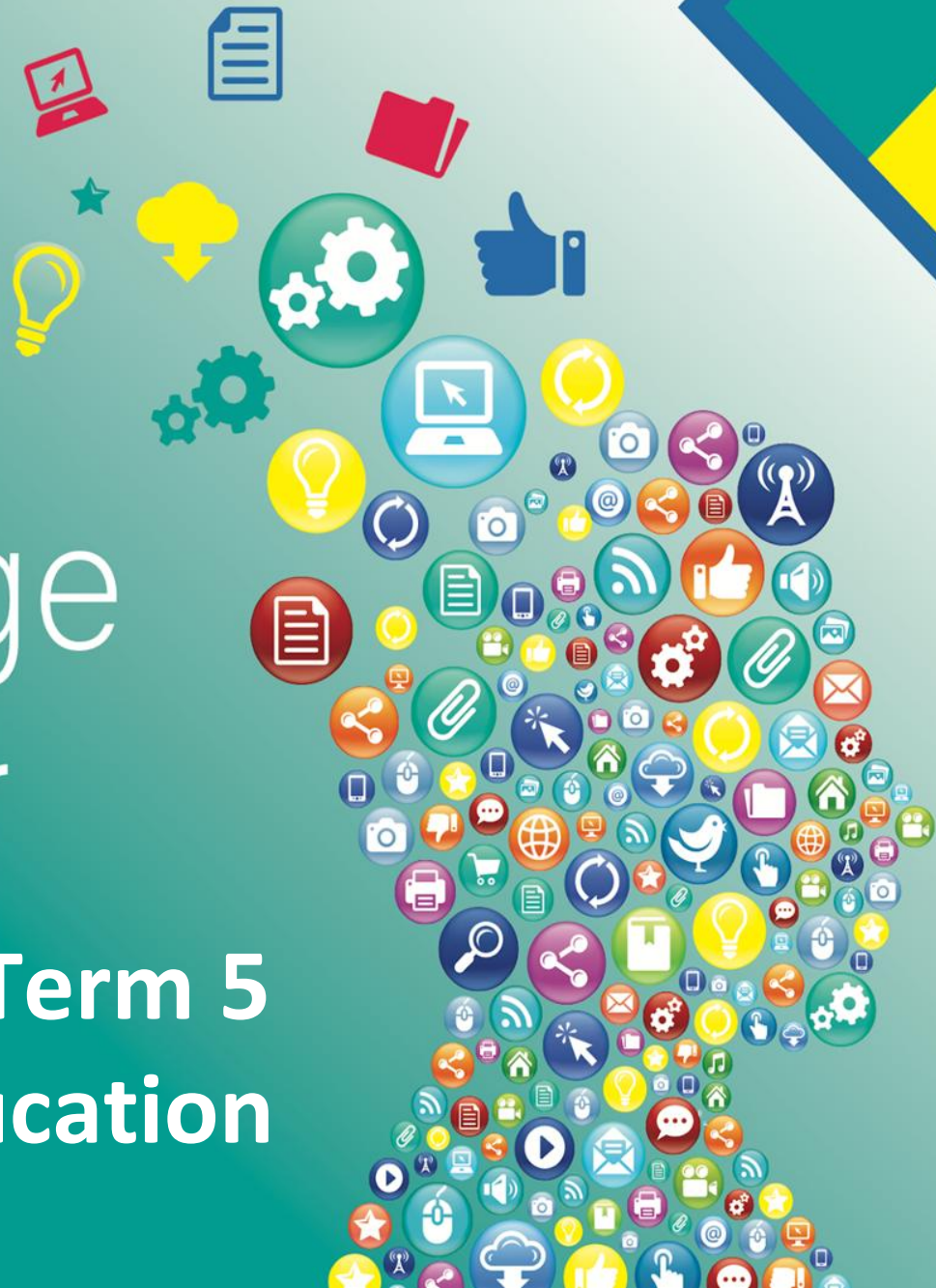
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Knowledge Organiser

**Year 8 Half Term 5
Physical Education**



Subject Knowledge Organiser

Fitness



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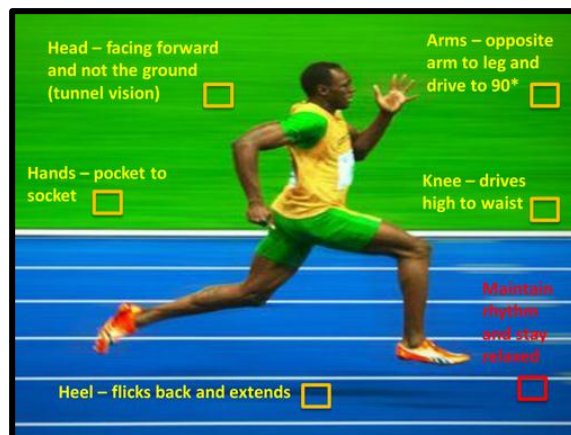
Subject Knowledge

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 a still throughout.

Throwing events: Focus upon being sideways on with your chin, knee and toe being together on a vertical line. Bend down low with your body weight towards your back foot. Watch the equipment go at the end of the sequence.

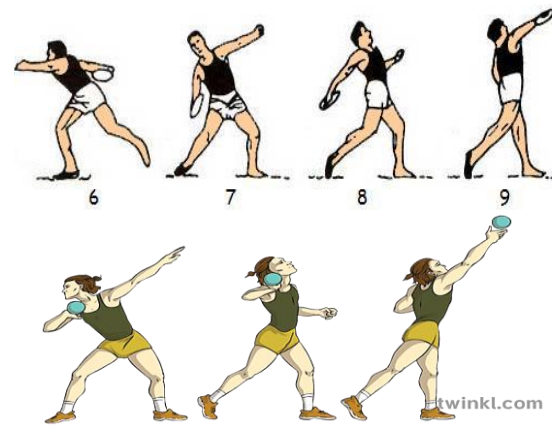
Key Terminology

- Sprint
- Drive Phase
- Pacing
- Take Off
- Flight
- Landing
- Recovery
- Aerobic endurance



Tactics

- In middle distance races, how am I going to pace myself?
- In track events, how can I use my attempts effectively?



Look, say, cover, write, check





Subject Knowledge

Striking the ball: Your more effective using a straight bat when making contact with the ball, using your hands to drive the bat down. This will enable the face of the bat to be open for a full contact.

Catching technique: Make sure that your two little fingers are next to each other to create a larger surface area for the ball to go into. Cushion the impact of the ball by bringing your hands closer to you body.

Key Terminology

- Long Barrier
- Pick Up
- High Release
- Stance
- Grip
- Balance
- Weight Transfer



Tactics

- What ways can I get my opponent out?
- How can I create pressure onto the batter?



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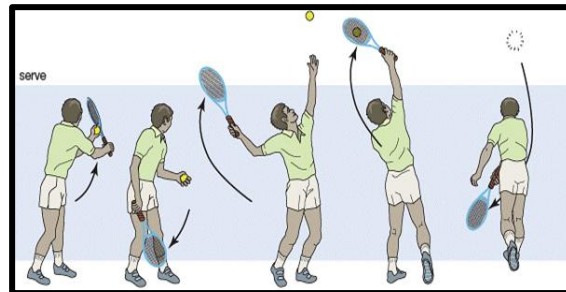
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Volleying: Solid base with your feet shoulder width apart. Turn the upper body when executing the shot. You use a punch action and not a swinging action to execute this shot correctly.

Key Terminology

- Low to High
- Contact Point
- Preparatory phase
- Execution Phase
- Follow through Phase
- Ball toss
- Co-ordination



Tactics

- How can I achieve an ace?
- When would I use a volley to win a point?
- What shot should I select within a game?



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Subject Knowledge

Batting: When your batting, make sure that you use all of the area available to you. Aim to hit the middle of the ball.

Bowling: Make sure that you bowl underarm. You can add pace to your throw, the ball can be looped or spin can be added. Aim below the shoulder and above the knee of the batter.

Key Terminology

- Under arm Throw
- Overarm Throw
- Long Barrier
- Hand-eye Co-ordination
- Bowler
- Backstop



Tactics

- Can your team field effectively from all areas of the pitch?
- Where can you hit the ball to score a full rounder?



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Knowledge Organiser

**Year 8 Half Term 6
Physical Education**





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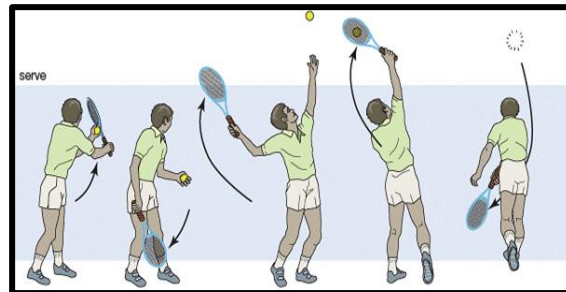
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- Bowler
- Backstop



Tactics

- Can your team field effectively from all areas of the pitch?
- Where can you hit the ball to score a full rounder?



Look, say, cover, write, check

