



Year 9 Half Term 1 Physical Education

Subject Knowledge Organiser

Football



Subject Knowledge

Set Pieces: Within the game, there are a few set pieces that are taken. They are: corners, direct and indirect free kicks, throw ins.

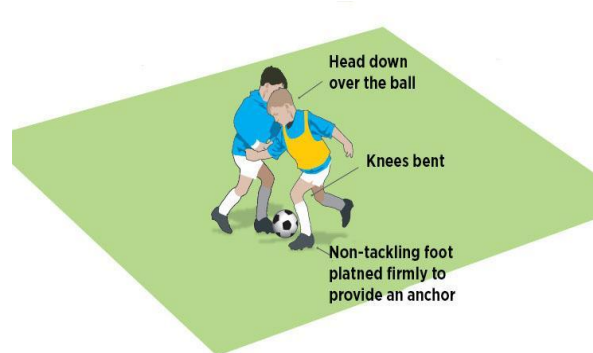
Block Tackle: This technique is the most commonly used in football. You watch the ball and wait for your opportunity to block the ball with the inside of your foot.

Key Terminology

- Decision Making
- Overloads
- Creating Space
- Body Shape
- Balance
- Spatial awareness
- Co-ordination
- Communication

Tactics

- How can we score a goal from a set play?
- How can I stop the shot in a conditioned game?



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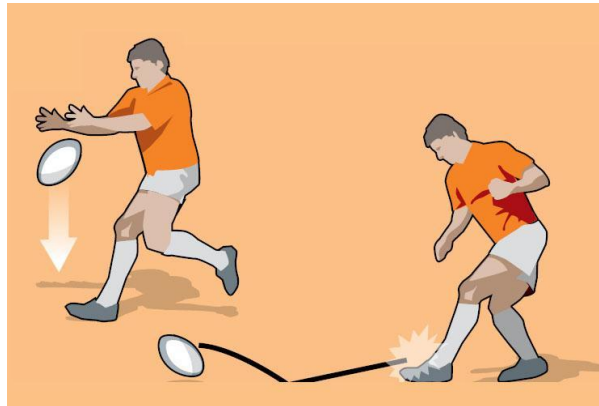
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Grubber Kick: This is an attacking kick used to either score a try or break the defensive line. Point the rugby ball towards the ground and use your laces to strike the ball.

Key Terminology

- Accuracy
- Reaction-time
- Agility
- Hand-eye co-ordination
- Power
- Finesse
- Decision making



Tactics

- Which type of kick should I use on the last tackle?
- What can I do to make sure that I have a high completion rate of passes?

Jumping for the high ball



Look, say, cover, write, check





Subject Knowledge

3rd stage of defense: This defensive principle outlines slowing the player down once they have released the ball and prevents the space for them to move into.

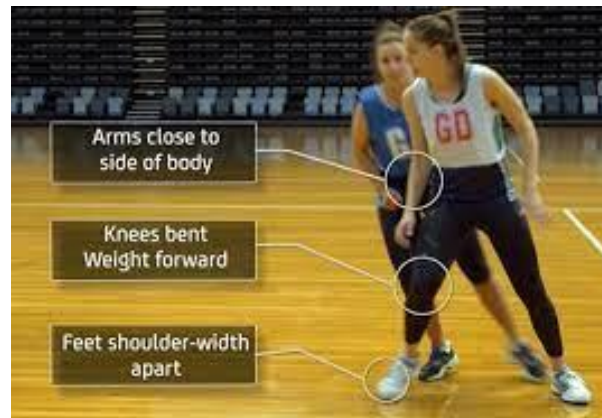
Creating Space: This attacking principle looks at how we can time movements on court in relation to the opposition. This will generate a quick transition from defense to attack.

Key Terminology

- 3rd stage of defense
- Applying pressure
- Footwork
- Decision making
- Strength
- Speed
- Agility

Tactics

- How do we as a team create space effectively?
- How can we transition quickly from defense to attack?



Look, say, cover, write, check





Subject Knowledge

Set Pieces: Within the game, there are a few set pieces that are taken. They are: short corners, penalty corners, hit in and restarts from a foul.

Outwitting the Opponent: Within any invasion game, you are always looking at creating opportunities to score a goal or create an overload in the attacking third.

Key Terminology

- Applying pressure
- Footwork
- Decision making
- Strength
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Tactics

- What factors do we need to think about from a short corner?
- How can we outwit the opponent on set plays?



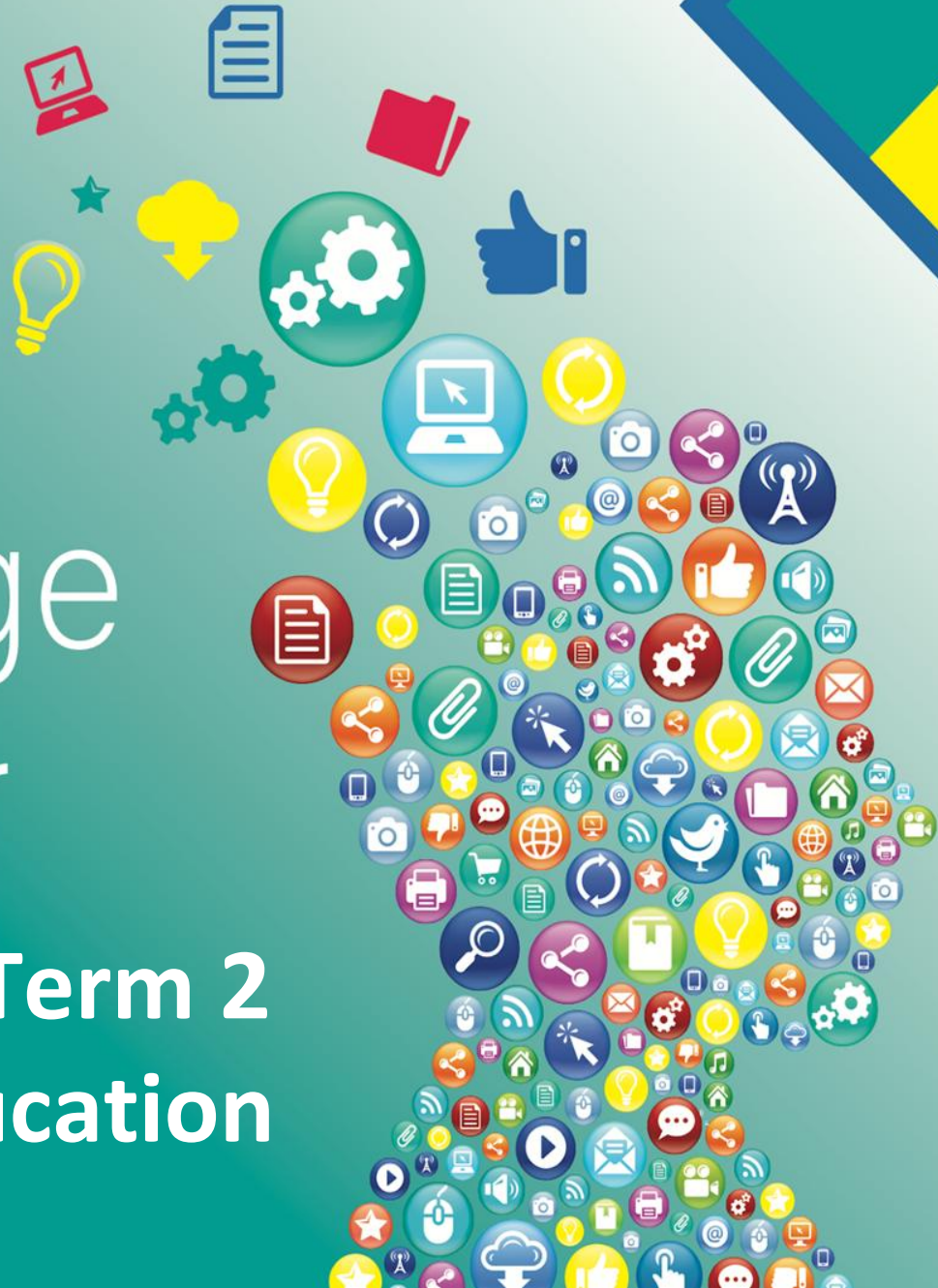
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Knowledge Organiser

**Year 9 Half Term 2
Physical Education**



Subject Knowledge Organiser

Football



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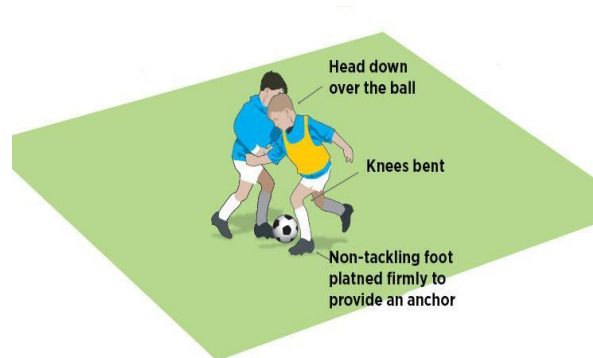
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- Decision Making
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Tactics

- How can we score a goal from a set play?
- How can I stop the shot in a conditioned game?



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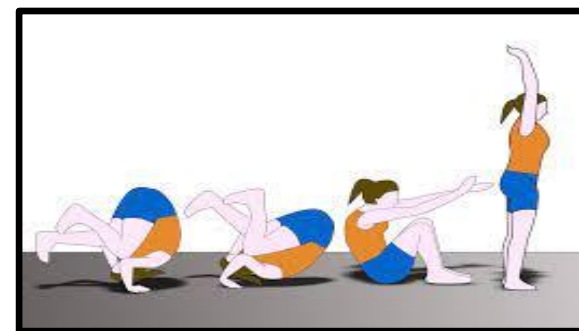
Subject Knowledge

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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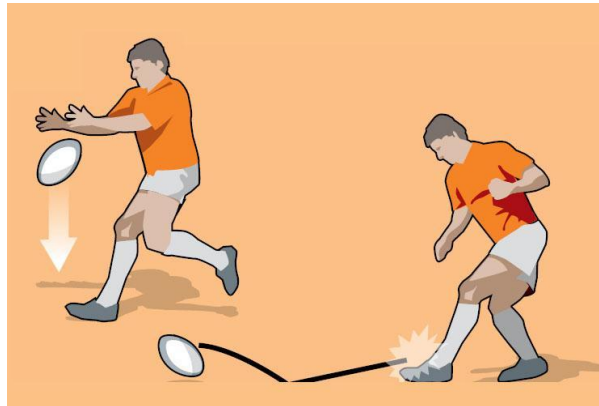
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Key Terminology

- Accuracy
- Reaction-time
- Agility
- Hand-eye co-ordination
- Power
- Finesse
- Decision making



Tactics

- Which type of kick should I use on the last tackle?
- What can I do to make sure that I have a high completion rate of passes?

Jumping for the high ball



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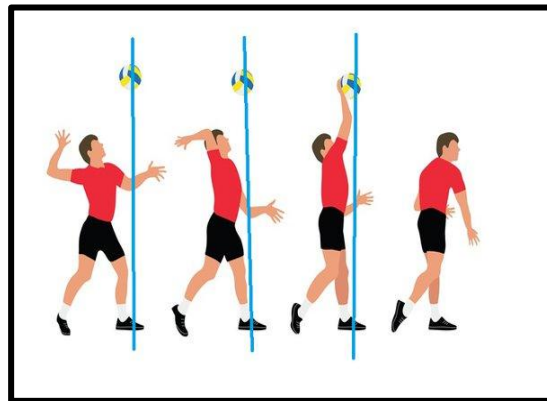
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Positioning: There are seven positions on a volleyball court: outside hitter, opposite setter, middle blocker, libero, defensive specialist, and serving specialist.

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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Subject Knowledge

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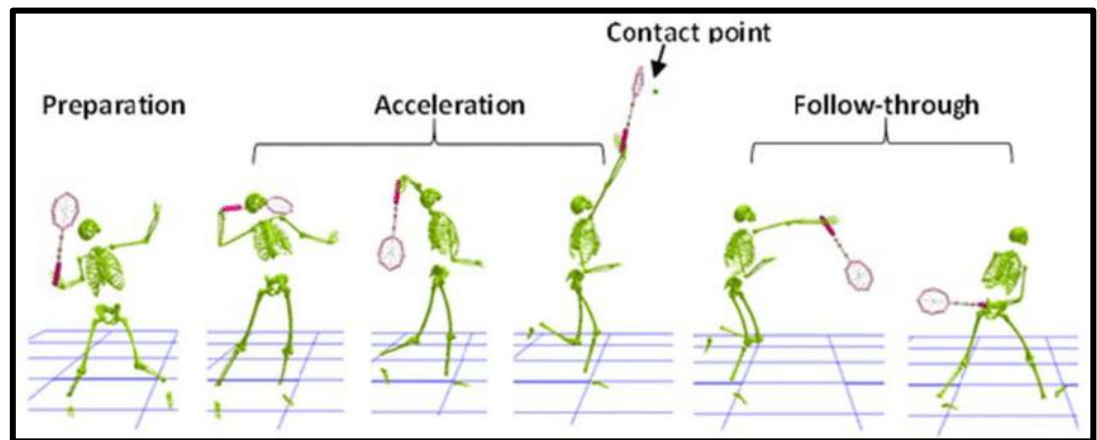
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Key Terminology

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

Tactics

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



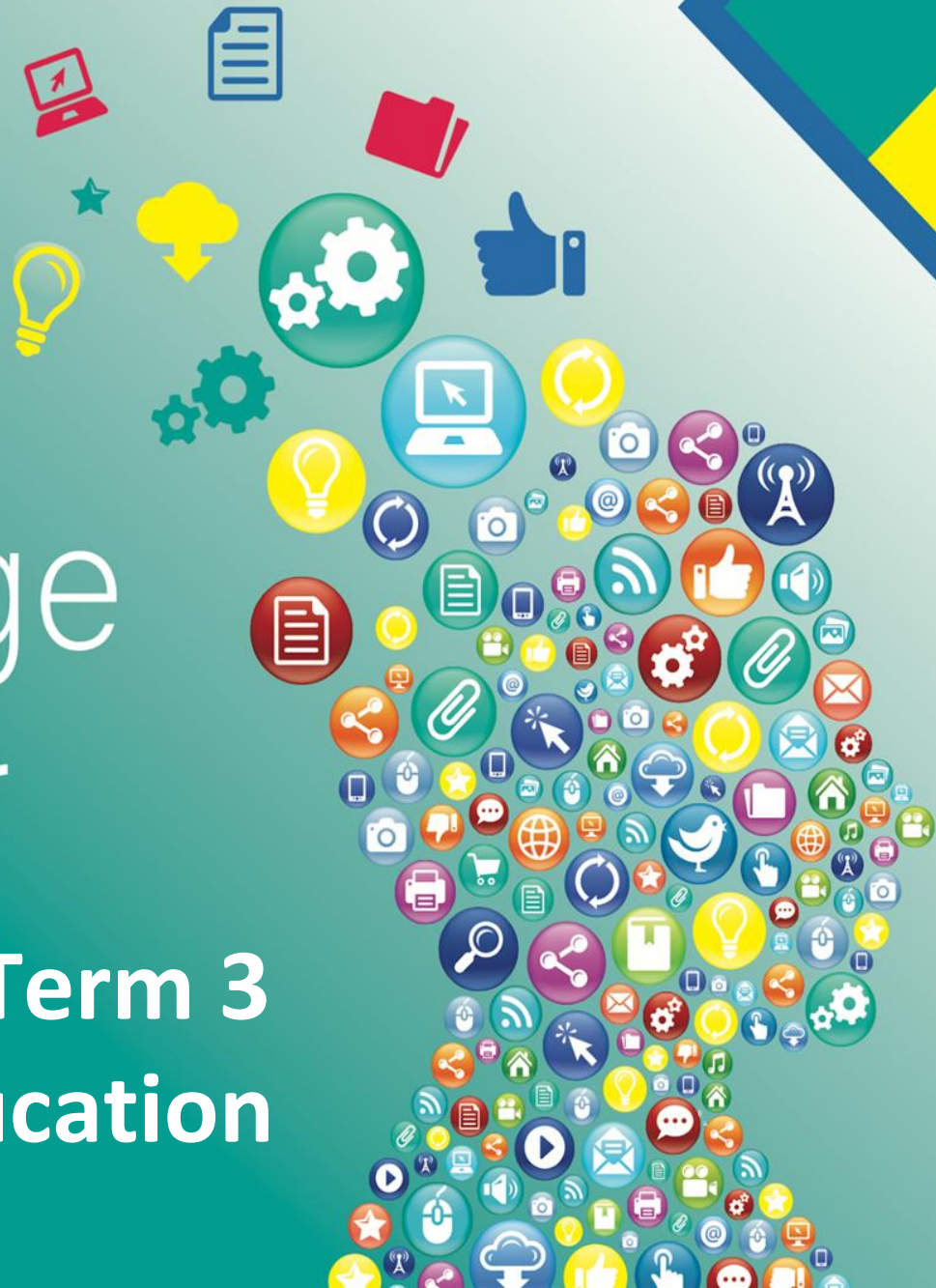
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Knowledge Organiser

**Year 9 Half Term 3
Physical Education**



Subject Knowledge Organiser

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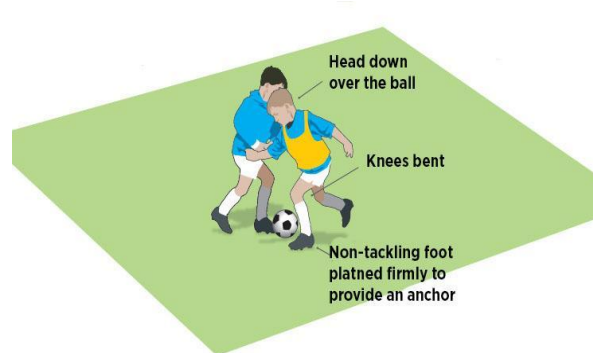
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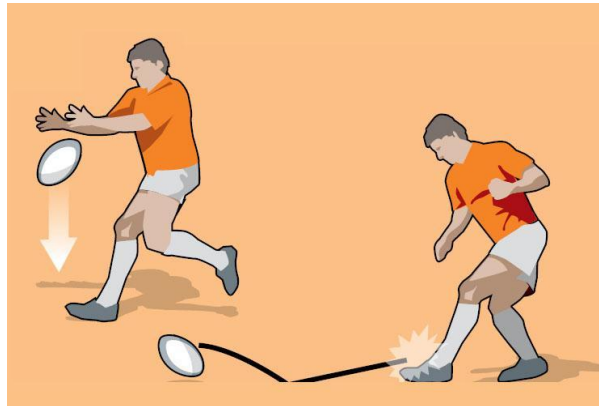
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- Finesse
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Tactics

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Jumping for the high ball



Look, say, cover, write, check





Subject Knowledge

Jump Shot: The purpose of the jump shot is to allow the shooter to take aim from a higher position and therefore prevent a defender from blocking the shot.

Lay Up: A lay-up provides a player with the opportunity to drive at the opponent's basket, jump close to the target and release the ball safely at the backboard. When used effectively it has the highest percentage chance of scoring points.

Key Terminology

- Applying pressure
- Footwork
- Decision making
- Strength
- Speed
- Agility
- Co-ordination

Tactics

- How can we create shooting opportunities?
- How can we transition quickly from defense to attack?



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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%



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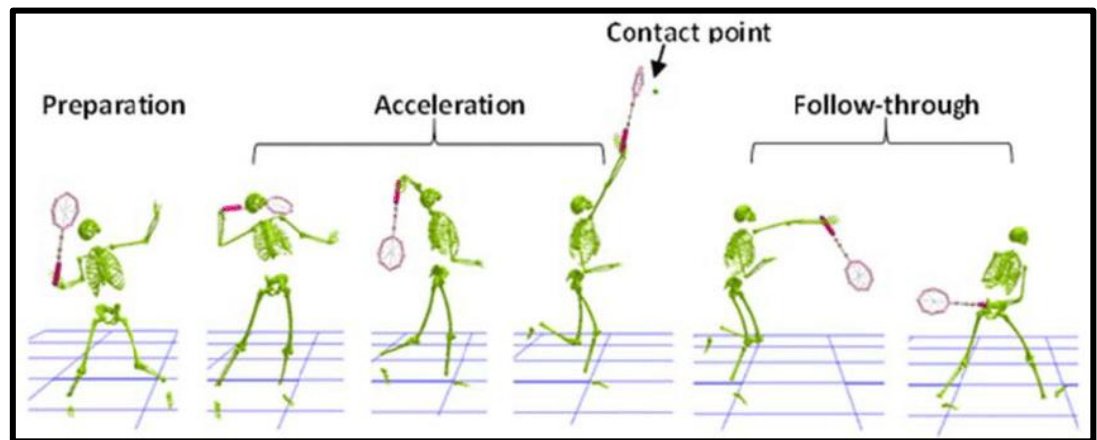
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Year 9 Half Term 4 Physical Education



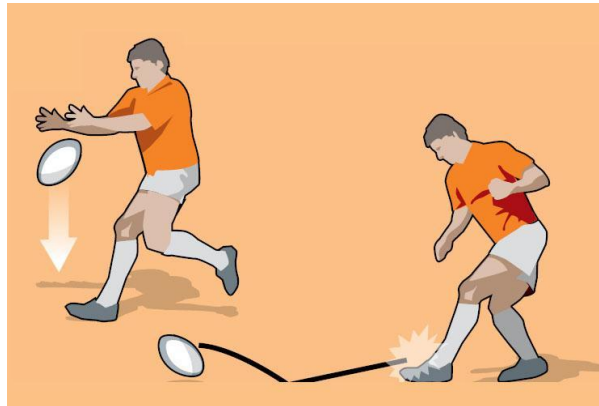
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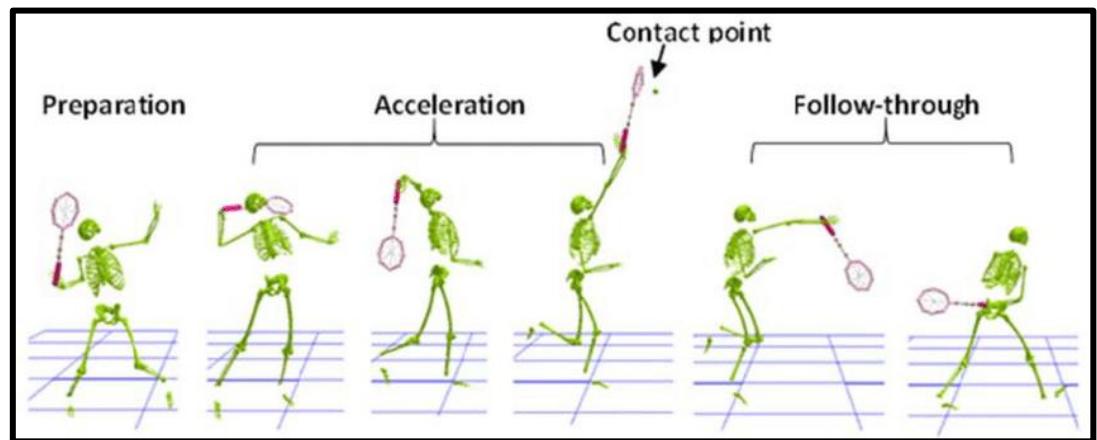
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Subject Knowledge

Serving: Start with the bat and the ball together. Bat moves back with the ball moving forward. Arms are wide apart when the ball is tossed up. Contact point is to the side and in front of your body.

Forehand & Backhand: Solid base with your feet shoulder width apart. Turn the upper body when executing the shot. You use a swing 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 a good serve?
- When would I use a drive shot to win a point?
- What shot should I select within a game when under pressure?



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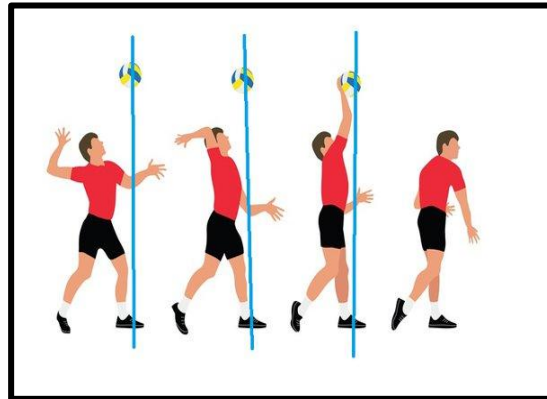
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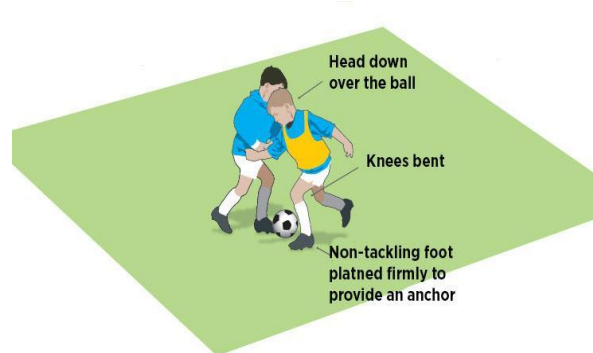
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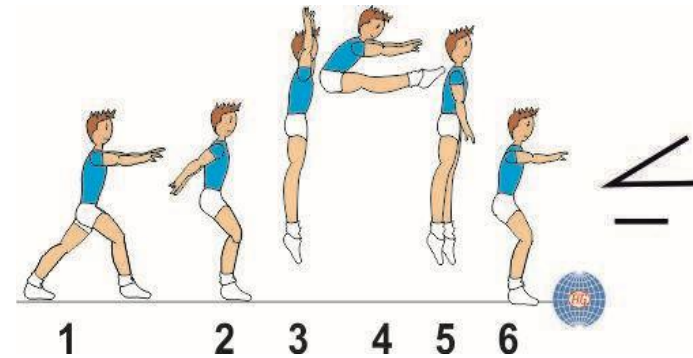
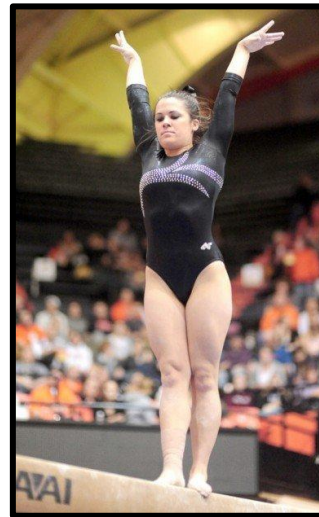
Subject Knowledge

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 sat 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





Year 9 Half Term 5 Physical Education

Subject Knowledge Organiser

Athletics – Track, Jump & Throw



Sprint

This track event is a short running race. There are generally three different sprint distances: 100m, 200m, and 400m.



Drive phase

The drive is where you are looking to cover as much ground as possible through each stride, pushing with the leg that is in contact with the ground and driving the free leg through. In this phase the head must follow the body.

Transition phase

This transition phase is when you smoothly and gradually come upright into your stride. This is when you start move at a slightly faster tempo and begin to reach top speed.

Fly phase

The fly phase is when you are fully upright and at top speed. The key to maintaining as much top end speed as possible is a relaxed upper body and a quick foot contact and tempo.

High jump

This jumping event requires athletes to jump over the bar using the Fosbury Flop technique.



Stage one

Start 8-10 strides away from the barrier. Run in a curve with controlled speed. Lean your torso into the curve, the opposite side to the barrier. Keep your shoulder as high as possible.

Stage two

You are ready to jump at approximately one metre past the first post and an arm's length away from the mat. At this point, plant the take-off foot down. At the same time, drive your lead leg and arms upwards and shoulders high.

Stage three

In the air, keep driving upwards and bring your lead knee across the body to get shoulders parallel with the bar. Bring the arms forwards and back into the body. As your hips cross the barrier, flick your feet upwards and high over the barrier. Maintain balance and land safely.

Shot put

This throwing event requires athletes to throw a heavy metal ball called a shot as far as possible.



Stage one

Hold the shot at the bottom and place the thumb and little finger each side of the shot. Place the shot under the chin and touching the neck. Keep the throwing arm elbow high and the arm parallel to the floor. Stand on the balls of your feet with your knees bent and non-throwing shoulder pointing towards the throwing area.

Stage two

Lean backwards and place your weight on the back foot. Transfer the weight from the back leg to the front leg. Explode upwards, bring the hips around and forwards to face throwing area. Extend the throwing arm up quickly and powerfully. Finish with chest and head up.



Overarm bowl

An overarm bowl is the legal way to deliver a ball in a competitive game of cricket.

Stage one

As you run in towards the wicket, keep your arms close to your body, your head steady and your eyes fixed on the batter.

Stage two

As you approach the crease, start turning your body so your shoulder is facing towards the wicket and lean back slightly.

Stage three

On arrival at the release point, keep the ball close to your chin and your non-bowling arm up with your elbow pointing towards the target. As your back foot lands before the popping crease line, keep your body upright and raise your front foot pointing your knee towards the target. As your front foot lands, your toes should be pointing to the batsperson.

Stage four

On releasing the ball, rotate your shoulders and push your bowling arm forward and down from the coil position. The non-bowling arm should be pointing to the batter. Your arms should then rotate through with the ball and release it at the top of the delivery arc. Continue to follow through and maintain a visual on the batsperson.

Straight drive

A straight drive is a deliberate shot that aims to hit the ball along the ground to prevent being caught out.



Forward defensive

A forward defensive is a deliberate shot that aims to prevent the ball from hitting the wicket or the player's pads.



Overarm throw

An overarm throw is the fastest and most accurate way to pass a ball.

Stage one

Stand shoulder width apart, sideways on to the target, on the balls of your feet with the weight transferred to the back foot. The throwing arm is taken back behind the head at a 90° angle. Point the non-throwing arm at the target.

Stage two

Transfer the weight from your back foot to your front foot by rotating your hips and torso toward the target. Pull the throwing arm through toward the target leading with your elbow and your forearm and wrist following last and fast. Release the ball just in front of your head with both feet on the ground and the chest facing the target.

Long barrier

The long barrier is the safest technique to control a cricket ball travelling along the ground.

Stage one

Get in line with the ball and get your whole body behind the ball. As quickly as possible bend both knees and twist sideways so that the knee of your strong leg touches the ground and touches the back of the heel of the other leg. Extend arms downwards, spread hands wide with little fingers touching each other. Pick up the ball.



Under Arm Bowl

This is how the bowler will bowl the ball to the batter

Stage one

The bowler will stand in the bowling square and line themselves up with the batter, their position in the square might change depending on whether the batter is right or left handed. They will take the ball in their most dominant hand

Stage 2

The bowler will step forward with their opposite foot to the hand that the ball is in e.g. if they are right handed, the bowler will step forward with their left foot. At the same time that they are doing this they will move their bowling arm backwards, as their weight transfers from their back foot to their front foot; they will move their bowling arm forward to release the ball towards their target area – the batter.

Progressions

The bowler can make batting more challenging for the batter, by increasing the speed of the ball they bowl, they can also add spin to the ball and experiment by bowling the ball at different heights.

Batting

Stage One

The batter will take the bat in their most dominant hand, they will enter the batting box and stand sideways on and extend their batting arm.

Stage two

The batter will need to time their swing so that they make good contact with the ball – keeping their eye on the ball they will move their bat backwards and then forwards to make contact with the ball. The batter is aiming make contact with the middle of the ball – if they make contact with the top of the ball, it will not travel far and if they make contact with the bottom of the ball, it will go high into the air and will run the risk of being caught out.

Progressions

The batter will want to make it difficult for the fielding team to field the ball, so they want to hit the ball far and also aim for the areas that are not covered by fielders

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The batter will need to time their swing so that they make good contact with the ball – keeping their eye on the ball they will move their bat backwards and then forwards to make contact with the ball. The batter is aiming make contact with the middle of the ball – if they make contact with the top of the ball, it will not travel far and if they make contact with the bottom of the ball, it will go high into the air and will run the risk of being caught out.

Progressions

The batter will want to make it difficult for the fielding team to field the ball, so they want to hit the ball far and also aim for the areas that are not covered by fielders

Overarm throw

An overarm throw is the fastest and most accurate way to pass a ball.

Stage one

Stand shoulder width apart, sideways on to the target, on the balls of your feet with the weight transferred to the back foot. The throwing arm is taken back behind the head at a 90° angle. Point the non-throwing arm at the target.

Stage two

Transfer the weight from your back foot to your front foot by rotating your hips and torso toward the target. Pull the throwing arm through toward the target leading with your elbow and your forearm and wrist following last and fast. Release the ball just in front of your head with both feet on the ground and the chest facing the target.

Long barrier

The long barrier is the safest technique to control a cricket ball travelling along the ground.

Stage one

Get in line with the ball and get your whole body behind the ball. As quickly as possible bend both knees and twist sideways so that the knee of your strong leg touches the ground and touches the back of the heel of the other leg. Extend arms downwards, spread hands wide with little fingers touching each other. Pick up the ball.

Subject Knowledge Organiser

Athletics – Track, Jump & Throw



Sprint

This track event is a short running race. There are generally three different sprint distances: 100m, 200m, and 400m.



Drive phase

The drive is where you are looking to cover as much ground as possible through each stride, pushing with the leg that is in contact with the ground and driving the free leg through. In this phase the head must follow the body.

Transition phase

This transition phase is when you smoothly and gradually come upright into your stride. This is when you start move at a slightly faster tempo and begin to reach top speed.

Fly phase

The fly phase is when you are fully upright and at top speed. The key to maintaining as much top end speed as possible is a relaxed upper body and a quick foot contact and tempo.

High jump

This jumping event requires athletes to jump over the bar using the Fosbury Flop technique.



Stage one

Start 8-10 strides away from the barrier. Run in a curve with controlled speed. Lean your torso into the curve, the opposite side to the barrier. Keep your shoulder as high as possible.

Stage two

You are ready to jump at approximately one metre past the first post and an arm's length away from the mat. At this point, plant the take-off foot down. At the same time, drive your lead leg and arms upwards and shoulders high.

Stage three

In the air, keep driving upwards and bring your lead knee across the body to get shoulders parallel with the bar. Bring the arms forwards and back into the body. As your hips cross the barrier, flick your feet upwards and high over the barrier. Maintain balance and land safely.

Shot put

This throwing event requires athletes to throw a heavy metal ball called a shot as far as possible.



Stage one

Hold the shot at the bottom and place the thumb and little finger each side of the shot. Place the shot under the chin and touching the neck. Keep the throwing arm elbow high and the arm parallel to the floor. Stand on the balls of your feet with your knees bent and non-throwing shoulder pointing towards the throwing area.

Stage two

Lean backwards and place your weight on the back foot. Transfer the weight from the back leg to the front leg. Explode upwards, bring the hips around and forwards to face throwing area. Extend the throwing arm up quickly and powerfully. Finish with chest and head up.



Overarm bowl

An overarm bowl is the legal way to deliver a ball in a competitive game of cricket.

Stage one

As you run in towards the wicket, keep your arms close to your body, your head steady and your eyes fixed on the batter.

Stage two

As you approach the crease, start turning your body so your shoulder is facing towards the wicket and lean back slightly.

Stage three

On arrival at the release point, keep the ball close to your chin and your non-bowling arm up with your elbow pointing towards the target. As your back foot lands before the popping crease line, keep your body upright and raise your front foot pointing your knee towards the target. As your front foot lands, your toes should be pointing to the batsperson.

Stage four

On releasing the ball, rotate your shoulders and push your bowling arm forward and down from the coil position. The non-bowling arm should be pointing to the batter. Your arms should then rotate through with the ball and release it at the top of the delivery arc. Continue to follow through and maintain a visual on the batsperson.

Straight drive

A straight drive is a deliberate shot that aims to hit the ball along the ground to prevent being caught out.



Forward defensive

A forward defensive is a deliberate shot that aims to prevent the ball from hitting the wicket or the player's pads.



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Under Arm Bowl

This is how the bowler will bowl the ball to the batter

Stage one

The bowler will stand in the bowling square and line themselves up with the batter, their position in the square might change depending on whether the batter is right or left handed. They will take the ball in their most dominant hand

Stage 2

The bowler will step forward with their opposite foot to the hand that the ball is in e.g. if they are right handed, the bowler will step forward with their left foot. At the same time that they are doing this they will move their bowling arm backwards, as their weight transfers from their back foot to their front foot; they will move their bowling arm forward to release the ball towards their target area – the batter.

Progressions

The bowler can make batting more challenging for the batter, by increasing the speed of the ball they bowl, they can also add spin to the ball and experiment by bowling the ball at different heights.

Batting

Stage One

The batter will take the bat in their most dominant hand, they will enter the batting box and stand sideways on and extend their batting arm.

Stage two

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Point the non-throwing arm at the target.

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