

Kettlethorpe HIGH SCHOOL

Year 7

Knowledge Organiser Booklet

Name:

Tutor:



THINK PINK!

If you see **PINK** in your books,
make the corrections.

Capital letters

- sentence **starts**
- proper **nouns**
- the word 'I'

Commas

- to separate three or more items in **a list**
- use a **pair of commas** when you are **inserting extra information** in the middle of the sentence
 - use **after an adverbial**

Before sunrise, Zac ate his breakfast.

Apostrophes

- to show that a letter or **letters are missing**: *I'm - haven't - don't*
- to show **something belongs to something else**: *The parents' meeting lasted an hour.*

1. Have you carefully reread your work?
2. Have you checked to see if you accidentally made any mistakes?
3. Are you proud of your work?

Common mistakes

There refers to a place or idea.
Their shows belonging.
They're is short for 'they are'.

use **should have** - not 'should of'
use **could have** - not 'could of'
use **would have** - not 'would of'

Spelling

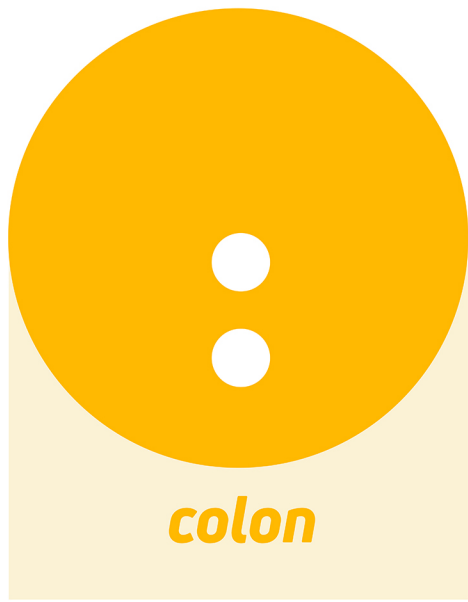
- use **the dictionary**
- make sure to use **subject specific vocabulary**

APPLY THE RULES. **B**E CONSISTENT. **C**HECK FOR ACCURACY.

WWW - Descriptive comment on what went well

EBI - Descriptive comment saying your work would be even better if

Punctuation



to introduce extra info



to link connected sentences



You only need one!



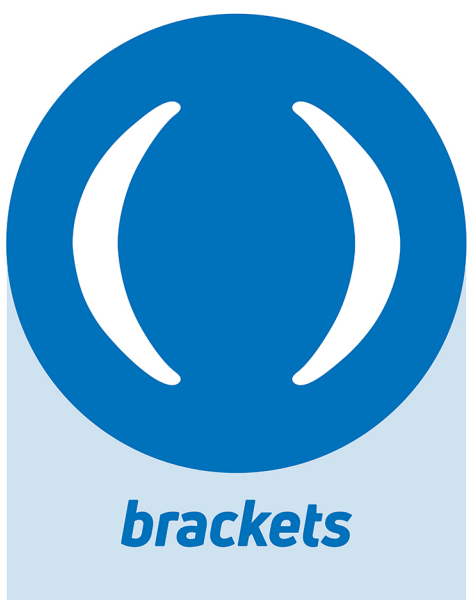
to leave a trailing thought...



to end a sentence



to add/separate information



to add extra information



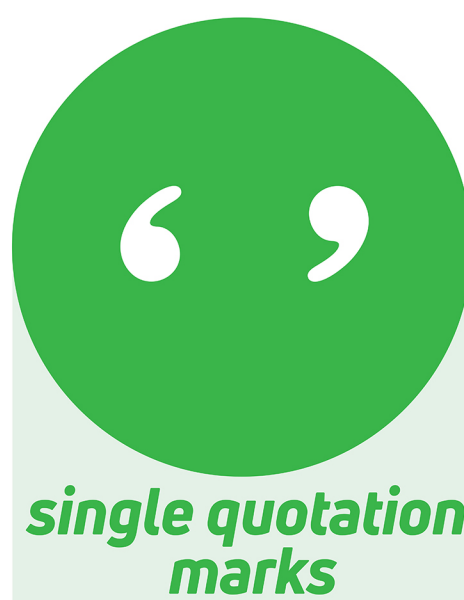
to add/separate information



for omission or possession



“Are you listening?”



to include quotes



at the end of a question

Do you know your roots?

Literacy

LASTS...

-scop-

root meaning **'to see'**

sub-

prefix meaning **'under'**

hypo-

prefix meaning **'below'**

ex-

prefix meaning **'out of'**

con-

prefix meaning **'with'**

-logy

suffix meaning **'study of'**

-graph-

root meaning **'writing'**

-bio-

root meaning **'life'**

-techn-

root meaning **'art / skill'**

micro-

prefix meaning **'small'**

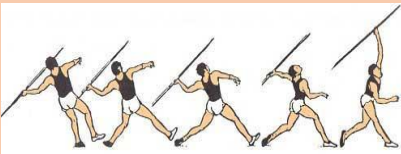

-chron-

root meaning **'time'**

-phon-

root meaning **'sound'**

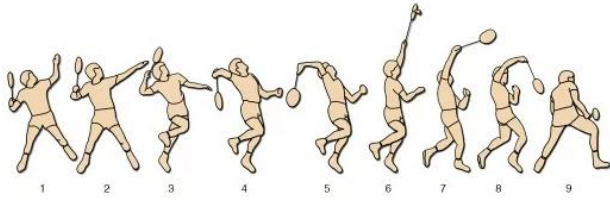
Athletics Field Events

Event	Teaching Points	Visual Guidance
Long Jump	<ul style="list-style-type: none"> - One footed take-off - Keep looking ahead, not at the take-off board - Rotate your body while in the air (banana shape) known as the hang technique - Arms should be above your head - Legs hanging down - Bend knees when landing to soften the impact 	
Triple Jump	<ul style="list-style-type: none"> - The take off and in the air patterns are the same as '<u>Long Jump</u>' - Phase 1: Hop—take off and land on the same foot whilst gaining distance - Phase 2: Step—land on the opposing foot, again gaining distance - Phase 3: Jump—maintain horizontal velocity and prepare the body for the landing 	
Shot Put	<ul style="list-style-type: none"> - Stand side on - Make sure you have a 'Dirty neck/fingers, clean palm' - Chin, Knee, Toe are all in line (Tony Chin!) - Aiming at a 45 degree angle - Moving from low to high when releasing the shot - Keep your elbow high 	
Javelin	<ul style="list-style-type: none"> - Stand side on - Arm is extended full behind you - The tip of the javelin in your line of vision - Back leg bent, with your weight on this leg - Elbow comes through first and forearm is extended - Release just above head height 	
Discus	<ul style="list-style-type: none"> - Adopt a shoulder width stance and perform preliminary swings - Release from index finger, top of hand cuts through the air facing upwards - Aim for chin over knee over the toe on the left leg - Power is generated from the legs—swing low to high 	

Athletics Track Events

Event	Teaching Points	Visual Guidance
100m	<ul style="list-style-type: none"> The shortest common outdoor running distance, it is one of the most popular and prestigious events in the sport of athletics The 100m places a strong emphasis on reaction time, power and pure speed in order to be successful. The current men's world record is 9.58 seconds, set by Jamaica's Usain Bolt in 2009, while the women's world record of 10.49 seconds set by American Florence Griffith-Joyner in 1988 remains unbroken. 	
200m	<ul style="list-style-type: none"> On an outdoor race 400 m track, the race begins on the curve and ends on the home straight, so a combination of techniques are needed to successfully run the race The 200 m places more emphasis on speed endurance than shorter sprint distances as athletes predominantly rely on anaerobic energy system during the 200 m sprint. 	
300/ 400m	<ul style="list-style-type: none"> On an outdoor race 400 m track, the race begins on the curve and ends on the home straight, so a combination of techniques are needed to successfully run the race. Maximum sprint speed capability is a significant contributing factor to success in the event, but athletes also require substantial speed endurance and the ability to cope well with high amounts of lactic acid to sustain a fast speed over a whole lap. 	
600/ 800m	<ul style="list-style-type: none"> It is the shortest common middle-distance running event. The 800 metres is run over two laps of the track (400 metre track) and has been an Olympic event since the first games. The event combines aerobic endurance with anaerobic conditioning and sprint speed. Both the aerobic and anaerobic systems are being taxed to a high extent, thus the 800 metre athlete is required to combine training between both systems. 	
1500m	<ul style="list-style-type: none"> The 1500 metres run is the foremost middle distance track event in athletics. It involves starting at the top bend nearest the start line and completing 3 and 3/4 laps of the track. The demands of the race are similar to that of the 800 metres, but with a slightly higher emphasis on aerobic endurance and a slightly lower sprint speed requirement. The 1500 metre race is predominantly aerobic, but anaerobic conditioning is also required. 	
4 x 100m relay	<ul style="list-style-type: none"> The 4 x 100 metres relay or sprint relay is an athletics track event run in lanes over one lap of the track, with four runners completing 100 metres each. The first runners must begin in the same stagger as for the individual 400 m race. A relay baton is carried by each runner and handed over at each stage of the relay. Polished handovers can compensate for a lack of basic speed to some extent, and disqualification for dropping the baton or failing to transfer it within the box is common, even at the highest level. 	

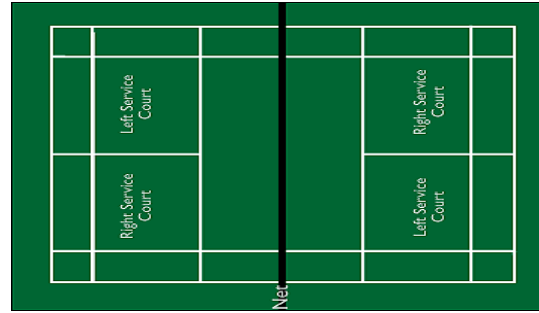
Application– Smash



Application– Forehand return



Court Markings



Officials

Points System

A match consists of the best of 3 games of 21.

Every time there is a serve there is a point scored.

The side winning a rally adds a point to its score.

At 20 all, the side, which gains 2 points first, wins that game.

At 29 all, the side scoring the 30th point, wins that game.

Key Terms

Attacking clear -An offensive stroke hit deep into the opponent's court.

Backcourt - Back third of the court, in the area of the back boundary lines.

Back hand - The stroke used to return balls hit to the left of a right-handed player and to the right of a left-handed player.

Base position -The location in the centre of the court to which a singles player tries to return after each shot; also called "centre position".

Baseline -The back boundary line at each end of the court, parallel to the net.

Clear -A shot hit deep into the opponent's court.

Rally -The exchange of shots that decides each point.

Midcourt -The middle third of the court, halfway between the net and the back boundary line.

Game -The part of a set completed when one player or side has scored enough points to win a single contest.

Let - A minor violation of the rules allowing a rally to be replayed.

Isolated Skills

SERVE —The shot used to start the game.

BACKHAND & FOREHAND CLEAR— A shot used to force your opponent to the back of the court.

SMASH —This is the most attacking shot in badminton.

DROP SHOT— The purpose of this shot is to trick your opponent into thinking you're sending the shuttle to the back of the court, when actually you drop it over the net.

DRIVE — The drive shot is hit hard on a horizontal or slightly downward path.

BLOCK SHOT—This shot is used in defence of an opponent's smash.



Physical Education – Components of Fitness

Health – A state of complete mental, physical and social well-being. fitness.

Fitness - The ability to meet the demands of the environment.

Exercise - A form of physical activity done primarily to improve health and/or fitness. Not competitive sport.

Performance – The action of performing a task/action.

Relationship between these:

- Regular **exercise** increases general **health & fitness**.
- High levels of **fitness** can in turn have a positive impact on **performance**.

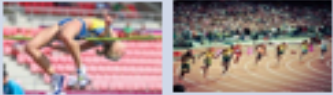




How to remember this?
 B – Bob
 M – Munches
 M – More
 F – Fried
 C – Chicken



How to remember this?
 C
 R
 A
 B
 S
 P



Health Related Components of Fitness

Component	Definition	Sporting Example
Body Composition	The percentage of a body that is fat, muscle, bone and water.	
Muscular Strength	The amount of the force muscles can generate against a resistance.	
Muscular Endurance	The ability to use voluntary muscles, over long periods of time without getting tired.	
Flexibility	The range of movement at a joint.	
Cardiovascular Fitness (Aerobic Endurance)	The ability of the heart and circulatory system to meet the demands of the body for a long period of time.	

Skill Related Components of Fitness

Component	Definition	Sporting Example
Coordination	The ability to move two or more body parts at the same time.	
Reaction Time	The time taken for a response to occur after a stimulus.	
Agility	The ability to change direction at speed.	
Balance	The ability to keep the body steady when in a static position or when moving.	
Speed	The time taken to cover a set distance/complete a movement.	
Power	The ability to combine speed and strength.	

Application

Applying width in attack

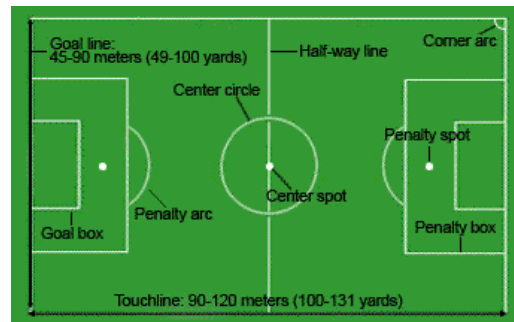


Through Ball



<https://www.youtube.com/watch?v=jlWm6UsEjRA>

Field Marking



NGB



www.thefa.com



Referee



Key Terms

Dribble: Keeping control of the ball while running.

One-Touch Pass: A pass in which the ball is played on with a player's first touch.

Free Kick: A kick awarded to an opposition player when a player has committed a foul. Free kicks can be either direct or indirect.

Corner Kick: A free kick taken from the corner of the field by an attacker. The corner kick is awarded when the ball has passed over the goal line after last touching a defensive player. The shot is taken from the corner nearest to where the ball went out.

Goal Kick: A goal kick is awarded to the defending team when the ball is played over the goal line by the attacking team. It can be taken by any player though it is normally taken by the goalkeeper.

Offside: A player is in an offside position if he is nearer to his opponent's goal line than both the ball and the second-to-last opponent. This does not apply if the player is in their half of the field. An indirect free kick is awarded to the opposing team at the place where the offside occurred.

Football Isolated Skills



Passing using the inside of the foot.



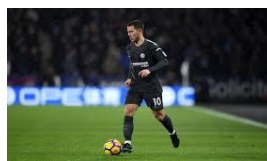
Heading



Striking the ball



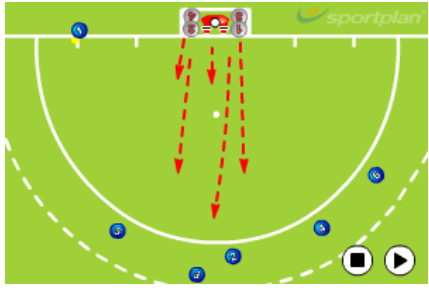
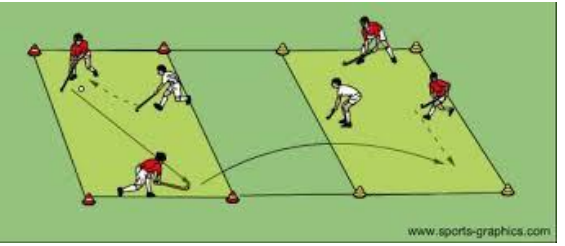
Block Tackle



Dribbling

Hockey drills

4v2 Overload



Short Corner

2v1 Draw and Pass



National Governing Body



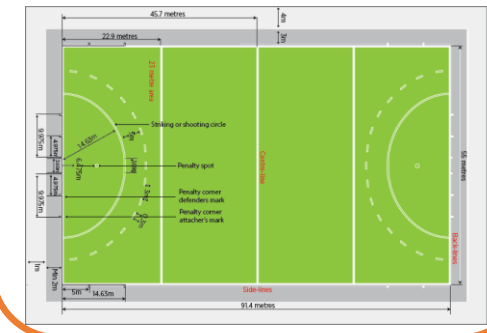
www.englishockey.co.uk



Referee



Field Markings



Key Terms

STICK TACKLE- If the opponent hits your stick.

LONG CORNER- The ball is hit over the back line by either a defender or goalie.

SHORT CORNER- Is awarded when the ball touches one of the other teams' feet or a foul is committed in the defensive circle.

PENALTY STROKE - Penalties are awarded for serious infringements like dangerous play or committing a foul as the last defender.

HIT OUT-When the ball is hit over the back line by an attacker.

SIDE LINE-When the ball is hit out of play down either of the sides. Ball is placed on the line to hit back into play.

FEET- If the ball hits your foot the opposition get the ball, a free hit.

5M-Opposition must be 5meters away from a free hit. If in the end 25m, both teams must be 5m from where the ball is being taken.

Cards

-  2 min off pitch
-  5-10 min off pitch
-  Rest of the game off



GCSE Physical Education – Methods of Training

Continuous training - Involves a steady but regular pace at a moderate intensity (aerobic) which should last for at least 20 minutes. i.e. running, walking, swimming, rowing or cycling.
Used by a **marathon runner**.



Advantages	Disadvantages
<ul style="list-style-type: none"> • Ideal for beginners • Highly effective for long distance athletes 	<ul style="list-style-type: none"> • Can be extremely boring as repetitive

Interval training - Involves periods of work followed by periods of rest. i.e. *Sprint for 20 metre + walk back to start.*
Used by a **200m sprinter**



Advantages	Disadvantages
<ul style="list-style-type: none"> • Quick and easy to set up. • Can mix aerobic and anaerobic exercise which replicates team games. 	<ul style="list-style-type: none"> • It can be hard to keep going when you start to fatigue (high motivation and self discipline needed) • Over training can occur if sufficient rest is not allowed between sessions (48 hours)

Fartlek training – Referred to as ‘speed play’
This is a form interval training but without rest.
Involves a variety of changing intensities over different distances and terrains.



i.e. *1 lap at 50% max, 1 lap walking, 1 lap at 80% (aerobic and anaerobic used)*
Used by **games players – Hockey players**

Advantages	Disadvantages
<ul style="list-style-type: none"> • More enjoyable than interval and continuous training • Good for sports which require changes in speed • Easily adapted to suit the individuals level of fitness and sport. 	<ul style="list-style-type: none"> • Performer must be well motivated particularly when intensity is high • Difficult to assess whether performer is performing at the correct intensity

Plyometrics training

Involves high-impact exercises that develop **power**. i.e. *bounding/hopping, squat jumps.* Used by **long jumpers, 100 m sprinters or basketball players.**

Advantages	Disadvantages
<ul style="list-style-type: none"> • Easy to set up requiring little or no equipment • Hugely effective in developing power 	<ul style="list-style-type: none"> • Can result in injury if not fully warmed up. • Can place a great stress on joints and muscles.



Weight/Resistance training – A form of training that uses progressive resistance against a muscle group. Used by **cyclists**.

Muscular strength:

High weight x low repetitions

Muscular endurance:

Low weight x high repetitions



Advantages	Disadvantages
<ul style="list-style-type: none"> • Variety of equipment to prevent boredom • Strengthens the whole body or the muscle groups targeted. • Can be adapted easily to suit different sports 	<ul style="list-style-type: none"> • Requires expensive equipment • If exercises are not completed with the correct technique it can cause injury to the performer

Circuit training - A series of exercises completed one after another. Each exercise is called a station. Each station should work a different area of the body to avoid fatigue.
i.e. *press ups, sit ups, squats, shuttle runs.*



Advantages	Disadvantages
<ul style="list-style-type: none"> • Quick and easy to set up • Easy to complete with large groups • Can be adjusted to be made specific for certain sports. i.e. <i>netball specific circuit</i> 	<ul style="list-style-type: none"> • Technique can be affected by fatigue and can increase risk of injury • Must have motivation and drive to complete the set amount of repetitions and sets.

Fitness classes

Body pump – Weight based exercise class

Aerobics – Rhythmical dance movements set to music

Pilates/Yoga – Series of movements completed to core muscle strength & posture

Spinning – A high intensity workout on a stationery bike.



Advantages	Disadvantages
<ul style="list-style-type: none"> • Variety avoids boredom • Instructor will challenge & motivate • Great way to meet new people 	<ul style="list-style-type: none"> • Gym membership can be expensive. • Group classes are not tailored to individual needs.

Netball Isolated Skills

Evasion—holding space



Ball control



Passing—shoulder pass



Defending—Stage 2

Points System

To score a point the GA or GS must shoot the ball into the net and it must travel all the way through the net. You get 1 point for each goal

NGB



<https://www.Englandnetball.co.uk/>

Key Terms A-Z

- Ballside**—Closer to the ball than your opponent.
- Centre pass**—Taken at the start of a game and once a goal is scored. Ball is received in the centre third.
- Contact**— A form of physical contact towards a player which interrupts play. If contact occurs, a penalty is applied.
- Contest**— When two players are competing for the ball.
- Dodging**—A type of movement to get free from a defender. Feint/double.
- Feed/Feeding**—Passing the ball to a player either using a shoulder, bounce, chest or overhead pass.
- Footwork**—when a player is stepping, landing and pivoting while in possession of the ball.
- Lateral**—A side ways pass to a moving player who is running from behind the person with the ball.
- NRP**—Netball Ready Position – describes the optimum positioning of the body ready for action on court. Player should be; on balls of feet, knees bent and eyes facing forward.
- Obstruction**—shortening of distance towards the player **with the ball**, a player must be 0.9m away.
- Pocket**—A space, (usually on circle edge towards base or in the circle) which is protected (held) by a player.
- Preliminary move**— a form of attacking movement performed before the initial movement or before receiving the ball from a teammate.
- Short pass**—the moment the ball is passed there must be room for a third player to move between the hands of the thrower and those of the receiver.
- Switch**—Whilst defending, two players change who they are marking.

Application of Skills

Creating an attacking triangle



Passing around a 3ft marker



Set plays/moves—backline pass



Turning away from your defender and towards post



Umpire



NGB



www.roundersengland.co.uk

Points System

Games consist of 2 innings of 21 good balls.
 1 rounder– hit the ball and run around all 4 bases touching 1st and 4th base.
 1/2 rounder– miss the ball and run around all 4 bases touching 1st and 4th base
 1/2 rounder– hit the ball and run to 2nd base touching 1st and 2nd base
 1/2 rounder– 2 no balls



Umpire

Batting Umpire – Near 2nd Post
Bowling Umpire – In line with Batter

Isolated Skills

LONG BARRIER —Stopping the ball going past you by using your body and legs as “back up”.

UNDERARM THROW—A method of throwing the ball over short distances.

OVERARM THROW—A method of throwing the ball over long distances.

CATCHING—Collecting the ball in your hands from the air. Can be fingers up or fingers down.

BATTING—Hitting the ball into various spaces to outwit oppositions and score a rounder

CHASE AND RECEIVE—Chase the ball that has been hit and turn body inwards to throw to ball back to person on post or bowler.



Key Terms

NO BALL —The ball is bowled lower than the knees and higher than the head.

If the ball does not reach the batter.

OBSTRUCTION —A fielder can not get in the way of the batting team.

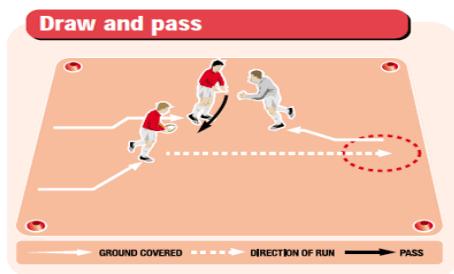
If they do a 1/2 rounder is awarded to the batting team.

OUT

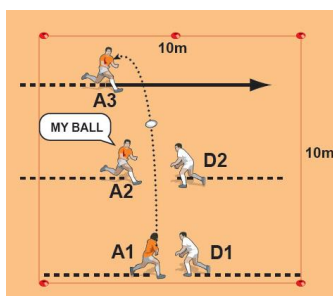
- 1) Ball is caught that has been hit
- 2) Running inside a post
- 3) Deliberately throw a bat or drop it
- 4) Lose contact with post and it is stumped
- 5) Post is stumped before you make it there
- 6) If the person behind you outruns you to a post
- 7) Foot over the front/ back line when hitting or missing the ball.



Application—Draw and Pass



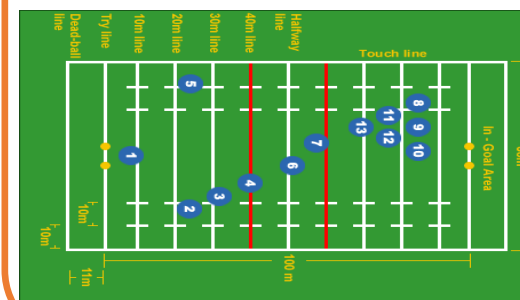
Application—Face Ball



Points System

TRY	CONVERSION
4	2
DROP GOAL	PENALTY GOAL
1	2

Field Markings



Key Terms

TRY - 4 points - A try is scored by grounding the ball over the try line.

CONVERSION - 2 points - Following a try a team is given an opportunity to kick the ball through the posts.

DROP GOAL - 1 point - Scored by drop kicking the ball through the posts.

PENALTY GOAL - 2 points - If awarded a penalty a team can kick at the posts and if successful gain 2 points.

PLAYING THE BALL - When tackled a player must roll the ball back with their foot to restart play.

KNOCK-ON - When a player drops or knocks forward the ball.

FORWARD PASS - When a pass travels forward in relation to the receiver.

SCRUM - Used to restart play from a ball going out of play or a knock-on. Consists of 6 players from each team + 1 half back.

PENALTY - Penalties are awarded for serious infringements like dangerous play or offside.



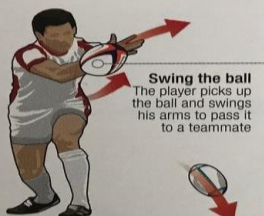
Referee



Rugby League Isolated Skills

PASSING

Passing is a basic skill required by players in every position. If timed and delivered well, a pass can take out opponents and create a try-scoring opportunity. Players must always pass the ball backwards — a forward pass results in the team in possession being penalized.



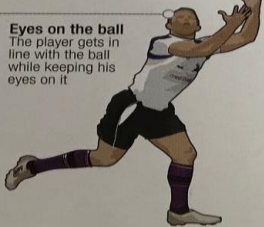
Swing the ball
The player picks up the ball and swings his arms to pass it to a teammate

PASSING FROM THE GROUND

Picking the ball up from the ground and passing it occurs after a play-the-ball and a penalty kick into touch.

CATCHING

This can range from taking a pass from a team-mate in close proximity to catching a high kick from the opposing side with that team's forwards bearing down on you. Good hand-eye coordination is essential.



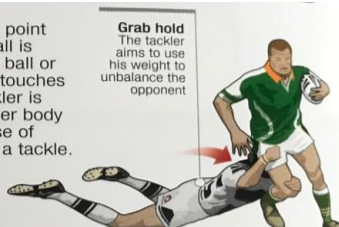
Eyes on the ball
The player gets in line with the ball while keeping his eyes on it

CATCHING A HIGH BALL

A player needs to keep his eye on the ball and, if opposition players are close by, time his jump to take the catch.

TACKLING

A tackle is defined as the point when a player with the ball is brought down so that the ball or the arm carrying the ball touches the ground while the tackler is touching him. Strong upper body strength and a good sense of timing are key to making a tackle.



Grab hold
The tackler aims to use his weight to unbalance the opponent

MAKING A SIDE TACKLE

The player lowers his shoulders and wraps his arms around the opponent.

KICKING

A range of kicking skills are required during a game, from long-range penalty kicks to deft chips through a group of players. The stand-off is a team's specialist kicker, executing the penalty kicks.



Perfect timing
The kicker aims to strike the ball with his instep as soon as it hits the ground

DROP-KICKING A BALL

Throwing the ball up, a player waits until the point when it just hits the ground before striking it forwards.