

FOOTBALL

Knowledge Organiser



Passing:

1. Place your non-kicking foot to the side of the ball. Hold your arms up and wide to support your balance.
2. Swing your kicking foot through and strike the ball with the inside of your foot. Aim to hit the middle of the ball to ensure it stays close to the ground.
3. Follow your kicking leg through towards the intended target. The speed of the kicking leg will direct how hard you kick the ball.



Dribbling:

1. Keep the ball close at all times using gentle touches with both the inside and outside of your foot, changing direction to outwit your opponent.
2. Keep your head up, eyes scanning the field, and be aware of surroundings.
3. Establish a low center of gravity keeping your arms out for balance.



Tackling:

1. Get close but not too close to your opponent – about two to three feet is ideal.
2. Keep your eye on the ball. Lock the ankle of your kicking foot (the foot you're going to tackle with).
3. Bend your knees slightly now get close to your opponent and strike the ball firmly



Shooting:

1. Plant your supporting foot beside the ball to gain stability. Pointing your planted foot in the direction that you want the ball to go will help guide your aim.
2. Hit the ball with the top of your foot, also known as your laces. As you kick, lock your ankle to create power through your striking foot
3. After kicking the ball, follow through with your shooting leg in the direction that you aimed the ball.

Heading:

1. Back slightly arched as ball approaches, slightly leaning forward after striking the ball
2. Contact with the ball should be made on the forehead between the eyebrows and the hairline.
3. Head moves toward the ball. Ball must be struck and not bounce off the head

Rugby

Knowledge Organiser



Handling:

1. Signal for the ball and make a 'W' with your hands
2. Maintain eye contact
3. Tuck or place the ball on your hip

Tackling:

1. Eyes to thighs
2. Ring of steel
3. Squeeze the knees and then drive for five



Maul:

1. Hinge at the hips
2. Keep your spine in line
3. Keep chasing your feet



Ruck:

1. Hinge at the hips and target the ball
2. Get underneath the jackle
3. Wide legs and sink at the hips

Kicking:

1. Eyes on the ball
2. Drop ball onto your foot
3. Follow your foot through in the direction you want the ball to go



HOCKEY

Knowledge Organiser



Passing:

1. Eye on the ball, feet apart, knees bent
2. Stick in contact with ball as weight shifts from back to front foot
3. Push ball towards target



Receiving:

1. Stick down low, flat on floor
2. Rotate stick toward floor 45°
3. Absorb impact



Dribbling:

1. Hands apart, wide stance
2. Looking up and down
3. Gentle touches using the flat side of the stick

Shooting:

1. One foot in front the other
2. Hands together, raise stick to hip level
3. Looking at the ball, rotate and contact the ball



Marking:

1. Get between player with the ball and receiver
2. Close down the space
3. Stick down to apply pressure

Basketball

Knowledge Organiser



Passing:

1. Make a W shape with fingers on the ball
2. Step into pass
3. Follow through



Dribbling:

1. Look up
2. Using your fingers not your palm
3. Bouncing ball to waist height



Shooting:

1. Balanced looking at the hoop
2. Elbow bent
3. Follow through



Footwork/ Marking:

1. Anchor one of your feet
2. Pivot on that anchor foot
3. Bounce of pass before you pick up your anchor foot

Receiving/ Interceptions:

1. Make yourself big to catch and intercept
2. Place the ball in your 'pocket'
3. Now it is in the triple threat position



Badminton

Knowledge Organiser



Forehand Serve:

1. Hold shuttle at waist
2. Stand side on, feet shoulder width apart
3. Full swing of racket to make contact at hip height

Overhead Clear:

1. Contact shuttle at highest point
2. Body side on
3. Full swing and follow through



Net Play:

1. Lunge forward with dominant foot
2. Contact shuttle as close to net height as possible
3. Push forwards with racket facing up



Backhand Serve:

1. Hold shuttle at waist
2. Stood facing the net with feet shoulder width apart
3. Push motion with the racket to make contact around hip height

Smash:

1. Contact shuttle at highest point
2. Body side on
3. 'Whip' action when making contact with shuttle.



Netball

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Passing and Receiving:

1. Quick, short passes
2. Receive ball on the move- throw ahead of receiver
3. Get in front of the defender



Dodging:

1. Eyes on the ball
2. Accelerate away from the defender
3. Extend arms to receive ball



Marking:

1. Must be 3ft away from attacker
2. Weight balanced on two feet
3. Arms up and in position over the ball

Footwork/ Movement:

1. Bend knees on landing
2. Bring weight over grounded foot
3. Non grounded foot is reground to maintain balance



Shooting:

1. Arms extended above head with ball in hand
2. Push through the hoop
3. Flick your wrist



Cricket

Knowledge Organiser

Batting:

1. Left hand above right hand (Opposite for left handers)
2. Loose, bent elbows
3. Strike the ball from under your nose



Bowling:

1. Straight arm at the elbow
2. Hold the ball with two split fingers
3. Release the ball at 12pm



Throwing:

1. Stand side on to your target
2. Throwing hand back behind
3. Rotate shoulders with speed to generate power.



Catching:

1. Little fingers together
2. Hands spread into wide surface area
3. Cushion the ball into the body



Ground Fielding (Long Barrier):

1. Move into line of ball
2. Place knee on the ground with leg to the side of the body
3. Cup hands, fingers pointing down, collect ball in front of body

Rounders

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Batting:

1. Stand side on
2. Bat up in line with shoulder
3. Watch ball, rotate hips & shoulders to hit ball
4. Follow through

Bowling:

1. Step forward with opposite leg to throwing arm
2. Aim with non-throwing arm to target
3. Throwing arm draws back
4. Throwing arm forward till in line with aim arm & release
(Step, aim, tick, tock)

Underarm Throw: Step, aim, tick, tock

1. Step forward with opposite leg to throwing arm
2. Aim with non-throwing arm to target
3. Throwing arm draws back
4. Throwing arm forward till in line with aim arm & release
(Step, aim, tick, tock)

Overarm throw:

1. Stand side on
2. Arm in Nike tick position with your non-throwing arm aiming at target
3. Rotate hips & shoulders forward
4. Release ball and follow through

Underarm Catching:

1. Little fingers/pinkies together
2. Bucket hands
3. Close hands & bring arms into body

Overarm Catching

1. Thumbs together
2. Bucket hands
3. Close hands & bring into body

Ground Fielding - Long barrier:

1. Body side on, heel and knee touching
2. Hands in front of body, little fingers together
3. Track ball & close hands when ball is in hands





Tennis

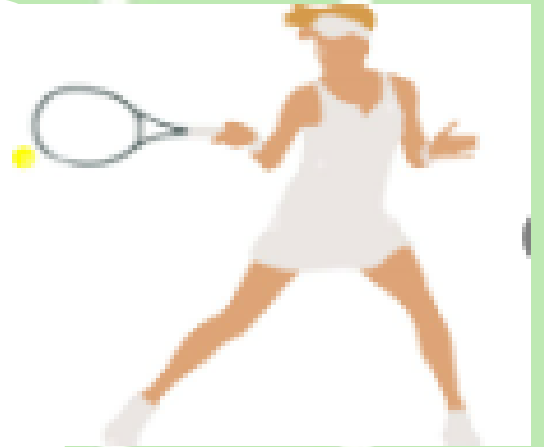
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Service:

- Point toe to target
- Ball Hand and Racquet together in front
- Ball toss in front / above head
- Bring racket back to tick position
- Follow through

Groundstrokes:

- Ready Position
- V Grip
- Turn sideways on
- Low to high
- Finish over your shoulder



Smash:

- Move feet to position of strike
- Ball above head
- Tick Position
- Follow through to contact in front of head position

Volley:

- Ready position
- Feet Front Facing
- Step into Volley
- Strong grip on contact



Lob:

- Move feet to position of ball
- Contact with open racket face
- Low to high
- Follow through to strike above opponents' head