

Netball Knowledge

Organiser



Rules of Netball

Footwork - Do not reground your landing foot.

Obstruction - You must be 1m away from your opponent when defending the ball.

Contact - No contact which impedes play.

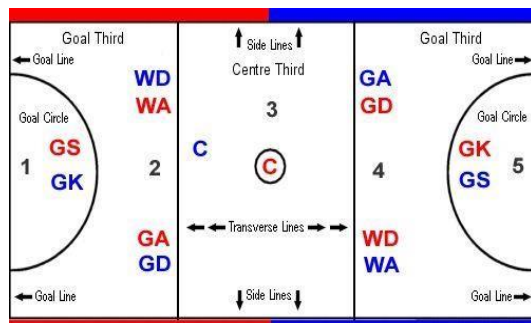
3 Seconds - Pass/Shoot the ball within 3 seconds.

Breaking/Offside - Being in an area of the court that you are not allowed to be in.

Over a Third - The ball must be touched in every third of the court.

Throw in - Feet must be behind the line and not on it.

Netball is a ball sport played by two teams of seven players. Each team attempts to score goals by passing a ball down the court and shooting it through its goal ring. Players are assigned specific positions, which define their roles within the team and restrict their movement to certain areas of the court.



Netball Equipment

- Size 5 Netball
- Netball Posts
- Bibs



Positions

Goal Shooter - **(GS)** Goal Attack - **(GA)**

Wing Attack - **(WA)**

Centre - **(C)**

Wing Defence - **(WD)**

Goal Defence - **(GD)** Goal Keeper - **(GK)**



Components of Fitness

Agility - Being able to change direction quickly to get away from your opponent.

Balance - Being able to stay balanced when passing and shooting.

Speed - Being able to outwit your opponent.

Co-ordination - Passing and Shooting need hand-eye co-ordination.

Reaction Time - Reacting to the whistle/opponents play.

Aerobic Endurance - Being able to play for an hour.

Muscular Endurance - Being able to continually pass the ball over an hour.

Badminton Knowledge Organiser

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side).



Game Play

Singles - Played on your own against your opponent. The court is 'long and thin', this means that the shuttle is in if it lands in the end tram lines but out if it lands in the side (wide) tram lines.

Doubles - Played with a partner against a pair of opponents. The court is 'short and fat' this means that they shuttle is in if it lands in side (wide) tram lines and out if it land in the end tram lines.

Badminton Equipment

Shuttlecock
Racquets
Nets including pole/base



Rules of Badminton

Serving - When serving the shuttle it must be under waist height and the shuttle must go over the net. The shuttle must land in the opposite services box which is diagonal to the server and be over the line.

Double Hit - You are only allowed to hit the shuttle once, if it doesn't go over the net then you have lost the point.

Win the Point - To win the point the shuttle must land within your opponents playing area. or they are unable to return it back over the net.

Lose the Point - If you miss the shuttle and it lands in the playing area, if you double hit the shuttle, if you hit the shuttle and it lands out on the opposition's side.

Points - If you win the point you keep the shuttle and serve from the other side, if you lose the point you lose the serve.



Components of Fitness

Agility - Being able to change direction quickly and reacting to where the shuttle is going.

Balance - Being able to stay balanced when hitting the shuttle.

Co-ordination - To hit the shuttle you need hand-eye co-ordination.

Reaction Time - Reacting to where the shuttle is played.

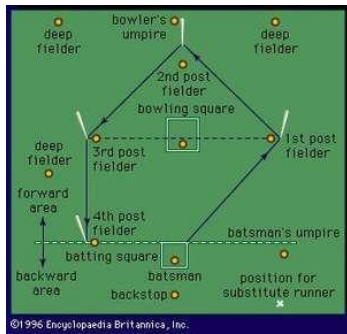
Power - Hitting the shuttle with force when playing a smash.

Muscular Strength - To have enough strength and use power to play effective shots.

Muscular Endurance - Being able to play continuously for a long period of time.

Rounders Knowledge Organiser

Rounders is a bat-and-ball game played between two teams. Rounders is a striking and fielding team game that involves hitting a small, hard, leather-cased ball with a rounded end wooden, plastic or metal bat. The players score by running around the four bases on the field.



Rounders Equipment

Bats
Poles/Bases
Rounders Ball



Rules of Rounders

Batter - Run to the side of the batting box not out of the front.
- Run around the outside of the playing field/posts.
- When waiting at a base hold onto the post.
- If you hit the ball behind, wait at first base.
- Touch 4th base to indicate you are home and not in play.

Bowler - Bowl between head and knee height.
- Bowl within the batting box area (not wide)
- When the bowler has the ball in the box no one can run.
- Get a player out by catching (without a bounce) or stumping the base.



How to Score

Full Rounder - Hit the ball and run around all of the bases without stopping and before the next batter.

Half rounder - Hit the ball and run to second base without stopping.

Half rounder - Miss the ball and run around all of the bases without stopping and before the next batter.

Components of Fitness

Agility - Being able to change direction quickly and move around the posts without falling.

Balance - Being able to maintain centre of mass over support when hitting, bowling and throwing.

Power - To hit and throw the ball far when batting and fielding by combining speed x strength.

Co-ordination - When batting both hand and eye co-ordination is used to strike the ball.

Muscular Strength - To generate power when batting/fielding.

Muscular Endurance - Being able to continually field effectively throughout the game.

Gymnastics Knowledge Organiser

Gymnastics is a recreational activity and a competitive sport involving the performance of exercises requiring strength, flexibility, balance and control. Gymnastics evolved from exercises used by the ancient Greeks and was originally used as part of military training and included skills involved in mounting and dismounting a horse.



Gymnastics Events

Women - Vault, Uneven Bars, Balance Beam and Floor.

Men - Floor, Pommel Horse, Still Rings, Vault, Parallel Bars and High Bar



Gymnastics Equipment

Mats
Benches
Spring Board
Trampettes
Vaults/Boxes

Key Words of Gymnastics

Canon - Performing a movement one after the other.

Unison - Performing a movement at the same time/level.

Point Balance - How many body parts touch the floor.

Balance - The ability to stay upright or maintain centre of mass over a support.

Jumps - Leaving the ground to create a shape in the air.

Rotation - Moving around an axis.

Travelling - Getting from one section of the performance to the other.



Components of Fitness

Balance - Being able to maintain the centre of mass when performing a skill

Power - Being able to combine speed & strength to perform a movement.

Co-ordination - Being able to perform a skill using 2 or more body parts at once.

Muscular Endurance - Being able to perform at a high intensity level for a long period of time.

Muscular Strength - Being able to have enough strength to hold balances and produce difficult moves in the air.

Flexibility - Being able to change and produce a wide range of movements around your joints fluidly through the routine.

Hockey Knowledge Organiser

Hockey is the oldest known ball and stick game. The name "hockey" probably derives from the French "hocquet", or shepherd's crook, and refers to the crooked stick which is used to hit a small ball. The aim of hockey is quite simple — to use sticks to dribble, pass, and shoot the ball along the pitch in an effort to score goals. Each team is made up of 11 players and 6 substitutes.

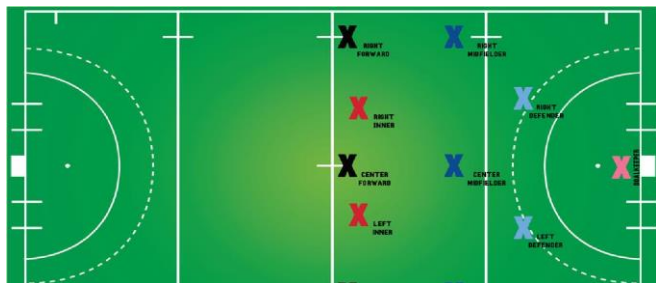


Hockey equipment:

Hockey stick

2 Goals

Ball



Positions

Forwards: Attacking Positions

Midfielders: Midfield Positions

Defenders: Defensive Positions

Goalkeeper

Basic formation strategy similar to football, wherein players play in strategic formations, such as 4-3-3 or 3-3-4.



Rules of Hockey

Obstruction. A hockey player must not use their body or stick to prevent an opponent from reaching the ball.

Advancing. A player must not shove, push, or advance the ball in any way, using any part of their body.

Backsticks. A player must not strike the ball with the rounded back of the hockey stick.

Hockey stick interference. This is awarded against a player who uses their stick to hit an opponent's stick, either intentionally or unintentionally.

Undercutting. This is awarded against a player who lifts the ball in a dangerous manner.

Sticks. This is awarded against a player who raises their stick dangerously near another player.



Components of Fitness

Agility - Being able to change direction quickly to get away from your opponent.

Balance - Being able to maintain your centre of mass when passing and shooting.

Speed - Being able to outwit your opponent by moving very quickly across court.

Co-ordination - Passing and Shooting need hand-eye co-ordination.

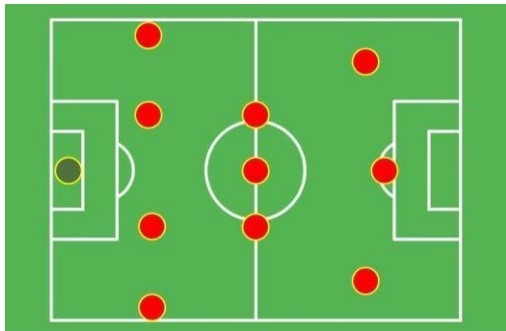
Reaction Time - Reacting to the whistle/opponents play. Goalkeepers making saves

Aerobic Endurance - ability to supply oxygen to working muscles for full game.

Muscular Endurance - Being able to continually pass and shoot for a full game.

Football Knowledge Organiser

Football, is a game in which two teams of 11 players, using any part of their bodies except their hands and arms, try to manoeuvre the ball into the opposing team's goal. Only the goalkeeper is permitted to handle the ball and may do so only within the penalty area surrounding the goal. The team that scores more goals wins.



Football Equipment

A football
2 goals
Shin pads
Football boots



Rules of Football

Fouling - Do not push/pull or trip your opponent through physical force.
Handball - No outfield player can touch the ball deliberately with their hand.

Offside - An attacking player must not be beyond the last defender of the opposing team when a through ball is played to them.

Penalty kicks - A penalty is awarded if a player is fouled in the opposing team's penalty area.

Throw ins/Corners - These are awarded when the ball goes out of play over the side line (throw in), end line (corner)

Positions

Defenders (RB/CB/LB)

Midfielders (RW/CM/AM/DM/LW)

Forward (LF/CF/RF)

There are different formations that require different formations: 4-4-2/4-33/3-5-2



Components of Fitness

Agility - Being able to change direction quickly to get away from your opponent.

Balance - Being able to maintain your centre of mass when passing and shooting.

Speed - Being able to outwit your opponent by moving very quickly over the pitch.

Co-ordination - Passing and Shooting need hand and foot-eye co-ordination.

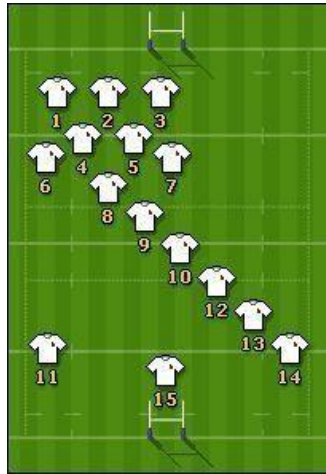
Reaction Time - Reacting to the whistle/opponents play. Goalkeepers making saves

Aerobic Endurance - The ability to supply oxygen to the working muscles for full game.

Muscular Endurance - Being able to continually pass and shoot for a full game.

Rugby Knowledge Organiser

Rugby, is a team game played with an oval ball that may be kicked, carried, and passed from hand to hand. Points are scored by grounding the ball behind the opponents' goal line (thereby scoring a try) or by kicking it between the two posts and over the crossbar of the opponents' goal.



Rugby Equipment

A rugby ball
2 sets of rugby posts
A gumshield
Rugby boots
Scrum hats

Rules of Rugby

Tackling - A tackle cannot be made above shoulder height and doing so will cause the referee to award a foul.

Lineout - Once the ball goes into touch a line out is called. Up to 7 players can enter a line out and any of these players can be lifted in order to catch the ball being thrown in.

Passing - Passes must be played level or backwards, the ball cannot travel forwards, this will result in a possession turnover.

Offside - Attacking players must remain behind the ball whilst active or run the risk of being called offside.

Scoring - A try is awarded when the ball is placed over the try line with force being applied to the ball.



Positions

The backs: Scrum-half, fly-half, left wing, right wing, inside centre, outside centre, full-back

The forwards (players in the scrum): Loose-head prop, tight-head prop, hooker, second row x2, blind-side flanker, openside flanker, number 8



Components of Fitness

Agility - Being able to change direction quickly and get past your opponent.

Balance - Being able to maintain centre of mass when running with the ball.

Speed - Being able to outwit your opponent by moving as quickly as possible.

Co-ordination - Passing and running with the ball - using two or more body parts at the same time efficiently and effectively.

Reaction Time - Responding to a stimulus e.g. whistle/opponents play/tackling

Aerobic Endurance - The ability to supply oxygen to the working muscles for full game.

Muscular Endurance - Being able to continually tackle, and take part in the scrum.

Handball Knowledge Organiser

Handball is a team sport in which two teams of seven players compete against each other by passing a ball using their hands, with the aim of throwing the ball into the other team's goal. Whoever scores more goals wins.



Handball Equipment

A hand ball
2 handball goals
A handball court

Rules of Handball

6 metre line - No handball player (other than the goalkeeper) is allowed in the goal area (inside the 6m line).

Walking - If a handball player takes more than three steps without dribbling (bouncing the ball) or holds the ball for more than 3 seconds without bouncing it, you have 'walked' and possession is lost.

Double dribble - You cannot dribble the ball, stop, and then dribble again.

Kicking - You cannot kick the ball.

Fouling - No tripping, pushing, hitting, clinching, charging or holding is allowed in handball.

Penalty-throws in handball - These are awarded when denying a clear scoring opportunity with an infringement.



Positions

Goalkeeper

Left and Right backs

Centre (playmaker)

Circle Runner

Left and Right wingers

All positions help in both defence and attack.

Components of Fitness

Agility - Being able to change direction quickly and get past your opponent.

Balance - Being able to maintain your centre of mass when dribbling the ball.

Speed - Being able to outwit your opponent by moving as quickly as possible over a short distance.

Co-ordination - Passing and dribbling with the ball need hand-eye co-ordination.

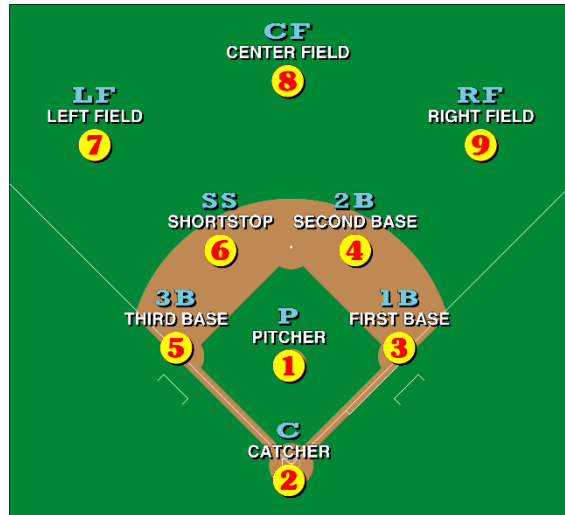
Reaction Time - Reacting to the whistle/opponents play. Goalkeeper making saves, making defensive blocks.

Aerobic Endurance - The ability to supply oxygen to the working muscles to play for a full game.

Muscular Endurance - Being able to continually shoot, pass and block shots for a full game.

Softball Knowledge Organiser

Softball is a sport similar to baseball played on a small diamond with a ball that is larger than a baseball and that is pitched underarm. Players must run to each base in the diamond attempting to make it all of the way round.



Softball Equipment

A ball
A bat
Gloves/Mitts
Helmet

Rules of Softball

Caught out - You are out if you hit the ball and a fielder catches it.
Run out - You are out if the ball is thrown to a base and the catcher's foot is planted on the base before you get there.
Tagged by ball - You are out if you are tagged by a fielder with the ball when running between bases.
Running rules - You cannot deviate more than 1 metre from the running line when running, if you do, you are out.
No balls - No balls are called if the pitcher pitches a ball that is unplayable (too high/low/wide)
3 outs - When 3 of your team are out, the batting and bowling teams switch over.
3 strikes - If a batter misses the pitch 3 times, they are out



Positions

There are 9 players in a team:

Pitcher, Catcher, first base, second base, third base, shortstop, left fielder, centre fielder, right fielder



Components of Fitness

Agility - Running from base to base, having to change direction and avoiding being tagged.
Balance - Being able to stay balanced when hitting the ball and running.
Speed - Running between bases as fast as possible.
Co-ordination - Hitting the ball when it is pitched at you. Catching when fielding.
Reaction Time - Hitting a fast moving ball and catching fast moving balls.

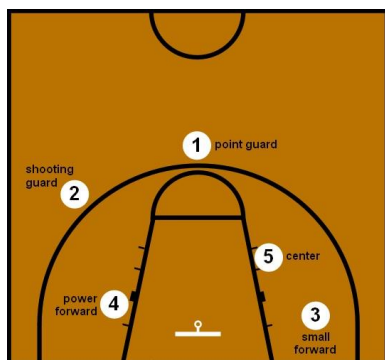
Basketball Knowledge Organiser

Basketball is a team sport in which two teams, of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball through the defender's hoop, while preventing the opposing team from shooting through their own hoop. A field goal is worth two points, unless made from behind the three-point line, when it is worth three.



Basketball Equipment

Size 6 Basketball (Girls)
Size 7 Basketball (Boys)
Basketball Hoops
Numbered Kit



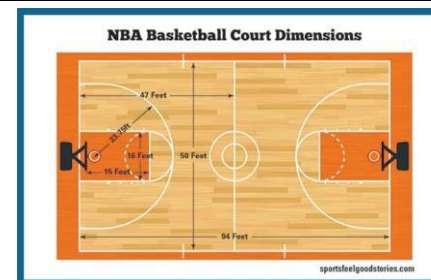
Positions

- Point Guard
- Shooting Guard
- Small Forward
- Power Forward
- Center



Rules of Basketball

- Travel** - You cannot walk with the ball unless you are dribbling.
- Double Dribble** - Once you have stopped dribbling with the ball you can't dribble again, you have to pass or shoot. You can't bounce the ball with 2 hands.
- 5 seconds** - When you have the ball you have 5 seconds to pass, dribble or shoot
- Back Court Violation** - Once you leave your defending half you can't re-enter it.
- Throw ins** - When taking a side line your feet must be behind the line.
- 3 seconds in the key** - When taking a shot in the key or waiting for the ball you are only allowed in there for 3 seconds.
- Foul (contact)** - You cannot touch anyone during the game.

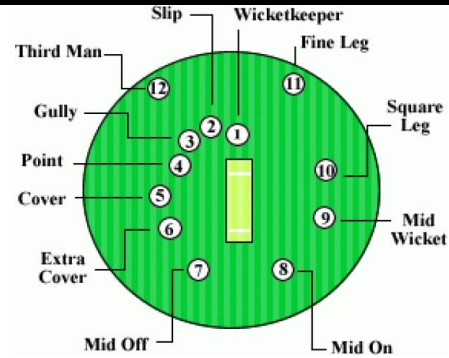


Components of Fitness

- Agility** - Being able to change direction quickly to get away from your opponent.
- Balance** - Being able to maintain your centre of mass when passing and shooting.
- Speed** - Being able to outwit your opponent by moving quickly across court.
- Co-ordination** - Passing and Shooting need hand-eye co-ordination.
- Reaction Time** - Reacting to the whistle/opponents play.
- Aerobic Endurance** - Being able to play for the full game.
- Muscular Endurance** - Being able to continually pass the ball over an hour.

Cricket Knowledge Organiser

Cricket is a bat-and-ball game, played between two teams of eleven players on a field at the centre of which is a 20-metre (22-yard) pitch with a wicket at each end, each comprising two bails balanced on three stumps. The batting side scores runs by striking the ball bowled at the wicket with the bat, while the bowling and fielding side tries to prevent this and get the players out.



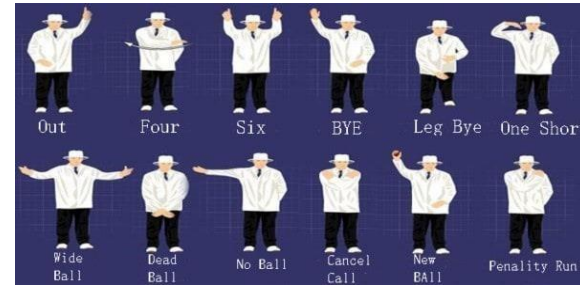
Cricket Equipment

- Bats
- Balls
- Cricket Pads
- Helmet
- Stumps
- Gloves
- Cup



How to get someone OUT?

- Bowled** - If the bowler bowls the ball and it hits the wicket the batter is out.
- Caught** - If the ball is caught without a bounce the batter is out.
- Leg Before Wicket (LBW)** - If the ball hits the batter instead of the bat and it could have hit the wicket, the batter is out.
- Stumped** - If the wicket is hit by the ball whilst the batter or bat is not behind the crease they are out.
- Run Out** - Same as being STUMPED.
- Hit Wicket** - If the batter hits the wicket when they go to play the shot.



Fielding Positions

- 1 - Wicket Keeper
- 2 - Slip
- 3 - Gully
- 4 - Point
- 5 - Cover
- 6 - Extra cover
- 7 - Mid Off
- 8 - Mid On
- 9 - Mid Wicket
- 10 - Square Leg
- 11 - Fine Leg

Components of Fitness

- Power** - Hitting the ball for a 4 or 6.
- Balance** - Staying balanced when bowling and batting.
- Speed** - Being quick between the wickets, sprinting when fast bowling.
- Reaction Time** - Reacting to the ball when batting and fielding.
- Co-ordination** - When hitting the ball, hand-eye coordination is needed.
- Muscular Strength** - Being able to generate power to hit 4's and 6's.

Athletics Knowledge

Organiser

Athletics is a collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.



Rules of Athletics

Track - You must be behind the line before you start a race.

- You must wait for the gun to sound before starting, if you start before the gun it is a false start and the race will start again.
- You must stay in your own lane, if you cross into someone's lane you will be disqualified from the race.

Field (throwing) - When throwing you must stay behind the throwing line.

- If the object you are throwing goes out of the throwing area it is a 'no throw'

Field (Jumping) - When jumping you must take off from the board or behind it.

- You must jump into the designated area.
- When measuring a jump you measure from the point closest to the take off board.



Athletics Equipment

- Javelin
- Discus
- Shot putt
- Hurdles
- High Jump (mat/pole)
- Long Jump (sand pit)



Athletic Events

Sprinting - 100/200M

Middle Distance - 800/1500M

Long Distance - 5000/10,000M

Hurdles

Relay

High Jump/Long Jump/Triple Jump

Shot Put/Discus/Javelin

Pentathlon

Heptathlon

Decathlon



Components of Fitness

Speed - Being able to sprint in a race over a short distance or at the end of a middle/long distance race.

Power - Speed X Strength - Being able to jump further/higher, throw further and run faster.

Muscular Strength - Being able to generate power to be effective within the competition.

Aerobic Endurance - Your cardio-respiratory system working effectively over a long period of time. (middle/long distance running)

Muscular Endurance - Your muscles contracting over a sustain period of time. (middle/long distance running)

Table Tennis Knowledge

Organiser



Table Tennis, also known as ping pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets. The game takes place on a hard table divided by a net.



Table Tennis Equipment

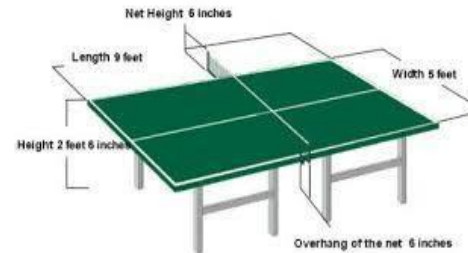
Table Tennis Table
Paddles/Bats
Table Tennis Ball
Net



Rules of Table Tennis

Scoring: The winner of a game is the first to 11 points. There must be a gap of at least two points between opponents at the end of the game though, so if the score is 10-10, the game goes in to extra play until one of the players has gained a lead of 2 points. The point goes to the player who successfully ends a rally, regardless of who has served.

Service: The ball must first bounce on your side and then in your opponents. Your opponent must allow the ball to hit their side of the table before trying to return this. The ball must pass cleanly over the net - if it 'clips' the net and goes over, it is a 'let' and the serve is retaken. If it hits the net and doesn't go over, the point goes to the other player/team. There are no second serves.



Game Play

Singles - Played on your own against your opponent. A player takes two serves before the ball switches to the opponent to serve.

Doubles - Played with a partner against a pair of opponents. When serving in doubles the first server (A1) serves twice and then the opposition (B1) serves twice, it returns to the opposition and the other team member will serve (A2) after two serves it goes back and B2 will serve.

Components of Fitness

Reaction Time - You must react to where the ball is going to go.

Balance - When playing a shot you must be balanced to be effective.

Speed - You must react quickly to the ball and move to where the ball is played.

Co-ordination - To be able to hit the ball (hand-eye coordination)

Power - To be able to play the correct shot and it not going out of bounds.

Muscular Endurance - To be able to play consistently over a long period of time.

Health & Fitness Knowledge Organiser

Health & Fitness is different types of training that will overall improve your quality of life and well-being.



Fitness Tests

- Multi-Stage Fitness Test
- 35M Sprint Test
- Sit & Reach Test
- Harvard Step Test
- Illinois Agility Test
- Grip Dynamometer Test Vertical
- Jump Test
- Sit Up & Press Up Test

Physical Components of Fitness

- Aerobic Endurance** - The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to the working muscles during sustained physical activity.
- Muscular Endurance** - The ability for muscles system to work efficiently, in which a muscle can repeatedly contract over a period of time against a light to moderate fixed resistance load.
- Muscular Strength** - The maximum of force that a muscle or group of muscles can produce.
- Flexibility** - The ability to move all joints fluidly through their complete range of movement.
- Speed** - Distance divided by the time taken, measured in meters per second.
- Body Composition** - The percentage of the body which is fat, muscle or bone.



Types of Training

- Circuit Training** - A group of stations working on different parts of the body.
- Weight Training** - High Reps & Low Weight = Muscular Endurance
Low Reps & High Weight = Muscular Strength
- Interval Training** - The individual performs a work period followed by a rest or recovery period.
- Continuous Training** - This is training at a steady pace and moderate intensity for a minimum period of 30 minutes.
- Flexibility Training** - Static/Ballistic/PNF Stretching
- Plyometric Training** - This type of training develops sport specific explosive **power** and **strength**.

Skill Components of Fitness

- Agility** - The ability to change direction whilst moving quickly and precisely or without losing balance or time.
- Balance** - The ability of the performer to retain their centre of mass over their base of support.
- Co-ordination** - The ability to use two or more body parts together to move smoothly and accurately.
- Power** - Power = Strength X Speed.
- Reaction Time** - The amount of time it takes for a performer to respond to stimuli.