

# YEAR 8 HANDBALL KNOWLEDGE ORGANISER

1.

## Rules of the Game.

1. Ball can be held for maximum of 3 seconds when stood still

2. Outfield players cannot enter either 'D'

3. A maximum of three steps can be made before and after a bounce of the ball

4. Contact with the ball cannot be made with the lower leg/foot unless you are a goalkeeper

6. When a foul is committed this is a free throw with the opponents to stand at least 3 metres away from the ball

5. Any contact made must be towards the front of an opponent – none can be made from behind

2.

## Passing & Receiving – How do we throw and catch the ball effectively in handball whilst on the move?

You may not always be receiving the ball from a static position.

Try to receive the ball slightly in front of you so that receiving the ball does not halt momentum

- Place hand out in front to act as a target for your teammate
- Relax fingers to act as a shock absorber when the ball makes contact with the hand
- Bend elbows slightly to aid with this
- Bring other hand on top of the ball to ensure ball is secure in grip



3.

## Moving with the ball – How can we move more effectively with the ball after three steps?

After taking three steps we can then bounce the ball before taking three more steps – **3 steps – bounce – 3 steps**

### Things to note:

- Should only be used when there is space in front
- Do not bounce the ball at feet or right in front of opponent

4.

## What fitness components are important in handball?

### Components of Fitness

**Balance** – to be able to stay upright over the base of support whilst jumping up to block

**Speed** - to move the legs quickly to move past an opponent

**Coordination** – ability to move arms to pass whilst using eyes to look for the target

**Power** – to ensure that shooting is performed explosively to make it harder for the goalkeeper to save

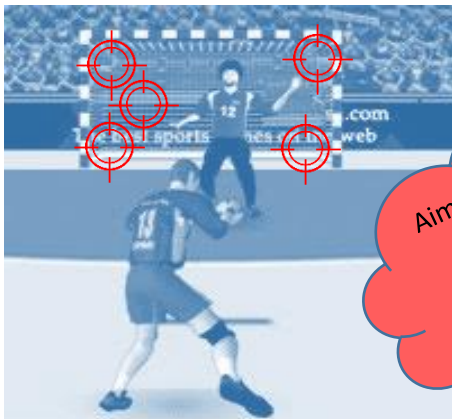
**Reaction Time** – to respond quickly to an opponent trying to move past with the ball or to shoot

## 5. Shooting – How can we effectively shoot in handball by getting closer to the goal?



Shots can be made by jumping prior to the line of the 'D' as long as the ball is thrown before landing inside of the 'D'

- Receive ball on the move
- Raise the ball above shoulder alike to when performing the shoulder pass
- Use the three steps to move into the shot to produce more power
- Transfer body weight from back to front
- Jump forwards to get close to the goal and release before landing inside the 'D'



Aim to corner areas / where the goalkeeper is not covering

## 6. Blocking – how can we defend effectively in handball?

Meet the opponent as close as you can in a balanced position

Get as close as possible to the shooting arm of the opponent

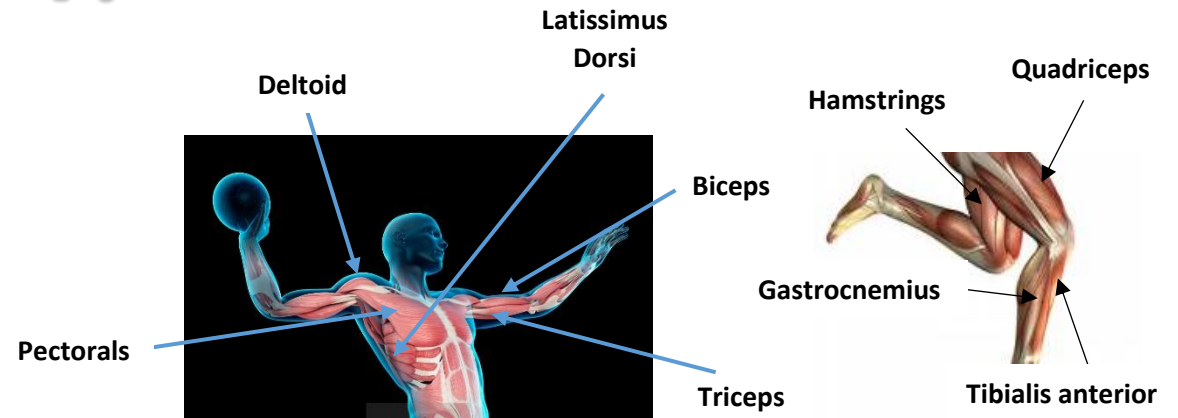
Jump up with body arms raised and close together so the ball cannot go through the middle

Slight bend in the elbows



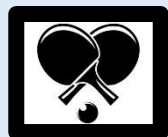
Aim to block the ball with hands or forearms so no injury occurs

## 7. What muscles are used in handball?



# Badminton Y8

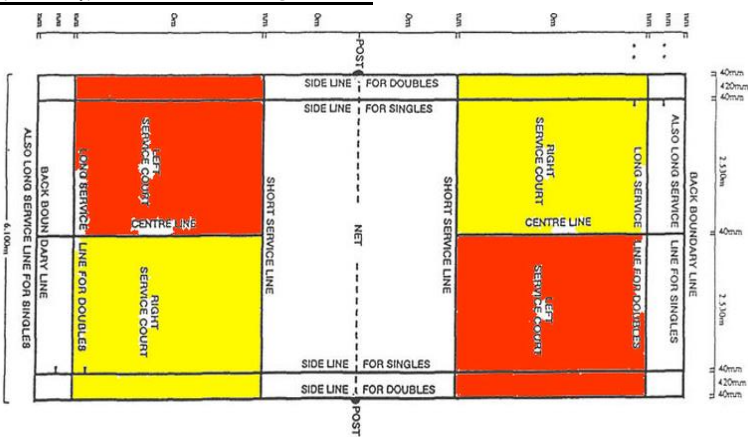
## Knowledge Organiser



### 1. Serving System- Doubles

1. Each side only has one serve. This means if you start serving and lose the point, the serve it passes to the other team.
2. Players only change side of the court if they win a point on their serve.
3. When your score is even you serve from the right hand side of the court, if its odd serve from the left.

### 3. Badminton Court - Doubles



### 6. Components of Fitness

**Cardiovascular Endurance** – The ability of the heart and lungs to supply oxygen to the working muscles

**Power** – The product of speed and strength, ie speed x strength.

**Co-ordination** – The ability to use two or more parts of the body together smoothly and efficiently

### 7. Key Words

**Footwork** – the way in which you move your feet to move around the court.

**Ready Position** – the waiting position before you move or play a shot.

**Trajectory** – the path followed by the shuttle once hit by the racket.

### 2. Skills & Techniques

**Grip and ready position:** To be able to demonstrate & use the correct grip and ready position.

**Overhead/Underarm Clear:** To develop the skill of outwitting an opponent using a combination of shots. Teaching points; Position of shuttle- key to shot, Aim towards flight of shuttle with non racket hand. Snap wrist on contact, high arc of shuttle

**Drop shot:** To be able to outwit opponents using simple drop shot. Teaching points; deception, low over net & use of angles.

**the Smash:** To understand the importance of movement and preparation for an effective smash. Teaching points; Shuttle in front of head, Snap wrist, Aim towards ground

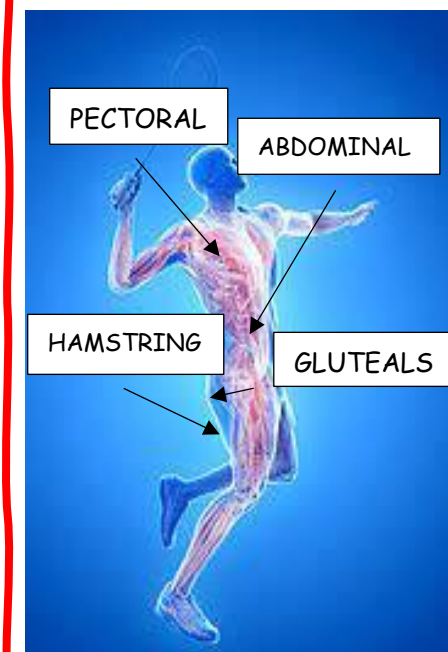
**Low Serve:** holding the racket using the thumb grip. The stance should be square or slightly staggered with the racket side foot in front of the other foot. The feet and body should be facing the opponent. The shuttle should be held at waist height, and body weight should be distributed between both feet.

**High Serve:** Most of the bodyweight should be placed on the dominant (rear) foot. Take the arm back into the backswing position with the wrist and hand cocked. Bodyweight should then be shifted on to the non-dominant (front) foot. To produce the pace on this serve a lot of quick wrist action, and forearm rotation is needed. Make contact with the shuttle at thigh level.

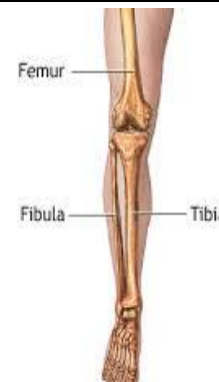
### 4. Rules:

1. The player/pair winning a rally adds a point to its score.
2. The player/pair winning a game serves first in the next game.
3. A point is scored when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside of the court the player will lose the point.

### 5. Muscles Used in Badminton



### 8. Bones Used in Badminton



# YEAR 8 NETBALL KNOWLEDGE ORGANISER

## 1. Key Skills and Rules

**Speed:**-to dash across the court, catch and pass the netball and defend your opponent.

**Strength** – to apply great force when accelerating, jumping, or throwing the netball.

**Agility** – to rapidly change your position with precise control to dodge your opponents.

**Passing**- Being able to select the right type of pass.

**Footwork:**-Making sure that you don't move your feet once planted. No walking or running with the ball.

**Shooting:**-Feet shoulder width apart, ball above head, Only forearms bends, Bend knees, bend forearm, Raise up . Aim for back of ring.

**Dodging:**- Using different techniques to get free for the ball.

**Marking:**- Keeping close to the player and ensure that you have your hand ready. You can either defend the zone or the player.

**Contact:** You cannot touch or push any player during the game. This will result in a penalty pass, or penalty shot if you are in the circle, to the opposition.

**Obstruction:** You must be at least 1 metre away from the player holding the ball before you mark or defend the ball. This will result in a penalty pass, or penalty shot if you are in the circle, to the opposition.

**Held Ball:** You can only hold the ball for 3 seconds before you pass or shoot the ball, and picks it back up again, the opposition get a free pass.

## 2. Dodging

Dodging is used when you are attacking and want to lose your defender so that you can receive the ball without them interception.

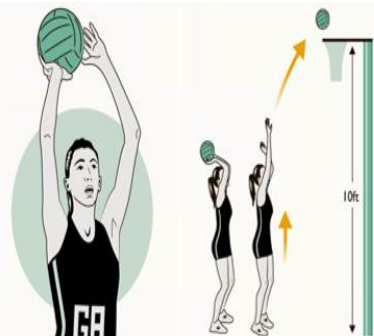
The Feint Dodge - You should be on your toes ready to move quickly. You should drop your shoulder and pretend to go in one direction to outwit your opponent, before quickly pushing off your outside foot to accelerate in the opposite direction. Signal that you would like to receive the ball into the space you are heading towards.

## 3. Defending

Each player on the team has a part to play when it comes to defending. Players need to work collectively in order to slow down the speed of the attack, by limiting the passing options and forcing errors in order to gain possession of the ball. It's your job as the defender to be aware of the ball and anticipate where your attacking player will run.



## 4. Shooting



1. Rest the ball on your preferred shooting hand with the other hand supporting on the side.
2. Feet should be shoulder width apart.
3. Look at the back of the ring.
4. Bend your knees, lift your heels off the floor and push the ball up and over the top of the ring to loop into the net.

## 5. Key Words

**Attack:** Attack in netball involves players keeping possession and passing the ball across the centre and goal third to the shooting circle, also known as the D or semi-circle.

**Defend:** There are three stages of defending in netball; marking the opposing player, marking the ball and marking the zone. The aim of defending is to create an interception and become the attacking team.

**Obstruction:** You must stand one meter away from the opposition with the ball, otherwise you will be called by the umpire for obstruction and the opposition will receive a penalty pass. You will have to stand by their side, out of the game, until they play this pass.

**Outwitting your opponent:** to get an advantage over a player by using tactics.

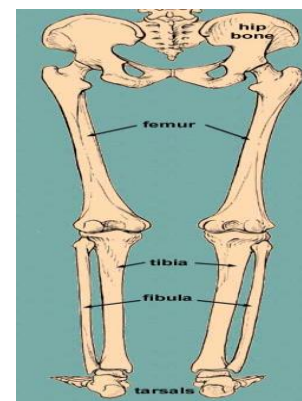
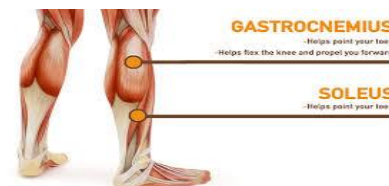
**Accuracy:** To play precisely or correctly e.g. your passes must be timed accurately when passing into space.

**Dodging:** Dodging in netball terms relates to moving from side to side to confuse the opponent before sprinting off to catch the ball. This is a way to outwit your opponent.

**Footwork:** When in position of the ball, you must not move the foot you landed on when you first received the ball. If you move your landing foot, the opposition will receive a free pass.

**Shooting:** This is how points are scored in netball. Only the Goal Attack or Goal Shooter can shoot when they are in the semi-circle.

## 6. Bones and Muscles



## 7. Components of Fitness

### 1. Cardiovascular

**Endurance:** So you can last the full length of the games, while maintain skill level

**2. Speed:** Enables you to beat opponent to the ball

**3. Reaction time :** You can react to the ball before your opponent, and to get rebounds.