



Y7 Netball Knowledge Organiser

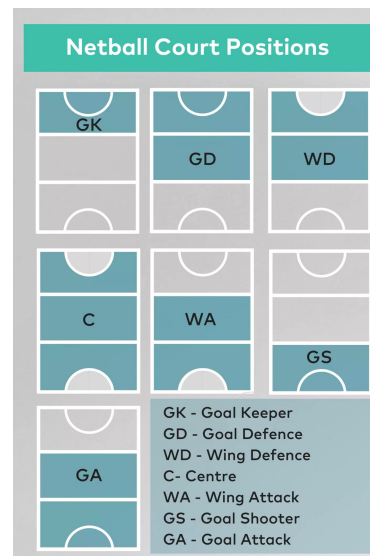


Key vocabulary / skill:

- 1. Pivoting:** You may move around on a pivot by keeping foot number 1 on the floor, but not lifting it up, your foot number 2 can help you by moving around in a circle.
- 2. Chest pass:** A flat pass which transfers the ball at chest height to another player.
- 3. Shoulder pass:** A one-handed pass over a greater distance.
- 4. Bounce pass:** A short pass directed towards the floor to find a teammate in a crowded area.
- 5. Overhead pass:** Two-handed pass thrown over a greater distance from above the head.
- 6. Marking:** A defensive tactic that puts pressure on a player with or without the ball
- 7. Interception:** When a player regains possession of the ball during a pass by the opposition
- 8. Drive:** An increase in pace
- 9. Dodging:** A quick movement that allows a player to change direction and get away from their defending player
- 10. Shooting:** A means of scoring goals

Rules of The Game:

- 11. Contact:** You can't touch or push any player during the game as it is a non-contact sport, this will result in a penalty pass or if they contact you whilst you are in the shooting circle, you will get a penalty shot.
- 12. Footwork:** If the player moves the landing foot or takes 3 steps with the ball, the other team gets a free pass.
- 13. Obstruction:** You must be 1 metre away from the player you are marking before your arms go up and over the ball. If your defender is obstructing you before you shoot, you get a penalty shot.
- 14. 3 seconds:** You can only hold the ball for 3 seconds before you pass or shoot.
- 15. Centre pass:** To start a game and after a goal is scored you go back to the centre pass and players must receive in the centre third.
- 16. Repossession:** If a player drops the ball or bounces the ball and picks it back up again the other team gets a free pass.
- 17. Offside:** If you go into a third that you are not allowed in or if any other player than GS GA GK GD go into the shooting circle the other team gets a free pass.



Careers in netball:

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|--------------------|---------------------|
| Netball player | Sports analysis |
| Coach | Merchandise manager |
| Umpire | Physiotherapist |
| Sports commentator | |



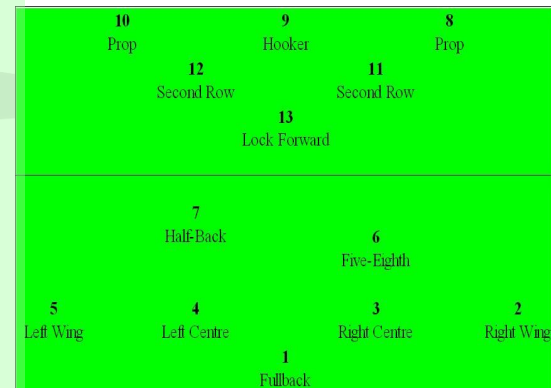


Y7 Rugby Knowledge Organiser



Key Vocabulary/Skills:

- 1. Knock-on** - Miscontrol of the ball, the ball lands on the floor in a forward position
- 2. Forward Pass** - The ball is passed forward
- 3. High Tackle** - Tackling an opponent above the shoulders
- 4. Drive** - Attacker moving with the ball at speed towards the defensive line
- 5. Set of 6** - 6 phases of play - each phase is ended by the completion of a tackle
- 6. Marker** - A defensive player that stops an attacking player from gaining positional advantage at the play of the ball
- 7. Handoff** - An attacking using an open palm of the hand to fend off a defender
- 8. Touch** - The sideline of the rugby pitch
- 9. Offload** - Keeping the phase of play going by passing the ball during a tackle
- 10. Defensive line** - A line of defenders that start the phase of play 10 meters from the attackers
- 11. Attacking line** - A line of attackers that are used to move the ball in order to create scoring opportunities
- 12. Play the ball** - A method of restarting play once a tackle has been completed.
- 13. Try** - This is awards 4 points. A try is scored when the ball is grounded over the try line of the opposing team.
- 14. Conversion** - 2 points. Following a try a team is given an extra opportunity to score points by kicking the ball from a position directly related to where the try was scored. The kicker must get the ball through the uprights of the posts and above the crossbar.
- 15. Drop goal** - 1 point. Scored by drop kicking the ball so that it passes between the posts and above the crossbar.
- 16. Penalty goal** - 2 points. After an infringement, the team awarded a penalty can take a kick at goal and will gain two points if successful.



Careers / Future Involvement

- Coaching
- Refereeing
- Coaching
- Playing
- Sports Analysis
- Journalism
- Media
- Sports Advertisement

Rules of The Game:

- 13. Number of Players** - 13 players per side
- 14. Scoring** - 4 points are awarded when a try is scored 2 points for a conversation/penalty kick, 1 point for a drop goal
- 15. Duration of game** - Each game lasts 80 minutes





Y7 Hockey Knowledge organiser

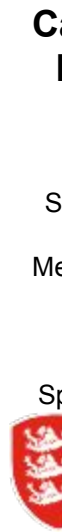
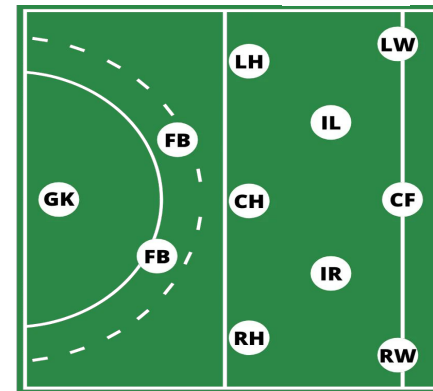


Key Vocabulary/Skills

- 1. Grip/Open stick** - hand position wide apart on the stick, left hand at the top, right hand low down. Use only the flat side of the stick
- 2. Dribbling** - travelling with the ball, pushing the ball forward with close contact.
- 3. Push Pass** - the ball stays in contact with the stick and you push the ball for a controlled accurate fast pass
- 4. Receiving the ball** - low stance with the stick slightly leaning forward to trap the ball
- 5. Hit pass** - hands in the same position as the push, dribble and you hit the ball
- 6. Block Tackle** - same stance player must be in front and block the ball with the stick
- 7. Drive pass** - used when trying to get the ball to a teammate who is further away on the field or to making a shot attempt on goal. This hit will be taken with both hands together at the top of the stick.
- 8. Indian dribble** - stick rolls over ball pulling it right on reverse/ open stick dribble again slightly to the left before pulling right again (Zig Zag)
- 9. Reverse stick pass** - the ball stays in contact with the reverse stick and you push the ball for a controlled accurate fast pass

Rules of the Game

- 10. 3rd Party** - only one person can tackle one person at any time
- 11. Foot rule** - if it hits your foot and impinges on the game it is penalised
- 12. Open Stick use only** - You can only use the flat side of the stick
- 13. Long Corners** - A long corner is awarded if a defender ACCIDENTALLY puts the ball over the back line. Long corners are taken approximately 20m back from the goal line and in-line with the point at which the ball crossed the goal line and cannot be hit directly into the circle.
- 14. Short Corners** - when a goal is stopped in the penalty circle by foot or hitting the ball out, **no more than five** players, including the goalkeeper, can defend the goal. Once the attacking player pushes the ball to the edge of the striking circle, the defenders are allowed to leave the goal line to prevent the goal/shot





Y7 Football Knowledge Organiser



Key vocabulary / skill:

- 1. Short Passing** - Use the side of your strongest foot to pass ball to teammate
- 2. Dribbling** - Keeping the ball close to your feet while moving with the ball
- 3. Shooting** - The means of scoring a goal.
- 4. Control** - The ability to keep the ball close to you when receiving it from a teammate
- 5. Curl / Swerve** - make the ball travel on a curved pathway (on the ground or in the air).
- 6. Body Position** - good balance and weight moving towards the balls of your feet.
- 7. Instep** - Inside of your foot.
- 8. Volley**- strike the ball in the air first time without it bouncing.
- 9. Jockeying** - The ability to hold the attackers progress without making a tackle
- 10. Weight of pass** – understanding of how hard to hit the ball sending it over different distances.
- 11. Foul** - when an opponent tackles another player illegally



Laws of the Game:

- 12. Number of Players** Y7 play 9v9
- 13. Offside** - A player must have 2 or more opposition between them and the ball when the ball is kicked
- 14. Handball** - No outfield player can touch the ball deliberately with their hand.
- 15. Goal Size** - 16ft x 7ft
- 16.** An official match consists of 2x45 minute halves
- 17.** The whole ball must cross the goal line to be classed as a goal
- 18.** If the ball goal out of play, a throw-in is awarded to the opposing team who did not have last contact with the ball
- 19.** To win you have to score more goals than that of your opponents. If the scores are level after 90 minutes then the game will end as a draw apart from in cup games where the game can go to extra time and even a penalty shootout to decide the winner.

Careers / Future Involvement

- Coaching
- Refereeing
- Coaching
- Playing
- Sports Analysis
- Journalism
- Media
- Sports Advertisement

