



# Y8 Trampolining Knowledge Organiser



## Key vocabulary / skill:

- 1. Straight Bounces:** The ability to bounce straight on the cross of the trampoline bed without losing balance or control in height, using arms to make circular motions and to keep balanced. These are usually performed as a warm up and in between movements.
- 2. Seat Landing:** These are performed on the cross of the trampoline bed in a 'sitting' position. Palms down by your side and toes pointed. If your palms do not land on the trampoline bed there is a chance you may fall backwards.
- 3. Pike Jump:** A pike is performed as a jump in the air. The performer must try to touch their pointed toes.
- 4. Tuck Jump:** A tuck is performed as a jump in the air. The performer must tuck their legs up to their chest and touch their shins.
- 5. Straddle Jump:** A straddle is performed as a jump in the air. The performer must perform a triangular/split shape with their legs, toes pointed and attempt to touch their toes.
- 6. Half Twist:** This is performed as a jump in the air, half twist (with arms over the head) to face the opposite direction-180 degrees, and land back on the cross of the trampoline bed.
- 7. Full Twist:** This is performed as a jump in the air, full twist (with arms over the head) to turn 360 degrees, and land back on the cross of the trampoline bed.
- 8. Swivel Hips:** this is the ability to perform two seated landings back to back without a jump in between. Arms must be used to get the full range of rotation when turning.
- 9. Back Landing:** This is the ability to land on the cross of the trampoline bed with a flat back. Legs bent at a 45 degree angle.
- 10. Front Landing:** This is the ability to land on the cross of the trampoline bed with a flat stomach, arms protecting your face. Legs bent at a 45 degree angle.
- 11. Half Twist into Back Landing and Front Landing** - Half twist straight into front landing on the cross of the bed. Half twist straight into back landing on the cross.
- 12. Kill the bed** - A term used when a performer stops their routine / bounce on the bed by adopting a squat position.

## Rules of the sport:

- 13.** In Trampolining gymnasts complete two routines, a compulsory routine and a voluntary routine. Both routines consist of 10 consecutive moves.
- 14.** Each routine is judged on: Horizontal Displacement, execution and difficulty.
- 15.** Each routine is marked out of 10 points and points are removed for how well the routine was performed.
- 16.** Each judges scores are added together to give an overall score. The gymnast with the highest score is the winner.



## Careers in trampolining:

Performer  
Coach  
Judge  
Technician



# Y8 Table Tennis Knowledge Organiser



## Key vocabulary / skill:

- 1. Serve:** To strike the ball it must hit your own side of the table before your opponent's side. A 'let' service is called if the ball touches the top of the net and goes over and onto the table
- 2. Grip:** Hold the handle of the bat like you are going to shake its hand.
- 3. Table:** Playing area divided by a net Bat / Paddle
- 4. Equipment:** A paddle is used for hitting the ball,
- 5. Spin:** Making the ball turn in different ways depending on how it is hit.
- 6. Rally:** Continuous shots over the net between 2 or more players.
- 7. Footwork:** Moving your feet early to get in line with the ball
- 8. Ready Position:** The ready position is a key starting point when fielding. It provides you with the best opportunity to catch and/or stop the ball and allows you to move into position quickly. This is done by being on your toes with your body weight slightly towards where the ball is coming from with hands ready
- 9. Forehand Drive:** Hip to lip (start and finish points for the bat) Finish with your index finger pointing towards the target (like a gun)
- 10. Backhand Push:** Making an L shape with your elbow on the backswing and push your arm forwards. This aids the return of short balls, and prevents your opponent from making an attacking return.



## Rules of the game:

### **SCORING:**

- 11.** A match is played as the best of 1, 3 or 5 games
- 12.** The first player to reach 11 points wins the game. However a game must be won by at least a 2 point margin
- 13.** A point is scored at the end of each rally
- 14.** The edges of the table (but not the sides) are part of the legal table surface
- 15.** Each player serves 2 points alternately
- 16.** After each game players change ends. In the final game players change ends after the first player reaches 5 points

### **A POINT IS LOST IF A PLAYER:**

- 17.** Fails to make a good serve or hit the ball
- 18.** Fails to hit the ball onto their opponent's side
- 19.** You cannot hit the ball before it bounces (volley)

## Careers in table tennis:

- Player
- Coach
- Official
- Analytical adviser
- Merchandising representative
- Volunteer





# Y8 Fitness Knowledge Organiser



## Key vocabulary / skill:

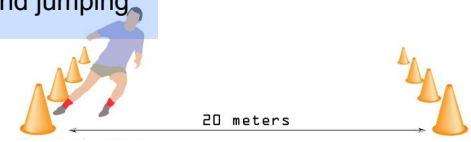
- 1. Progression** - Improve over time
- 2. Warm-Up** - Preparing the body for exercise, inducing a pulse raiser, dynamic and static stretching whilst reducing the risk of injury
- 3. Dehydration** - When the body loses more fluids that it puts in - this leads to a loss in performance
- 4. Cool-down** - Allow heart rate to go down and reduce waste products in muscles that released from exercise - EG: lactic acid
- 5. Power** - The combination of strength and speed
- 6. Health** - A state of complete MENTAL, PHYSICAL and SOCIAL wellbeing
- 7. Fitness** - The ability to meet the demands of the environment
- 8. Repartition ('Reps')** - The number of times you do an exercise before a short break
- 9. Intensity**- How hard you train or complete a task

## Training Methods

- 10. Circuit Training** - A series of exercise stations to work on different muscle groups including rest periods
- 11. Continuous** - A steady, moderate low intensity exercise for a long period of time - no rests.
- 12. Fartlek Training** - A steady continuous exercise with high intensity periods - known as speed play.
- 13. Interval - (HIIT)** periods of exercise at a high intensity followed by periods of rest.
- 14. Plyometric Training** - a series of explosive exercises to improve power, hopping, bounding and jumping

## Training Tests:

- 15. Cooper Run** - A fitness test to test your cardiovascular and muscular endurance. Carried out over a 12-minute period.
- 16. Multi-stage fitness tests** - A repetitive run over 20m to the sound of a 'beep'. The beeps get repeatedly fast meaning the athlete has to speed up.



- Careers in fitness:**
- Personal trainer
  - Athlete
  - Coach
  - Official
  - Sports commentator
  - Statistical analyster



# Y8 Dance Knowledge Organiser



## Key Vocabulary -

1. **Choreography** – the art of creating dance
2. **Motif** – a movement or group of movements that are developed throughout a dance
3. **Thriller** - Zombie characters
4. **Canon** – when the same movement overlap in time
5. **Unison** – two or more dancers performing the same movement at the same time
6. **Facial expressions** – expressing emotions in the face when dancing
7. **Body language** – the way the dancers use their body during a dance
8. **Timing** – moving to the beat of the music
9. **Formations** – the arrangement of the dancers
10. **Repetition** – performing the same action more than once
11. **Space** – the way in which the dancers use the area around them throughout a dance
12. **Genre** - the style of dance, dance within the style
13. **Travelling** - the way a dancer moves around the area
14. **Speed** - how fast a dancer moves

## 15. What are the main genres/styles of dance?

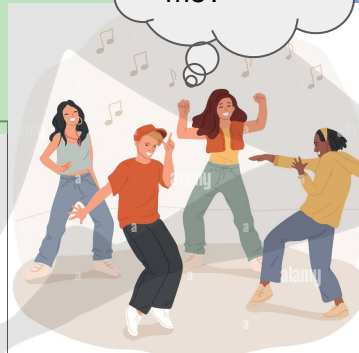
- Ballet
- Tap
- Hip hop
- Jazz
- Modern
- Contemporary
- Ballroom
- Swing

## Careers in dance:



- Dancer
- Choreographer
- Dance teacher
- Theatre manager
- Dance studio owner
- Competition judge

Where can dance take me?



## 14. Common dance moves:

Leaps



Balances



Jumps



Spins

