



# Y9 Trampolining Knowledge Organiser



## Key vocabulary / skill:

1. **Shape jumps:** Tuck, Pike, Straddle jump. Used to generate height and establish balance within a routine.
2. **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.
3. **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.
4. **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.
5. **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.
6. **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.
7. **Half Twist Into A Back Landing / Front Landing:** A 180 degree rotation along the longitudinal axis whilst rotating 90 degrees in a forwards / backwards motion.
8. **Somersault:** A 360 degree rotation within the air in either a forwards or backwards direction.
9. **Full Turntable:** The ability to rotate 360 degrees (horizontally) after landing on a front landing.
10. **½ Turntable:** The ability to rotate 180 degrees (horizontally) after landing on a front landing.
11. **Cradle:** The ability to rotate 180 degrees after landing a back landing.
12. **Kill The Bed** - A term used when a performer stops their routine / bounce on the bed by adopting a squat position.

## 13. Trampolining Tariff:

Full twist = 0.2  
 ½ Twist = 0.1  
 Shape jumps = 0  
 Seat landing = 0  
 Swivel hips = 0.1  
 Front landing = 0.2

Back landing = 0.2  
 Cradle = 0.4  
 Half turntable = 0.3  
 Full turntable = 0.4  
 Somersault = 0.5  
 Seat to front landing = 0.2

## 14. How to calculate tariff in trampolining.

Tariff is calculated by awarding 0.1 for each 180 degree rotation and / or a quart of a somersault.



## Careers in trampolining:

Performer  
 Coach  
 Judge  
 Technician





# Y9 Table Tennis Knowledge Organiser



## Key vocabulary / skill:

1. **High toss serve:** Ball must be thrown in the air from flat palm at least 16cm before being hit on both sides of the table
2. **Grip:** Hold the handle of the bat like you are going to shake its hand.
3. **Top spin:** Spin which causes the ball to dip over the net and pick up pace off the table
4. **Back spin:** Spin which causes a flatter ball flight which hits opponents paddle and moves downwards..
5. **Footwork:** Moving your feet early to get in line with the ball
6. **Ready Position:** The ready position is a key starting point to play the game. This is done by being on your toes with your body weight slightly towards where the ball is coming from with hands ready
7. **Forehand Drive:** Hip to lip (start and finish points for the bat) Finish with your index finger pointing towards the target (like a gun)
8. **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.
9. **Let** - Called if a player serves correctly but the ball hits the net before landing on the opponent's side. - serve is replayed (no penalty)
10. **Disguise** - A way of playing a shot to make your opponent think one thing but you play a different shot.
11. **Depth of shot** - Where you make the ball bounce on the opponent's side of the table to create an advantage in the rally
12. **Defensive chop** - A shot designed to impart maximum backspin when defending against aggressive topspin shots
13. **Manipulation:** Changing the paddle angle to change (manipulate) the direction of the ball



## 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
14. The edges of the table (but not the sides) are part of the legal table surface
15. Each player serves 2 points alternately

### **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 opponents side
19. You cannot hit the ball before it bounces (volley)

## Careers in table tennis:

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



# Y9 Fitness Knowledge Organiser



## Key vocabulary / skill:

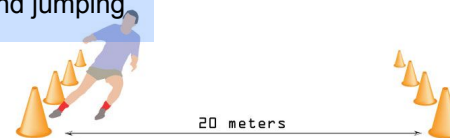
- 1. Aerobic** - Using oxygen to produce energy in order to perform exercise
- 2. Muscular Endurance** - The ability to contract muscles without tiring repeatedly
- 3. Short term effects of exercise** - Increased Heart rate, breathing rate and body temperature
- 4. Long term effects** - Increase bone density, increase size of muscles in heart, lower resting heart rate
- 5. Hypertrophy** - increase in the size of muscle
- 6. Carbohydrate** - A food group used for energy to complete exercise
- 7. Recovery Rate** - How quickly it takes your heart to return to resting after peak exercise
- 8. Anaerobic** - Using energy stored in muscles when performing exercise
- 9. Heart rate** - The number of times the heart beats per minute

## 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 analyst



# Y9 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. **Grease** - portray the character within the dance - Pink Ladies, T.Birds
4. **Rock N Roll** - 50's style of dance
5. **Duo and group lifts** - counter balances, balances & lifts
6. **Canon** – when the same movement overlap in time
7. **Unison** – two or more dancers performing the same movement at the same time
8. **Facial expressions** – expressing emotions in the face when dancing
9. **Body language** – the way the dancers use their body during a dance
10. **Timing** – moving to the beat of the music
11. **Formations** – the arrangement of the dancers
12. **Repetition** – performing the same action more than once
13. **Space** – the way in which the dancers use the area around them throughout a dance
14. **Genre** - the style of dance, dance within the style
15. **Travelling** - the way a dancer moves around the area
16. **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

