

Y7 Handball Knowledge Organiser



Key vocabulary / skill:

- 1. Passing** – must be one handed i.e. shoulder, bounce, side (wrist)
- 2. Dribbling** – only using one hand with a continuous bounce ideally if no defenders in front of you
- 3. Outwit** – use of passes and movement to get the ball past an opponent.
- 4. Positions** - set places for each player – all players defend and all players attack
- 5. Centre Pass** – must be passed to one of your own players
- 6. Re-starts** – Goalkeeper starts with the ball if attackers through it out or the last touch is off the goalkeeper
- 7. Feint dodge** - Faking the direction you are about to travel in before moving in an alternative direction
- 8. Jump shot** - Making a shot whilst being in the air
- 9. Defensive shape** - Working as a team to prevent attacking play

Rules of The Game:

- 10.** 7 players per side (1GK, 6 outfield)
- 11.** You cannot shoot inside the D (GK area)
- 12.** Take up to 3 steps with the ball then you must dribble (bounce or pass the ball)
- 13.** You can hold the ball for 3 seconds whilst stationary
- 14.** You must make an attempt to attack
- 15.** Cannot pass back to GK in their area from within your half
- 16.** No frontal contact
- 17.** A competitive game consists of equal 30-minute halves with a 10-15 minute break.
- 18.** Players cannot make contact with the ball below the knee.

HANDBALL Play advances towards the goal, with the red side on the attack, during an Olympic handball match.

THE PITCH

Each team:
6 outfield players

Goal keeper:
can use whole body



THE BALL

Men



19cm

Weight

475g

Women



17.5cm

Weight

375g

Goal crease:
No outfield players allowed

JUMP SHOT

In an attacking move on goal, player runs forward in a 1, 2 or 3 step rhythm and throws at the goal

Careers in Handball:

- Handball player
- Coach
- Official
- Sports commentator
- Statistical analyst

Professional teams:



HANDBALL
KAERJENG





Y7 Orienteering Knowledge Organiser



Key vocabulary / skill:

1. **Obstacle:** An objects that need manoeuvring in order to complete a task or challenge
2. **Maps:** A picture of a place, usually drawn from above.
3. **Scale:**The ratio of the length in a drawing to the length on the real thing.
4. **Symbols:** Pictures/objects on a map that represent a real object.
5. **Orienteering** Navigating around a course
6. **Problem solving:** Finding a way to apply knowledge and skills you have to answer unfamiliar types of problems.
7. **Communication:** Working with a team to share information.
8. **Teambuilding:** Activities designed to strengthen a bond and resolve conflicts between groups of people.
9. **Grid reference:** A location on a map which is found using numbered lines
10. **OAA:** Outdoor Adventurous Activity



Rules of OAA:

11. Orienteers shall not damage, hide, or remove any controls during an event.
12. Orienteers may only use a compass plus the map provided by the organizer during the event.
13. Orienteers must visit the controls in the specified order in a point-to-point orienteering event.
14. Orienteers must not cross areas marked on the map as uncrossable or out-of-bounds.
15. Orienteers shall not damage property such as fences, gates or equipment.
16. Orienteers shall not cross through gardens, or fields with newly planted or growing crops.



Careers in OAA:

- Participant
- Leader
- Outdoor filmmaker / journalist
- Outdoor photographer
- Search and rescue
- Mountaineer

