

Y7 Handball Knowledge Organiser

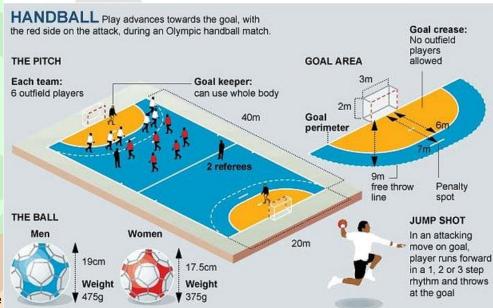


Key vocabulary / skill:

- **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.



Careers in Handball:

Handball player
Coach
Official
Sports commentator
Statistical analyser

Professional teams:









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



Y7 Problem Solving / Team Building Knowledge Organiser



Key vocabulary / skill:

- 1. Listening: The ability to listen to other people's Ideas
- **2. Communication:** The ability to work with others and share ideas and thoughts.
- 3. Team Work: Working in a team structure towards a common goal
- **4. Trust:** Trusting another person to do the right thing to assist you in being successful
- **5. Leadership:** taking control of a group / individual and leading them to success
- **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.

