

# 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:





# Y7 Athletics: Track Events Knowledge Organiser



## Key vocabulary / skill:

- Sprinting** - Running over a short distance as fast as possible.
- Sprint Distances:** 100m, 200m and 400m. For all sprints you **MUST** stay in your lane.
- Sprinting technique** – Keep your body straight and your head still. Keep the shoulders low and relaxed. Run tall with high hips and knees. Drive the elbows back hard. Drive the knees forward. Cycle the foot quickly under your body. Drive the foot down to the ground and pick it up fast. In the 200m and the 400m allow your body to naturally lean in to the curve.

## Distance Running

- Middle distances:** 800m and 1,500m.
- Long distances:** 3000m 5000m and 10,000m.
- For all distance runs, you do not have to stay in your lane. Runners tend to merge into lane 1.
- Running technique** – Swing your arms in a balanced, relaxed and symmetrical manner. Run with rhythm and relaxation. Run with hips high. Look ahead, keeping your head aligned with your body.
- Start** – Standing start is used. Foot up to the line.

## Relay

- 4x100m – 4 runners, who each run 100m

### How to pass the baton:

- Up-Sweep** – The incoming runner passes the baton **up** into the outgoing runner's hand. The receiver extends their arm out behind them with a wide spread hand.



## Sprint Start Technique

### On Your Marks



- Rear knee should be level with front foot
- Form a "V" behind the line with your hands
- Arms shoulder width apart, slightly ahead of hands

### Get Set



- ❖ Raise hips higher than shoulders
- ❖ Lift legs at the knees
- ❖ Body weight on hands and feet equally

### Go!



- ✓ Drive knee of rear leg forwards
- ✓ Extend front leg out
- ✓ Lean forwards
- ✓ Don't become upright too early



## Careers in Athletics:

- Athlete
- Coach
- Physiotherapist
- Logistics planning master
- Performance finance manager



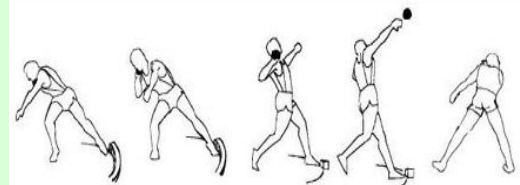


# Y7 Athletics: Throwing Events Knowledge Organiser

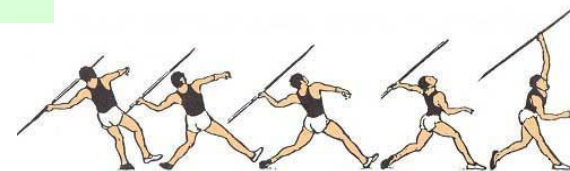


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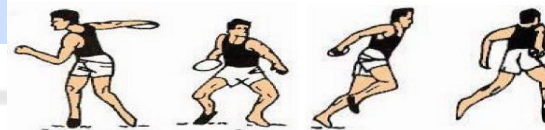
- 1. Throwing event:** Shot, discus and howler/javelin.
- 2.** The objective is to throw each implement as far as possible.
- 3. Shot put:** Involves "putting" (throwing) a heavy spherical ball—the shot—as far as possible
- 4. Shot Grip:** Clean palm dirty neck – Rest the shot at the base of the first 3 fingers of your throwing hand. Hold the shot under the chin, against the neck with the elbow raised. Keep the wrist firm. Keep the throwing elbow high throughout the movement. Turn the shoulders away from the direction of the throw. Split stance. Front foot's heel should be in line with the back foot's heel. Both legs bent with the weight on the ball of the front foot. Drive the hips forwards and upwards before release. Throwing arm pushes long and high after a full extension of the legs and trunk.



- 5. Howler:** An athlete throws a vortex howler from behind a marked line.
- 6. Technique:** Standing throw – Hold the howler back with an extended arm and palm high. Opposite foot forward (left foot forward for right handed thrower). Stand with feet shoulder width apart, the left foot pointing forward. Twist and throw with force.



- 7. Discus:** A heavy thick-centred disc thrown by an athlete
- 8. Technique:** Standing throw – **Grip** – Rest the discus across the finger pads, spread fingers. **Preparation** - Swing the discus back behind the right hip and behind the right leg. The toe on the left foot is in line with the heel of the right. Stand side on to the direction of the throw, with feet just over shoulder width apart. Keep the weight over the rear leg as long as possible. **Release** – keep the hand on top of the discus. Keep the arm long and relaxed. After the hip drive pull the arm through fast and last. Lead with the thumb, drive the hips forward.



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- Coach
- Physiotherapist
- Logistics planning master
- Performance finance manager





# Y7 Athletics: Jump Events Knowledge Organiser



## Key vocabulary / skill:

**1. Jumping events** – Long jump, high jump, pole vault and triple jump. The aim is to jump as high or far as possible.

**2. Long Jump** – An event whereby an athlete has to leap as far as possible from a takeoff point.

**Technique:** The toe of the jumper's shoe, must be behind the edge of the take-off board. Take-Off – Sprint as fast as you can towards the marker. Flight – Bring arms above head. Keep body upright. Landing – Arms reach for toes just before landing. Reach legs out in front at landing. Bring legs forward and together. Land with heels first, bend knees to absorb momentum. Collapse body forward or sideways.



**3. High Jump** - An athletic event in which competitors jump high over a bar which is raised until only one competitor can jump it without dislodging it.

**Technique:** After sprinting to gain momentum, jumpers launch over a high bar and land on a crash mat on the other side.



**4. Pole Vault** - An athletic event in which competitors attempt to vault over a high bar with the aid of an extremely long flexible pole.

**Technique:** Grip the pole with your hands irregularly placed and your shoulders wide apart. Sprint towards the box. Plant the pole at the inner edge of the box and drive your dominant knee into the air. Swing your non-dominant leg up and move your top arm in a pulling motion to gain height. Turn your hips around the pole and extend your body over the bar. Release the pole and land safely on the mat.



## Careers in Athletics:

Athlete

Coach

Physiotherapist

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manager



**5. Triple jump** - Use a **Hop**, a **Step** and a **Jump**.



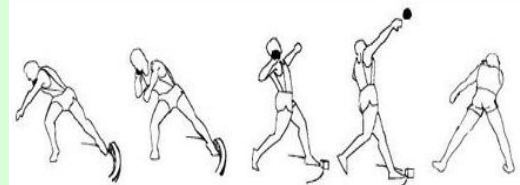


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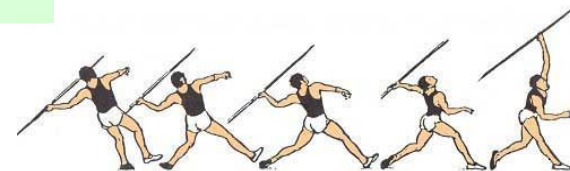


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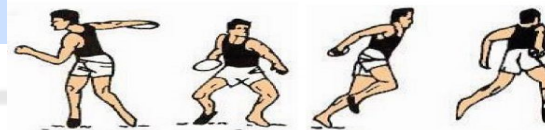
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