



Y8 Handball Knowledge Organiser



Playing positions within the sport:

1. There are 14 players in each team in handball, with seven on the pitch at any one time. The playing positions are as follows:
2. **Goalkeeper:** the player who defends the goal with just about every part of the body including their feet
3. **Centre:** a creative handball player who directs play in both defense and attack. Also known as the 'playmaker' and sets up the tactics and the players in shooting positions.
4. **Left and right backs:** usually the largest players on the team. When defending, they try to block shots, in attack they are the long-range handball shooters.
5. **Pivot:** The creative force in attack and disruption to opponents when defending. The pivot is quick and gets in among opposing defenders to either create openings for teammates or to get into a good scoring position themselves.
6. **Left and right wingers:** The fast players who patrol the sides of the court. They counter opposing wingers and in attack look to create openings for others, or shoot from the more difficult angles.
7. **Substitutes:** Substitution is allowed at any moment, without limit and without time stoppage. There are seven substitutes on the sidelines for each handball side. But a substitute can't play until the player they are swapping for is off the court.

Rules of The Game:

1. Tackling must be square on
2. No passing back to the Goalkeeper
3. Players are not allowed in the 'D' (Goal area)
4. Players can score from anywhere on the pitch
5. Players cannot shoot in 'D' unless they jump across line and shoot before landing in the 'D'
6. You can hold the ball for 3 seconds whilst stationary

Key terminology:

1. **Traveling:** taking more than 3 steps without bouncing the ball
2. **Passive play:** called when team is not actively trying to score
3. **Goal Area:** 'D' Shaped area in front of the goal
4. **Foul:** Any illegal movement or technique used by a defending player to block the attacker while attempting to score a goal is considered to be foul.

Careers in Handball:

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

Professional teams:





Y8 Athletics: Track Events Knowledge Organiser



Tactics within sprinting:

1. Hold your torso straight and vertical.
2. Hold your head still, but relax your face and neck.
3. Bend your elbows at 90 degrees.
4. Pump your arms so your hands travel from "hip to lip", and keep your arms close to your sides.
5. Move your arms front-to-back; don't let them cross your torso.
6. **Sprint start** - See picture →

Tactics within distance running

7. **Pace** - The speed in which you move. I.E walking, running, or sprinting.
8. **Taking the inside lane** - This ensure that you are not running further than required.
9. Relax your shoulders
10. **Pace building** - Gradually getting quicker as the race progresses.
11. Run **through the finish!**

Tactics within relay

12. Have your quickest runners at leg 1 and 4.
13. Pass the baton within the 'change over box'.
14. Change over box - This is an area on the track whereby the baton has to be transferred to the next runner. Otherwise the team may face disqualification.



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



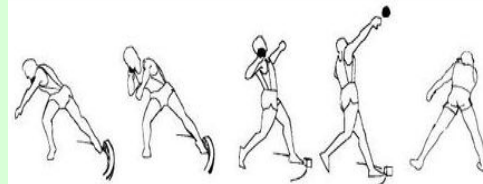


Y8 Athletics: Throwing Events Knowledge Organiser



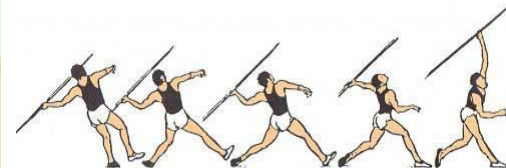
Tactics & specialised equipment for shot put:

1. **Stand sideways at the back of the circle.** Place your right foot on the back of the circle, and face the right side of the circle. Stand with your feet a little more than shoulder width apart.
2. **Turn your hips and push forward.** Push forward as hard as you can with your back leg, turning your hips so you face forward as you do so. Step or jump forward as you do this, sticking your front (left) foot as close to the front of the circle as you can.
3. **Aim high!** - When putting the shot, the athlete should be aiming to put the shot at 37 degree angle.
4. **Varied weights** - A boys shot is heavier than a girls shot. The weight of a shot put (within high school) can vary from 2.75kg-5kg.



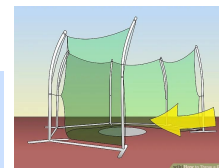
Tactics & specialised equipment for the howler throw:

5. **Run up** - If you are a beginner, then you can just take about 9 to 14 steps. As you take your approach run, make sure that you:
 - (6). Keep your hips high and run on the balls of your feet.
 - (7). Let your free arm swing across your body.
 - (8) Keep your head facing in the direction of your target.



Tactics & specialised equipment for discuss:

9. **Varied weights** - Women (all levels) - 1kg Discus. Boys (up to age 14) - 1kg Discus (aged 15-18) - 1.6kg.
10. **The discus cage** is a U-shaped net that surrounds the discus thrower. (See picture).
11. **Swinging the arm** that is holding the discus and then spinning your body around will help you to gain momentum for the throw. The more momentum you can build, the better.
12. **Release** the disc directly in front of you as if you were reaching to put something on a tall shelf.



Careers in Athletics:

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





Y8 Athletics: Jump Events Knowledge Organiser



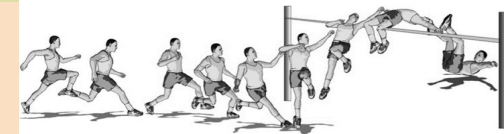
Tactics & specialised equipment for long jump:

1. Athletes will run (at speed) towards the board in order to gain momentum to jump a greater distance.
2. **Run up to the board** and jump up in the air, propelling your hips and arms up in the air.
3. Make sure not to run beyond the board during your jump, as doing so is considered a foul.
4. Spikes are allowed within this event.



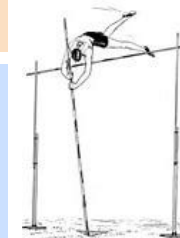
Tactics & specialised equipment for high jump:

5. Don't stand directly in front of the mat. You will be running in a "J" shape.
6. Push off into the air with your non-dominant foot.
7. **Clear the bar.** Tilt your head and upper back toward the mat. Angle your head back and keep your chin un-tucked as you clear the bar to avoid injury. Arch your back up.
8. **Land on the mat properly.** Touch the mat with your upper back first.



Tactics & specialised equipment for pole vault:

9. Athletes sprint with their pole to the vaulting box, prop the pole head into the correct position, and jump over the crossbar without touching it.
10. Place your dominant hand high on the pole and the other slightly below.
11. For your first vaults, position yourself 4-5 strides from the outer edge of the box.
12. Plant the far end of your pole at the inner edge of the box as you approach.



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Tactics & specialised equipment for triple jump:

13. When jumping, the athlete must land on the same foot used to take-off (Hop).
14. During the second phase, the athlete must land on the opposing foot and initiate the third phase of the jump.
15. The athlete should land within the sandpit.

