



Y9 Rounders Knowledge Organiser

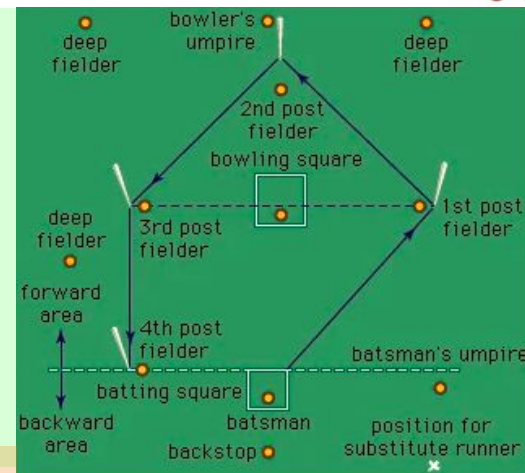


Tactics within the sport:

- 1. Batting:** A skill which allows the bat to contact the ball.
- 2. Throwing:** A technique to field the ball to the correct position at the correct pace and direction.
- 4. Catching:** The ability to get in the correct position for the batter to hit (low/high catching technique).
- 5. Bowling:** A technique to deliver the ball in the correct position for the batter to hit.
- 6. Match play:** A skill used to understand the basics of the game, the scoring, the rules and the player's positions.
- 7. Fielding:** Using different techniques in order to get the ball back to the bowler or to a post.
- 8. Outfield fielding:** Fielders who are positioned away from the bases.
- 9. Long barrier:** A fielding technique (involving the legs) used to stop the ball when rolling along the ground.
- 10. Short barrier:** A fielding technique (involving the feet) used to stop the ball when rolling along the ground.

Rules of The Game:

- 9.** You must start in the batting box and not step out of it.
- 10.** You only get 1 ball bowled at you, after which you must run whether you hit it or not.
- 11.** You must keep in contact with a post once you have decided to stop.
- 12.** A no ball is – above the batters head, below the knee, the wrong side of the body, too wide and too close into the body.
- 13.** If you hit a ball behind, then you must wait at first post until the ball comes forward of the batting box. You may then run on.
- 14.** If you hit the ball and get all the way round you score 1 rounder, if you get to 2nd post, you score $\frac{1}{2}$ a rounder. If you do not hit the ball but get all the way round you score $\frac{1}{2}$ a rounder.
- 15.** You also score $\frac{1}{2}$ a rounder if you get 2 no balls bowled at you.
- 16.** You get $\frac{1}{2}$ a rounder for obstruction if the fielders get in the way of your run to a post.



Careers in Rounders:

- Player
- Coach
- Official
- Sports commentator
- Statistical analyst

Professional teams:





Y9 Handball Knowledge Organiser



Tactics within the sport:

- 1. 6-0 Defensive shape:** Teams set up with 6 players around the edge of the 'D' / Goal line and work together to block off space.
- 2. 5-1 Defensive shape:** Players set up with 5 players around the 'D' to block space and one player in front of the 5 to press the ball and break up play.
- 3. Man 2 Man:** Similar to basketball when each player marks a specific opponent at all times. (last resort tactic)
- 4. Fast Break:** when a defender / goalkeeper use one long pass to begin an attack and catch the defensive team off guard.
- 5. No Goalkeeper:** Teams can play with 7 outfield players and no goalkeeper when chasing the game or trying to outnumber the opponent.

Rules of The Game:

1. Penalty Shot (9M): Awarded when a player illegally stops a player from scoring or intentionally enters the 'D'.
2. You cannot shoot inside the D (GK area) unless you jump across the line and shoot prior to landing.
3. Goal Throw: Awarded when ball passes the goal line and is last touched by the attacker or defending goalkeeper
4. You can hold the ball for 3 seconds whilst stationary
5. You must make an attempt to attack
6. Cannot pass back to GK in their area from within your half
7. Players cannot make contact with the ball below the knee.

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.
- 5. Out of bounds:** This is when the ball bounces outside the lines of the court.
- 6. Unsportsmanlike conduct:** Any physical or verbal conduct that deemed, by the referee, to go against the sportsmanship of the game

Careers in Handball:

Handball player
Coach
Official
Sports commentator
Statistical analyster

Professional teams:





Y9 Athletics: Track Events Knowledge Organiser



Rules within sprinting:

1. Usually, there are at least three to six judges. These judges are responsible for ensuring that athletes stay in their lanes and do not impede each other.
2. In track events, such as sprints, athletes must run in designated lanes and avoid crossing into other lanes during the race.
3. Only one false start per race is allowed without the disqualification of the athlete (s) making the false start. Any athlete (s) making further false starts in the race shall be disqualified.

Rules within distance running:

4. Similar to sprint races, there are typically three to six judges.
5. At the start of a race, competitors must be positioned either at the starting line or on the outer half of the track.
6. There are no lane assignments in long-distance races, so competitors are free to break lane to gain position at any point in the race, including at the start.

Rules within relay:

7. In relay races, the number of judges remains consistent, with about six judges overseeing the baton exchanges and lane integrity.
8. If the baton is not exchanged within the designated area, the team will be disqualified.
9. Athletes must stay within their designated lane whilst competing.



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



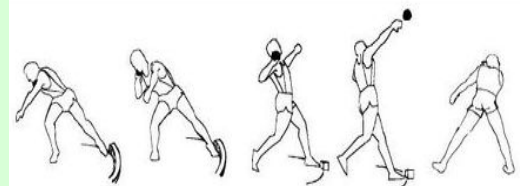


Y9 Athletics: Throwing Events Knowledge Organiser



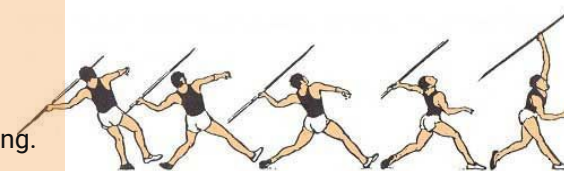
The rules within shot put:

1. **Stand inside the circle.** When shot putting, you must stay within the circle during the entire throw.
2. If you step outside the circle during the throw, it is a foul and is not counted in the competition.
3. After throwing, the athlete must exit the circle through the back half of the ring, not the front, or the throw becomes foul.
4. **Scoring** - This distance, more specifically, is the length measured from the inside of the circle all the way to the very first mark that was made in the ground by the shot.



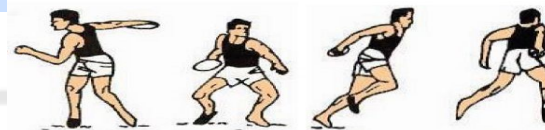
The rules within javelin throw:

5. The primary factor in scoring is the **distance covered by the javelin.** The longer the throw, the higher the score.
6. Once the javelin lands head-first inside the landing sector, the point of initial impact is marked by judges with a marker (usually a spike).
7. Usually from three to six **judges** are required for each field event, depending on the event and the type of meeting.
8. Judges ensure that athletes follow the rules during warm-up and competition.



The rules within discus:

9. Every competitor is allowed three attempts to mark their best throw.
10. At the Olympics, the top eight athletes get another three chances based on their initial throws.
11. Crossing the circle before the disc lands on the ground results in a foul throw.
12. There is a specific boundary marked for landing, and if the disc lands beyond it, the throw is considered invalid.



Careers in Athletics:

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 Coach
 Physiotherapist
 Logistics planning master
 Performance finance manager





Y9 Athletics: Jump Events Knowledge Organiser



Rules within long jump:

1. The measurement of a jump starts from the end of the takeoff board.
2. The measurement of a jump ends at the closest imprint to the takeoff board.
3. Competitors have three attempts, and the longest jump is taken into account.

Rules within high jump:

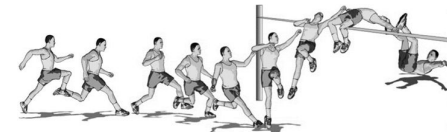
4. The bar may never be raised by less than 2 cm or 3 cm in combined events.
5. Jumping height is decided by the Chief Judge.
6. Dislodging of the bar or breaking the plane near the edge of the bar before clearing will not be counted as a jump.
7. Athletes can take off on only one foot.

Rules within pole vault:

8. Athletes are disqualified after three unsuccessful attempts at a registered height.
9. Any missed jump is declared a foul.
10. A foul occurs when the vaulter or the pole knocks down the crossbar, or when the vaulter touches the ground or the landing area beyond the plane of the crossbar without clearing it.

Rules within triple jump:

11. The athlete must start the triple jump motion before the take off board. Otherwise this is a foul.
12. When jumping, the athlete must land on the same foot used to take-off (Hop).
13. During the second phase, the athlete must land on the opposing foot and initiate the third phase of the jump.



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