



# 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:



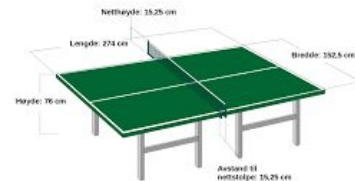


# Y9 Table Tennis Knowledge Organiser



## Key vocabulary / skill:

- 1. High toss serve:** Ball must be thrown in the air from flat palm at least 16cm before being hit on both sides of the table
- 2. Grip:** Hold the handle of the bat like you are going to shake its hand.
- 3. Top spin:** Spin which causes the ball to dip over the net and pick up pace off the table
- 4. Back spin:** Spin which causes a flatter ball flight which hits opponents paddle and moves downwards..
- 5. Footwork:** Moving your feet early to get in line with the ball
- 6. Ready Position:** The ready position is a key starting point to play the game. This is done by being on your toes with your body weight slightly towards where the ball is coming from with hands ready
- 7. Forehand Drive:** Hip to lip (start and finish points for the bat) Finish with your index finger pointing towards the target (like a gun)
- 8. Backhand Push:** Making an L shape with your elbow on the backswing and push your arm forwards. This aids the return of short balls, and prevents your opponent from making an attacking return.
- 9. Let** - Called if a player serves correctly but the ball hits the net before landing on the opponent's side. - serve is replayed (no penalty)
- 10. Disguise** - A way of playing a shot to make your opponent think one thing but you play a different shot.
- 11. Depth of shot** - Where you make the ball bounce on the opponent's side of the table to create an advantage in the rally
- 12. Defensive chop** - A shot designed to impart maximum backspin when defending against aggressive topspin shots
- 13. Manipulation:** Changing the paddle angle to change (manipulate) the direction of the ball



## Rules of the game:

### **SCORING:**

- 11.** A match is played as the best of 1, 3 or 5 games
- 12.** The first player to reach 11 points wins the game. However a game must be won by at least a 2 point margin
- 14.** The edges of the table (but not the sides) are part of the legal table surface
- 15.** Each player serves 2 points alternately

### **A POINT IS LOST IF A PLAYER:**

- 17.** Fails to make a good serve or hit the ball
- 18.** Fails to hit the ball onto their opponents side
- 19.** You cannot hit the ball before it bounces (volley)

## Careers in table tennis:

- Player
- Coach
- Official
- Analytical adviser
- Merchandising representative
- Volunteer





# Y9 Fitness Knowledge Organiser



## Key vocabulary / skill:

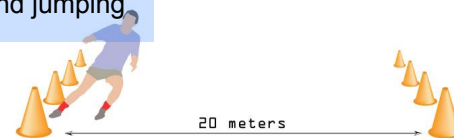
- 1. Aerobic** - Using oxygen to produce energy in order to perform exercise
- 2. Muscular Endurance** - The ability to contract muscles without tiring repeatedly
- 3. Short term effects of exercise** - Increased Heart rate, breathing rate and body temperature
- 4. Long term effects** - Increase bone density, increase size of muscles in heart, lower resting heart rate
- 5. Hypertrophy** - increase in the size of muscle
- 6. Carbohydrate** - A food group used for energy to complete exercise
- 7. Recovery Rate** - How quickly it takes your heart to return to resting after peak exercise
- 8. Anaerobic** - Using energy stored in muscles when performing exercise
- 9. Heart rate** - The number of times the heart beats per minute

## Training Methods

- 10. Circuit Training** - A series of exercise stations to work on different muscle groups including rest periods
- 11. Continuous** - A steady, moderate low intensity exercise for a long period of time - no rests.
- 12. Fartlek Training** - A steady continuous exercise with high intensity periods - known as speed play.
- 13. Interval** - (HIIT) periods of exercise at a high intensity followed by periods of rest.
- 14. Plyometric Training** - a series of explosive exercises to improve power, hopping, bounding and jumping

## Training Tests:

- 15. Cooper Run** - A fitness test to test your cardiovascular and muscular endurance. Carried out over a 12-minute period.
- 16. Multi-stage fitness tests** - A repetitive run over 20m to the sound of a 'beep'. The beeps get repeatedly fast meaning the athlete has to speed up.



## Careers in fitness:

- Personal trainer
- Athlete
- Coach
- Official

- Sports commentator
- Statistical analyst



# Y9 Dance Knowledge Organiser



## Key Vocabulary -

1. **Choreography** – the art of creating dance
2. **Motif** – a movement or group of movements that are developed throughout a dance
3. **Grease** - portray the character within the dance - Pink Ladies, T.Birds
4. **Rock N Roll** - 50's style of dance
5. **Duo and group lifts** - counter balances, balances & lifts
6. **Canon** – when the same movement overlap in time
7. **Unison** – two or more dancers performing the same movement at the same time
8. **Facial expressions** – expressing emotions in the face when dancing
9. **Body language** – the way the dancers use their body during a dance
10. **Timing** – moving to the beat of the music
11. **Formations** – the arrangement of the dancers
12. **Repetition** – performing the same action more than once
13. **Space** – the way in which the dancers use the area around them throughout a dance
14. **Genre** - the style of dance, dance within the style
15. **Travelling** - the way a dancer moves around the area
16. **Speed** - how fast a dancer moves

## 15. What are the main genres/styles of dance?

- Ballet
- Tap
- Hip hop
- Jazz
- Modern
- Contemporary
- Ballroom
- Swing

## Careers in dance:



- Dancer
- Choreographer
- Dance teacher
- Theatre manager
- Dance studio owner
- Competition judge

Where can dance take me?

## 14. Common dance moves:

Leaps



Balances



Spins



Jumps

