

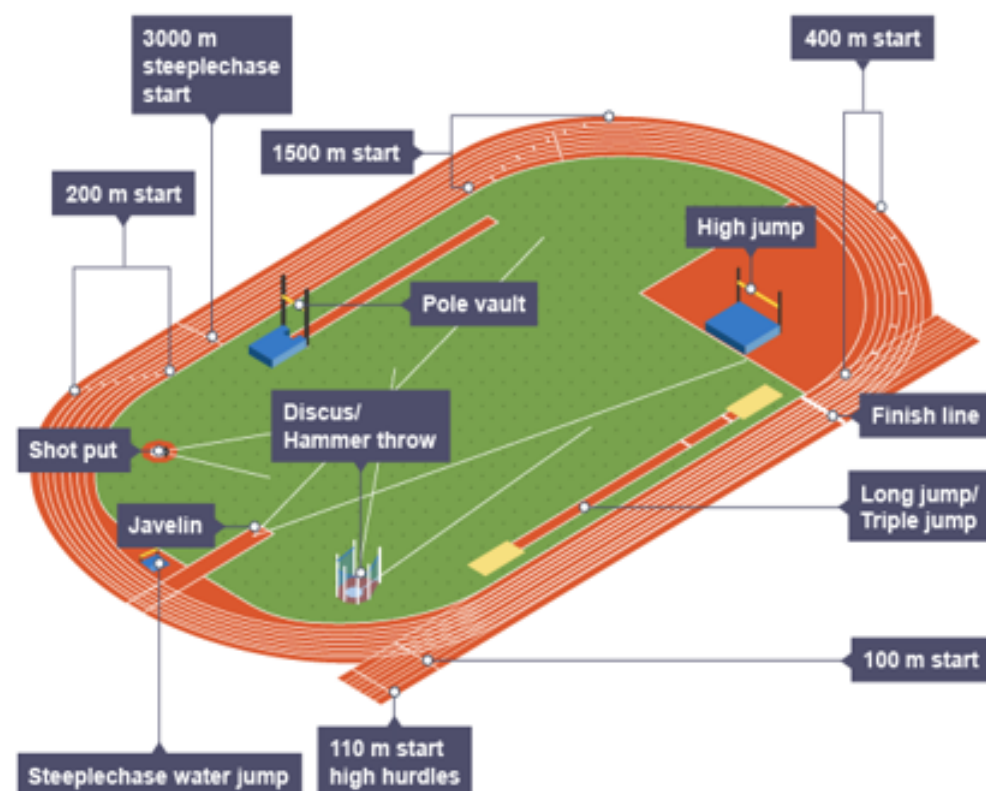
## Subject Knowledge Organiser

### Athletics – Competition, Scoring & Officials

#### Competition

Athletics is a collection of sporting events that consist of the three major areas of running, jumping and throwing. The running events include sprints, middle and long-distance events and hurdling. Jumping events include the long jump, high jump, triple jump and pole vault, while the throwing events include the discus throw, hammer throw, javelin throw and shot put. There are also combined events, such as the decathlon for men, which consists of ten events, and the heptathlon for women, which consists of seven events.

Shown below is a typical competition area for athletics.



#### Scoring

Success in athletics is judged on times and distances rather than points or goals.

**Track events** – These races are started with an electronic pistol which is only sounded again on a false start. In races that are very close, officials use a digital line-scan camera across the finish line to give them a photo finish picture. The clock stops when an athlete has passed through the finish line.

**Jumping events** – These events are measured from the front edge of the take-off board to the first mark made in the sand by the athlete. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three jumps.

**Throwing events** – These events are measured from the front edge of the throwing line to the first mark made in the ground by the implement. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three attempts.

#### Officials

An athletics competition requires a wide range of officials. These include:

**Starter** – Starts all track events.

**Starter's marshals** – Line up competitors in correct order ready for starting.

**Timekeepers** – Provide official times for all track competitors.

**Place judges** – Ensure the correct order of positions are given.

**Field event judges** – Measure, record and let athletes know when it is safe to compete.

**Relay judges** – Make sure runners at change-overs are in the correct lane and within the change-over box.

## Subject Knowledge Organiser

### Athletics – Track, Jump & Throw

#### Sprint

This track event is a short running race. There are generally three different sprint distances: 100m, 200m, and 400m.



#### Drive phase

The drive is where you are looking to cover as much ground as possible through each stride, pushing with the leg that is in contact with the ground and driving the free leg through. In this phase the head must follow the body.

#### Transition phase

This transition phase is when you smoothly and gradually come upright into your stride. This is when you start move at a slightly faster tempo and begin to reach top speed.

#### Fly phase

The fly phase is when you are fully upright and at top speed. The key to maintaining as much top end speed as possible is a relaxed upper body and a quick foot contact and tempo.

#### High jump

This jumping event requires athletes to jump over the bar using the Fosbury Flop technique.



#### Stage one

Start 8-10 strides away from the barrier. Run in a curve with controlled speed. Lean your torso into the curve, the opposite side to the barrier. Keep your shoulder as high as possible.

#### Stage two

You are ready to jump at approximately one metre past the first post and an arm's length away from the mat. At this point, plant the take-off foot down. At the same time, drive your lead leg and arms upwards and shoulders high.

#### Stage three

In the air, keep driving upwards and bring your lead knee across the body to get shoulders parallel with the bar. Bring the arms forwards and back into the body. As your hips cross the barrier, flick your feet upwards and high over the barrier. Maintain balance and land safely.

#### Shot put

This throwing event requires athletes to throw a heavy metal ball called a shot as far as possible.



#### Stage one

Hold the shot at the bottom and place the thumb and little finger each side of the shot. Place the shot under the chin and touching the neck. Keep the throwing arm elbow high and the arm parallel to the floor. Stand on the balls of your feet with your knees bent and non-throwing shoulder pointing towards the throwing area.

#### Stage two

Lean backwards and place your weight on the back foot. Transfer the weight from the back leg to the front leg. Explode upwards, bring the hips around and forwards to face throwing area. Extend the throwing arm up quickly and powerfully. Finish with chest and head up.

**Progress Vocabulary:** *Identify, Define, describe, explain, compare and contrast, sporting links, analyse, evaluate*

**Key words:** start, finish, race start, pacing, sprinting, dip finish, fosbury flop, arched approach, toe, knee, chin, 45 degrees, push, scissor kick.

## Subject Knowledge Organiser

### Handball – Laws, Player Positions & Pitch Dimensions

#### Players roles in Handball

**Goal Keeper** – The goalkeeper defends the goal with every part of the body. They are the only player who can touch the ball with their feet. The goalkeeper can leave the 6 yard/ metre box if they do not have contact with the ball.

**Left/Right Wingers** – These are the fastest players on the court and patrol the sides of the court. They counter the opposition wingers in attack in order to create openings for their team mates. They can also shoot from tighter angles.

**Left/Right Backs** – These are the largest players on the court. When attacking they are responsible for driving at the defence and long range shooting. However, when defending they are used to block opposition shots.

**Pivot** – The pivot is the creative force in attack. They are expected to stand among the defenders on the 6m line to create space for their team mates or themselves to shoot. When defending, they either play right or left inside defender. Their roles are to ensure there are no spaces in the centre of the defence and that the opposition centre and pivot cannot create chances.

**Centre Back** – The centre back is a creative handball player also known as the 'playmaker'. They are responsible for setting up the play tactics. When defending they either play right or left inside defender. Their roles are to ensure there are no spaces in the centre of the defence and that the opposition centre and pivot cannot create chances.

#### Rules of Handball

##### Attackers

**Can:** Take three steps with the ball then must pass or shoot

**Can't:** Dribble with the ball

**Must:** Shoot within 30 seconds. Only use their hands to play the ball.

##### Defenders

**Can:** regain possession of the ball by intercepting a pass or blocking a shot

**Can't:** Snatch the ball from an attacker's hands.

##### Goalkeepers

**Can:** Block the ball with any part of their body in the goal area. Leave the goal area and join the attack.

**Can't:** Leave the goal area in possession of the ball

##### Fouls

Any foul will lead to a free pass for the opposition team.  
The offending team must retreat three meters at a free pass.

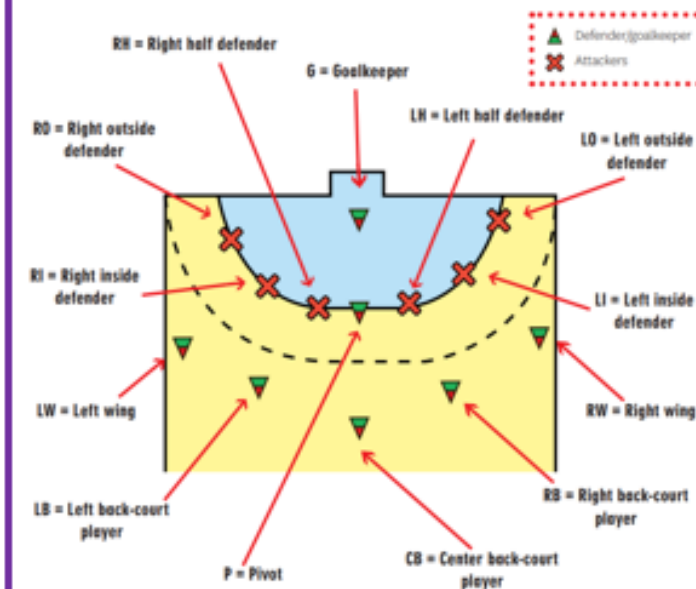
##### Penalty

A penalty is a free throw from one meter outside the goal area. All players apart from the goalkeeper must be behind the penalty taker.

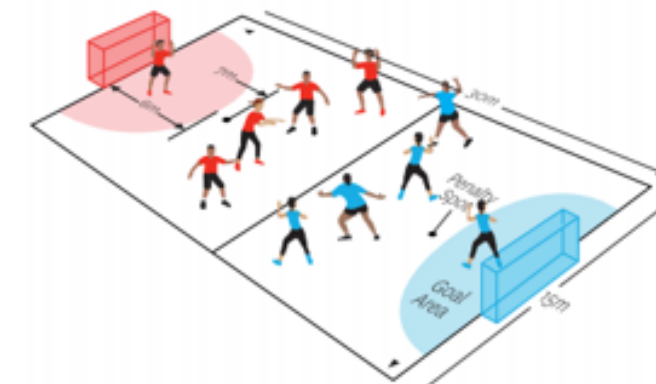
**It is awarded if:**

- A defender enters the goal area
- A foul prevents a goal scoring opportunity

#### Player Positions on court



#### Pitch Layout





## Subject Knowledge Organiser

### Handball – Dribbling, shooting, catching, throwing

#### Dribbling

1. Touch the ball with your fingertips, not your palm
2. Bend your knees and get in a low stance
3. Push down firmly onto the ball and release
4. Use your wrist to control the bounce of the ball and power within the bounce
5. Keep your head up and look for team mates, space and opposition players
6. Move on the balls of your feet Use your agility, dribbling skills and speed to get past defenders.

#### Throwing

1. Weight always on front foot
2. The ball is gripped in your fingers and thumb, never your palm
3. The arm is raised, with the throwing elbow above the shoulder
4. Throw forward your arm and release the ball
5. Remember to aim at your partner's W

**Always Remember:** Defenders are not allowed to step into the goal area as this will result in a penalty shot to the opposition team.

#### Shooting

1. Receive the ball on the move 2.
2. Attack open space using your three steps
3. Raise the throwing arm backwards, the ball should be above your head and elbow above your shoulder
4. Transfer your weight onto your front foot
5. Aim at your target, and follow through your throwing arm and release the ball.

#### Jump Shot

1. Follow the first three steps from the technique above
2. When attacking the open space, jump past the 6M line through the space into the
3. Before landing throw forward the throwing arm and release ball

#### Catching

1. Create a W with your hands
2. Fingers spread wide and elbows bent
3. Weight on the front foot and knees slightly bent

**Key words:** passing, dribbling, high catch, low catch, passing on the move, shooting, jump shot, goal area, penalty line, half way line, catching, throwing, three steps.

## Subject Knowledge Organiser

### Orienteering- Orientate, observe, navigate, team work, communication

#### Key Skills:

1. The first thing you must do when map reading is to orientate your map (move it around) so it is the correct way around to where you are facing.
2. You then need to observe the surroundings before looking for the markings on the map. Once you have identified where you are standing you then find your starting point
3. You need to double check you are at the correct marker before starting because the only way you will successfully complete the course is by getting all answers correct.
4. Team work is key when completing an orienteering course as you will be working in pairs. You must communicate and discuss every decision before moving and navigating to the next cone. Mistakes can easily be made through poor communication.
5. As orienteering involves running, cardiovascular fitness is key as you will be running for a long period of time. To train for this, continuous training is useful as well as fartlek training (over different terrains at different speeds)



	M16	4.1 km	120 m
1	40	↓	↓
2	53	↓	↓
3	46	↓	↓
4	57	↓	↓
5	32	↓	↓
6	58	↓	↓
7	47	↓	↓
8	48	↓	↓
9	49	↓	↓
10	100	↓	↓



#### Rules and tactics:

Orienteering requires physical fitness, skill in map reading, mental alertness and decisiveness. Orienteering teaches you to assess, understand and "read" the school site you are working in

The main aim of orienteering is to complete the course(s) correctly in the shortest amount of time, although it is based on map reading it is also a test of your physical fitness. You must find all the points that are placed on the map and record them on your sheet. Consider the ground you are moving over ensuring your safety at all times.

A major tactic is to use is your pace. As you are competing with the other people in your group. You must make sure you don't sprint off too quickly so that you are too tired to keep the pace up. If you take it steady the whole way- a jog and not walk- this tactic will help you to be successful

**Always remember:** The main aim of orienteering is to complete the course in the shortest amount of time, however good team work and planning of your route is vital to success.

**Progress Vocabulary:** *Identify, Define, describe, explain, compare and contrast, sporting links, analyse, evaluate*

**Key Words:** Navigation; decision making; communication; cardiovascular fitness; speed; co-operation, orientation; map reading; observation; pace judgement; team work; safety and mental alertness

## Subject Knowledge Organiser

### Rugby – Laws, Player Positions & Pitch Dimensions

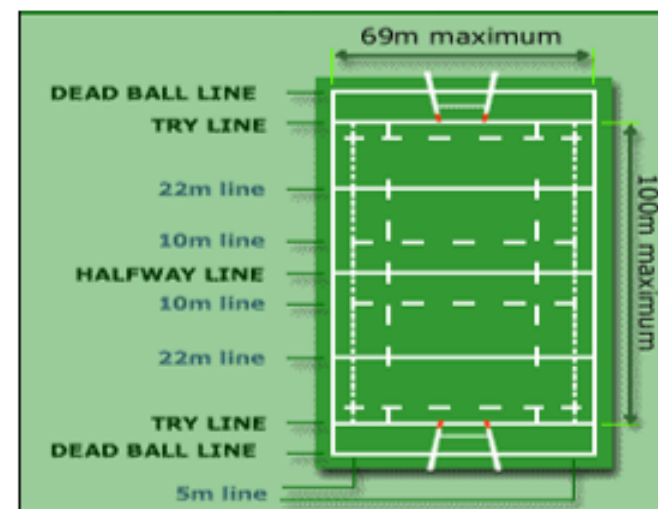
#### Laws

- ☐ The rugby game is broken down into two 40-minute halves with a 10-minute rest period in between.
- ☐ The time during a game can be stopped for an incident. Therefore, the game stops on exactly 80 minutes.
- ☐ The game must have one referee and two touch judges.
- ☐ The game is stopped if a player is fouled and there is no subsequent advantage. Unlike most sports, a referee can wait to see how an incident unfolds before deciding whether the attacking had an advantage.
- ☐ A tackle cannot be made above the nipple line or by tripping a player with your feet.
- ☐ A lineout is called if the ball travels past the side-line.
- ☐ A lineout consists of up to seven players and players can be lifted in order to catch the ball.
- ☐ At a lineout, both teams can compete to win the ball.
- ☐ To successfully convert a kick, the ball must travel the top section of the goal.
- ☐ If a ball, when kicked, hits the post and bounces in field, then play can continue.
- ☐ In order to stay onside in rugby, the attacking players must remain behind the ball of the player passing to them.
- ☐ A referee may award a foul if they believe an unfair act is committed by a player. A foul contravenes the laws of the game and can be for a range of offences (kicking the player, offside, dropping the ball).
- ☐ In cases of foul play, a referee can award players with either a yellow or red card. A yellow card provides a player with a warning about their conduct (sin binned for 10 minutes) and a red card requires them to leave the pitch immediately.

#### Player Positions



#### Pitch Dimensions



**Progress Vocabulary:** *Identify, Define, describe, explain, compare and contrast, sporting links, analyse, evaluate*



## Subject Knowledge Organiser

### Rugby – Tackle, Grubber Kick, Spin Pass & High Ball Catch

#### Tackle

- ☐ The tackle is an essential skill for winning the ball back in rugby or stopping an attacking player. It is very important to complete it with good timing and technique to prevent injury or accidents.
- ☐ Position your body to the opponent's right-hand side (safe side).
- ☐ Position your left foot forward into a slight opposition.
- ☐ Make contact by putting your right shoulder into the opponent's mid-right thigh.
- ☐ Make sure your head is on the other side of the ball carrier so their body is between your shoulder and head.
- ☐ Bring your arms up and wrap them around the ball carrier, just above their knees (do not lock your hands together).
- ☐ Squeeze your arms and pull the ball carrier into your body.
- ☐ As you squeeze, push your shoulder into the ball carrier, as though you are trying to push him away with your head.
- ☐ Continue pushing until both you and the ball carrier fall to the ground.
- ☐ Keep your head as close as you can to their thigh throughout.

#### Grubber Kick

- ☐ The grubber kick is a simple low kick that aims to move the ball past defences for attacking players to try and retrieve. It is very good at breaking defensive positions and forces defenders to turn around and chase.
- ☐ Stand in opposition on the balls of your feet, with the non-kicking foot in front.
- ☐ Lean forward so the head and chest should be comfortably over the ball.
- ☐ Hold the ball vertically at waist height, with hands either side of the ball.
- ☐ Extend arms fully so the ball is half a metre out in front.
- ☐ Drop the ball and point toes towards the ground.
- ☐ Keep the knee bent and over the ball.
- ☐ Strike the upper half of the ball with the laces, just before it bounces.
- ☐ Extend the leg through so it is straight, with toes pointing at the target.

**Key Words:** pop pass, pocket pass, spin pass, grubber, spiral, tackle, bind, maul, ruck, scrum, hooker, prop, scrum half, line out, thigh, drive, squeeze, knock on, forward pass, high tackle.

#### Spin pass

- ☐ A spin pass enables a team to quickly pass a ball and help maintain possession.
- ☐ Stand on balls of feet in opposition (left foot forward), knees slightly bent with body facing forward.
- ☐ Hold the ball out in front of you with extended arms.
- ☐ Put the right hand on the bottom half of the right hand side of the ball.
- ☐ Point the thumb up along the seam of the ball and spread the fingers around the side of the ball.
- ☐ Put the left hand on the top half of the left hand side of the ball.
- ☐ Point the thumb up along the seam of the ball and spread the fingers around the side of the ball.
- ☐ Bring the ball in towards your waist and flex your elbows at a 90° angle.
- ☐ Rotate your shoulders round until your left shoulder is pointing forward.
- ☐ Draw the ball back across to the right hip, keeping your elbows slightly bent.
- ☐ Sweep the ball across your body, keeping the elbows close to your body and shift your weight from your back leg to your front foot.
- ☐ Release the ball when arms are nearly fully extended with a flick of the wrists and fingers.
- ☐ Follow through with your fingers pointing to the target.

#### High ball catch

- ☐ A high ball catch is an attacking and defending skill. It is useful for attackers when completing an up and under kick or as a defender to stop an attacking team's momentum by safely winning possession back.
- ☐ Call for the ball.
- ☐ Get in line with the ball's path and keep your eyes on the ball at all times.
- ☐ Move towards the ball and extend your arms out in front of you at chest height.
- ☐ Slightly bend your elbows and have your palms facing up and fingers spread.
- ☐ Jump up off one foot.
- ☐ As you are about to catch the ball, turn slightly to one side, so the side of the body is pointing downfield.
- ☐ Raise the other knee up towards the waist to generate additional upward momentum.
- ☐ Catch the ball with the hands at or above eye level.
- ☐ Bring the ball into your body.
- ☐ Secure the ball against your body as you land on the ground.

**Always Remember:** When tackling, bind your arms around your opponents knees, shoulder to thigh, cheek to cheek. squeeze and drive with your shoulder.