

Subject Knowledge Organiser

Badminton – Rules, Scoring & Officials

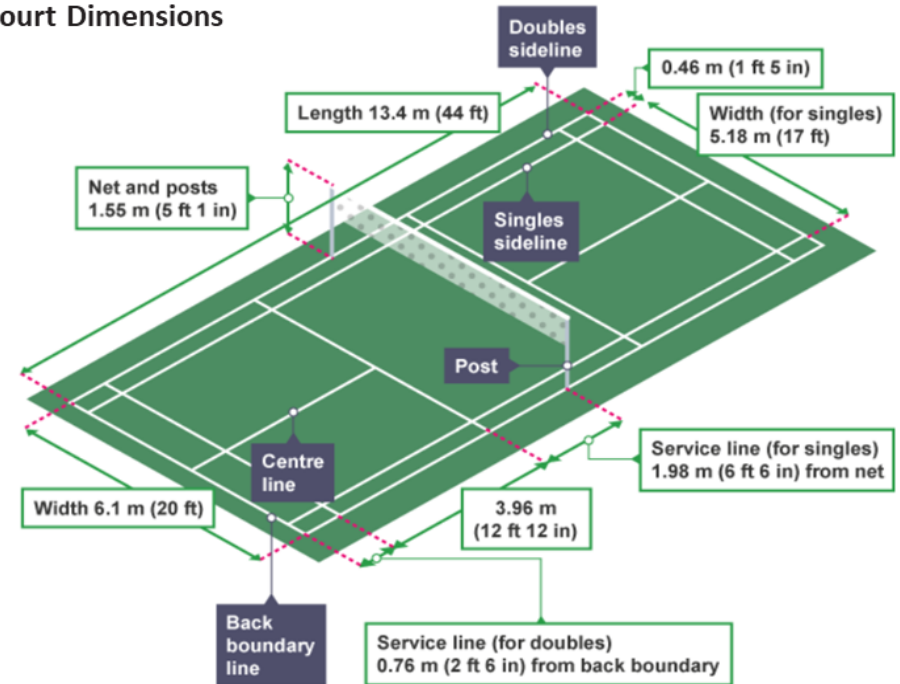
Rules

- ☐ A match consists of the best of three games of 21 points.
- ☐ The player/pair winning a rally adds a point to its score.
- ☐ At 20-all, the player/pair which first gains a 2-point lead wins that game.
- ☐ At 29-all, the side scoring the 30th point wins that game.
- ☐ The player/pair winning a game serves first in the next game.
- ☐ A badminton match can be played by two opposing players (singles) or four opposing players (doubles).
- ☐ A competitive match must be played indoors utilising the official court dimensions.
- ☐ A point is scored when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside of the court the player will lose the point.
- ☐ At the start of the rally, the server and receiver stand in diagonally opposite service courts.
- ☐ A legal serve must be hit diagonally over the net and across the court.
- ☐ A badminton serve must be hit underarm and below the server's waist height with the racquet shaft pointing downwards, the shuttlecock is not allowed to bounce. After a point is won, the players will move to the opposite serving stations for the next point.
- ☐ The rules do not allow second serves.
- ☐ During a point a player can return the shuttlecock from inside and outside of the court.
- ☐ A player is not able to touch the net with any part of their body or racket.
- ☐ A player must not deliberately distract their opponent.
- ☐ A player is not able to hit the shuttlecock twice.
- ☐ A 'let' may be called by the referee if an unforeseen or accidental issue arises.
- ☐ A game must include two rest periods. These are a 90-second rest after the first game and a 5-minute rest after the second game.

Always remember: If yours or your opponents score is even you serve/receive from the right hand side, if it is odd you serve/receive from the left.

Always remember: serve, return, clear, flick, serve, drop shot, smash shot, drive shot, backhand, forehand, service line, tram lines, base line, net, umpire.

Court Dimensions



Scoring

In recent years, badminton has changed how players can score a point. In 2006, the rules were changed to a rally point system and this now allows both players to score a point during a rally, regardless of who served.

In competitive adult matches, all games are played to a best of three games. To win a game, a player must reach 21 points. However, if the game is tied at 20-20 (or 20-all) then you are required to win by two clear points. Unlike most sports, however, if the score becomes 29-29 (or 29-all), the player or team to score the 30th point will win the game.

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

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Badminton – Forehand Clear, Forehand Drop Shot & Forehand Smash

Forehand Clear

The forehand clear shot enables players to move their opponent to the back of the court, creating space in the mid and front court to exploit.

Stage one

Stand in position on the balls of your feet, with knees slightly bent. Turn sideways with your left foot pointing towards the target and your right foot parallel to the baseline. The left shoulder and fully extended elbow will be pointing towards the shuttlecock. The racket elbow should be extended backwards behind the head at 90° with the face of the racket above head height. Transfer weight onto the back foot.

Stage two

Keep your eyes on the shuttlecock. Flex your wrist and elbow backward until the racket is parallel with the floor. Rotate your body and step forward towards the shuttle with your racket leg, transferring your weight through the shot. Extend your racket elbow upwards into a throwing position.

Stage three

Keep your eyes on the shuttlecock. Extend your racket elbow quickly towards the shuttlecock, with the non-racket arm rotating backwards. Make contact with the shuttlecock as high as possible in front of your body. Extend your elbow and flex your wrist on contact, to allow for a 'whip' action. Drive the shuttlecock with a high trajectory towards the back of the court.

Stage four

Your body should have fully rotated with your racket foot now bearing all the weight and facing towards the target. The racket will follow through finishing to the left hand side of your body. Return back to ready position for the next shot.

Forehand Drop Shot

The forehand drop shot enables players to move their opponent to the front court to either win a point or create space in the mid and back court to exploit.

Stage one

As the shuttlecock is returned, stand in position on the balls of your feet, with knees slightly bent. Turn sideways with your left foot pointing towards the target and your right foot parallel to the baseline. The left shoulder and fully extended elbow will be pointing towards the shuttlecock. The racket elbow should be extended backwards behind the head at 90° with the face of the racket above head height. Transfer weight onto the back foot.

Stage two

Keep your eyes on the shuttlecock. Flex your wrist and elbow backward until the racket is parallel with the floor. Rotate your body and step forward towards the shuttlecock with your racket leg, transferring your weight through the shot. Extend your racket elbow upwards into a throwing position.

Stage three

Keep your eyes on the shuttlecock. Extend your racket elbow towards the shuttlecock, with non-racket shoulder rotating backwards. Make contact with the shuttlecock as high as possible in front of your body. Extend your elbow and flex your wrist on contact. Slice across the shuttlecock with the face of the racket slightly open, or just before contact, slow the speed of the racket down, tapping the shuttle gently over the net. Hit the shuttlecock at a flat trajectory, allowing it to drop just over the net.

Stage four

Your body should have fully rotated with your racket foot now bearing all the weight and facing towards the target. The racket will follow through, finishing to the left hand side of your body. Return back to ready position.

Forehand Smash

The forehand smash shot is hit with power and speed downward into the opponent's court. The angle/steepness of the shuttlecock's trajectory make it hard for the opponent to return.

Stage one

As the shuttlecock is returned, stand in position on the balls of your feet, with knees slightly bent. Turn sideways with your left foot pointing towards the target and your right foot parallel to the baseline. Left shoulder and fully extended elbow will be pointing towards the shuttlecock. The racket elbow should be extended backwards behind the head at 90° with the face of the racket above head height. Transfer weight onto the back foot.

Stage two

Keep your eyes on the shuttlecock. Flex your wrist and elbow backward until the racket is parallel with the floor. Rotate your body and step forward towards the shuttle with your racket leg, transferring your weight through the shot. Extend your racket elbow upwards into a throwing position.

Stage three

Keep your eyes on the shuttlecock. Extend your racket elbow quickly towards the shuttlecock, with the non-racket elbow extended and shoulder rotating backwards. Make contact with the shuttlecock as high as possible in front of your body. Extend your elbow and flex your wrist on contact, to allow for a 'whip' action. Drive the shuttlecock downwards towards the floor of your opponent's court with a low trajectory.

Stage four

Your body should have fully rotated with your racket foot now bearing all the weight and facing towards the target. The racket will follow through, finishing to the left hand side of your body. Return back to ready position for the next shot.

Subject Knowledge Organiser

Hockey – Rules, Officials, Scoring, Player Positions & Pitch Dimensions

Rules

- ☐ Teams consist of ten outfield players and one goalkeeper, substitutions can also be used as many times as a team chooses.
- ☐ You can only use the flat side of the stick.
- ☐ The ball cannot hit your feet other than the goalkeeper.
- ☐ The stick cannot be raised above waist height.
- ☐ The ball cannot be lifted above the knee, a free hit will be awarded to the opposing team if the ball is raised dangerously.
- ☐ Opposition can only tackle the player with the ball face on. Tackling from behind is a foul and a free hit is awarded to the attacking team.
- ☐ Shins pads and a gum shield must be worn.
- ☐ The ball can be passed or dribbled using the stick on the pitch.

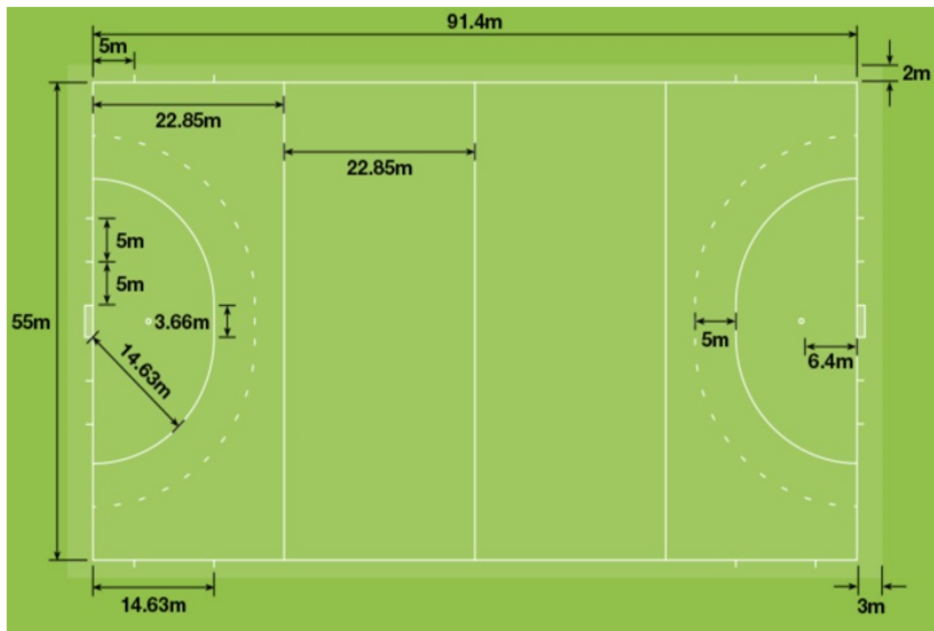
Officials

During a competitive game of hockey there are two umpires who are also time keepers and score keepers.

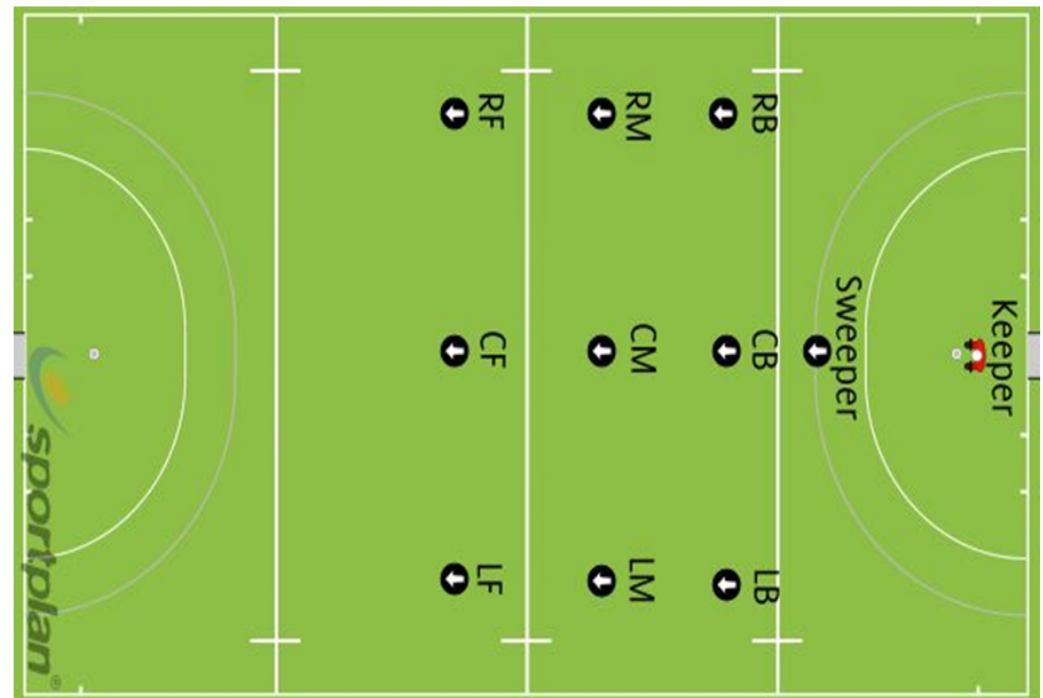
Scoring

In a game of hockey the team that scores the most goals wins the game. Each goal is worth one point. Goals can only be scored in the scoring circle. A shot from outside the scoring circle must be deflected in the scoring circle into the net to score.

Pitch Dimensions



Player positions



Subject Knowledge Organiser

Hockey – Push Pass, Slap Pass & Hit

Push Pass

A push pass is a short pass that enables the player to find a teammate in a crowded area. It's a quick pass to help keep possession and move the ball around.

Stage one

Hold the stick in the correct position and point the left shoulder at the intended target.

Place feet a little wider than shoulder width apart and keep your body weight on the balls of the feet. Place the hockey stick against the middle and lower half of the ball. Ensure that the stick maintains a closed face by slightly turning it towards your body.

Stage two

Step with your left leg forward and push the ball with the head of the stick. Extend the left arm and hand to pull the stick forward. Push the right hand through to generate power and direction of the pass. Maintain a still head throughout. Hold the position and finish with body weight over the front foot and stick pointing in the direction of the pass.

Slap Pass

Slap pass is great for passing over a middle distance to a teammate or for shooting on goal. A slap shot is stronger and faster for hitting the ball than a push pass.

Stage one

Your hands should be apart as if you were dribbling with your lower hand holding the lower half of the grip and your upper hand near the top. Feet should be shoulder-width apart. Allow the ball to sit a few feet ahead of you. Your front foot should be level with the ball as you take your shot. Your back knee should be almost touching the ground.

Stage two

Bring the stick back so the hook is level with the ground. When you hit the ball keep low and follow through pointing the toe of the stick toward the target. Aiming to contact the ball with the base of the shaft, not the hook. Follow through, while looking at your target.

Hit

A skill that allows players to switch the location of the ball very quickly to create space, find a teammate or to catch out the opposition. It can also be used to strike on goal.

Stage one

Maintain eye contact with the ball. Point the left shoulder at the intended target. Slightly bend the trunk and keep the head over the ball. Place feet shoulder width apart with knees flexed and keep the ball in line with the front left foot (30-50 cm). Hold the left arm almost straight, flex the right arm and keep the elbow tucked into the body.

Stage two

Step forward onto the front left leg and quickly swing the stick down. Keeping eyes on the ball, the ball should be struck when the left and right hands are vertical. Strike the bottom half of the ball. Finish with body weight transferred onto the front foot, the knees flexed, arms extended and the stick extended in the direction of the target.

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

Subject Knowledge Organiser

Netball – Rules, Officials, Scoring, Player Positions & Court Dimensions

Rules

- ☐ Players are not allowed to travel with the ball.
- ☐ A team can have up to 12 players but only seven are allowed to play on court.
- ☐ Defending players are unable to snatch or hit the ball out of another player's hands.
- ☐ A defending player is only allowed to stand beside the player with the ball until it has left their hands.
- ☐ A defending player must stand three feet away from the person with the ball.
- ☐ An attacking player is unable to hold the ball for more than three seconds.
- ☐ Players must remain within their designated zones.
- ☐ The team retaining possession after the ball goes out of play have three seconds at the side-line to get the ball back into play.

Officials

During a competitive game of netball there are two referees and up to two scorekeepers and timekeepers officiating.

Scoring

In a game of netball there are two clear ways to score points:

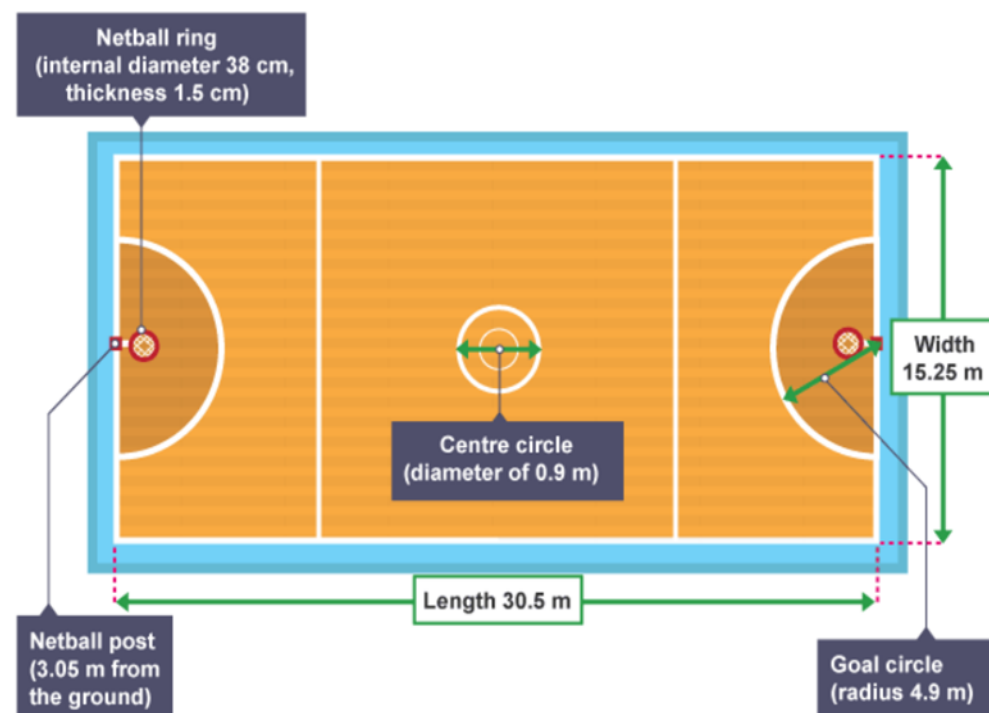
1. In open play, if a shot is successfully scored from inside the goal circle, the team gains one point.
2. If the team is awarded a technical foul then they will receive a free shot at the net. A successful shot will be awarded with one point.

Player Positions



GS	Goal shooter	GA	Goal attack	WA	Wing attack
C	Centre	WD	Wing defence	GD	Goal defence
GK	Goal keeper				

Court Dimensions



Subject Knowledge Organiser

Netball – Bounce Pass, Chest Pass, Shoulder Pass & Pivoting

Bounce Pass

A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.

Stage one

Feet shoulder-width apart in opposition, with knees bent. Place hands each side and slightly behind the ball, with the fingers comfortably spread. Hold the ball at waist level, with elbows tucked in.

Stage two

Step in the direction of the pass, through extending your legs, back and arms. The wrist and fingers should be forced through the ball releasing it off the first and second fingers of both hands. Follow through with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Chest Pass

A chest pass is a very fast and flat pass which enables a team to move quickly up a court in a precise and accurate fashion.

Stage one

Stand with feet shoulder width apart and on the balls of your feet, with back straight and knees slightly bent. Place hands on the sides of the ball with the thumbs directly behind the ball and fingers comfortably spread.

Stage two

The ball should be held in front of the chest with the elbows tucked in. Step in the direction of the pass, by extending their legs, back, and arms. Push the ball from the chest with both arms (not from one shoulder). Fingers are rotated behind the ball and the thumbs are turned down.

Stage three

The back of the hands face one another with the thumbs straight down. Make sure the ball is released off the first and second fingers of both hands. Follow through to finish up with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.

Shoulder Pass

A shoulder pass is a very dynamic, fast and long pass which enables a team to switch positions on court very quickly to either find a player in space or break defensive screens.

Stage one

Player's feet should be shoulder width apart in opposition. Opposite foot forward to throwing arm. Stand on balls of feet with toes pointing toward target, and knees slightly bent. Hold the ball at head height, slightly behind your head. Elbow should be at a 90° angle. Fingers spread behind the ball.

Stage two

Step in the direction of the pass by transferring your body weight from back foot to front foot. Pull the arm through with the elbow leading. To follow through, fully extend your arm and wrist. Point your fingers in the same direction as the pass, with palms facing down.

Pivoting

The pivoting action is a swivel movement that allows the player to move on a fixed axis to either pass or shoot.

Stage one

Run towards the ball and jump by extending the legs and ankles. Keep your eyes firmly fixed on the ball. Bring your hands out in front of your body at chest height with fingers spread open and pointing up.

Stage two

In the air catch the ball with thumbs an inch or two apart making a 'W' shape. Land on the ball of one foot on the ground. Flex your knee and ankle as your foot hits the floor.

Stage three

Stand with knees slightly bent and your feet shoulder width apart. Bring the ball into your body to protect it. Pivot by rotating yourself on the ball of your landing foot. Keep your upper body straight and head up. Make sure the hip of your pivoting leg is pointing in the direction you are aiming to pass the ball in. You can move or step with the other foot any number of times. You are not allowed to lift the foot you are pivoting on before you release the ball.

Always remember: When you land after catching the ball you must stick one foot that cannot move, your other foot is allowed to move/pivot.

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

Subject Knowledge Organiser

Rugby – Laws, Player Positions & Pitch Dimensions

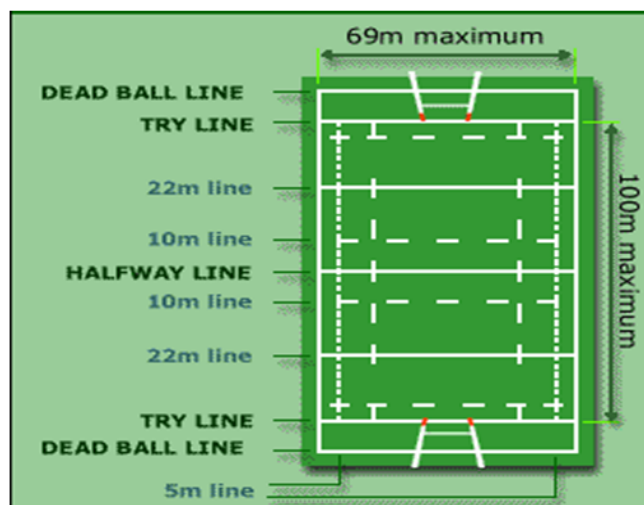
Laws

- ☐ 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 covert 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.

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.

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.

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.

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.

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