

Subject Knowledge Organiser

Badminton – Rules, Scoring & Officials

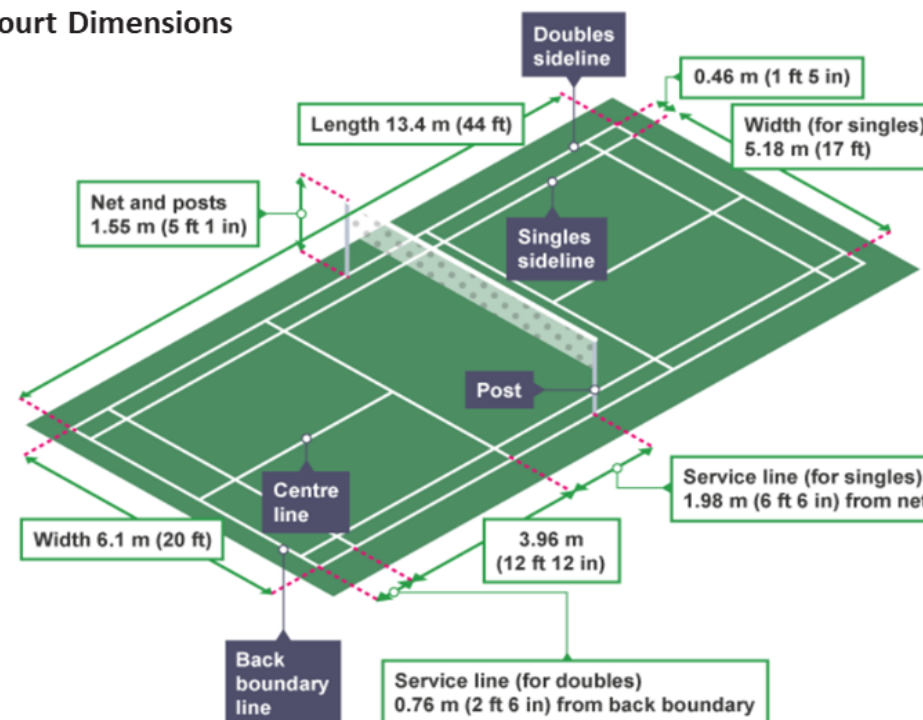
Rules

- ☐ 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

Gymnastics – Travelling, Jump, Roll, Weight on Hands, Balance & Vault

Travelling

Travelling in floor gymnastics is being able to move around the mat using different movements such as rolls, steps, turns, jumps, cartwheels, walkovers, handsprings, and being as creative as possible.

Standing Upward Jump

Bending your legs slightly, jump up while raising your arms forwards and upwards above your head. Keep your arms slightly in front of your body. As you land, it is important to keep your arms raised above your head, and place your feet slightly apart in the 'plie' position at an angle of 45 degrees, with your knees bent. As you make contact with the floor continue to bend the knees to absorb the downward force of landing. Bring your arms down sideways to stabilise the landing, without taking a step.

Forward Roll

From standing, crouch down. Place your hands on the floor in front of you, shoulder-width apart with your fingers facing forwards, while simultaneously placing your chin on your chest. This will ensure your hips are raised high enough and your spine is rounded so you can roll on to your back. Bend your arms as you place your neck on the floor, slightly extending the legs and pushing on the floor with your feet until the roll commences and you roll on to your back. Try to keep your legs straight as you commence the roll forwards. In the last part of the roll, bend your legs tightly so that your heels are close to your bottom. At the point where your feet contact the floor, stretch forwards with your arms so that your head and chest move over your feet. Once your body weight is in a position of balance you will be able to stand.

Cartwheel

Raise your hands above your head and place your leading leg forward. Reach forward to place the first hand (the hand on the same side as the leading leg) on the floor by bending your front leg and bending at the waist. When the first hand contacts the floor, straighten your front leg while kicking upward with your back leg over your head. Continue the movement by rocking over from your first to your second hand (which is still extended above your head). To do this, push strongly against the floor with your first hand, keeping your arms stretched up over your head. As your body rocks over your second hand, bring your second leg down to the ground and place it close to your second hand.

Headstand

Crouch down and place your hands and forehand on the floor to form an equilateral triangle. Your head should be approximately 30cm in front of your hands and your arms bent at an angle of 90 degrees. Extend your legs so that your pointed toes are resting on the floor. By pressing with your hands, slowly move your bottom over your forehead into a balanced position. Maintain the equilibrium by continually pressing with your hands. By exerting more pressure you will reach a point at which you can lift your feet from the floor. Continue to raise your legs above your head by pressing constantly against the floor with your hands. Make sure that your back is kept straight at all times by tightening your bottom and stomach muscles.

Headspring

To obtain the necessary height and rotation, a fast but controlled approached run is required. On take-off, drive your arms upwards and extend the body. Think of the lower body rotating over the upper body. You must still be moving upwards at the point when your hands strike the vault. In the strike phase, the angle of the body and the vault should be between 60 and 80 degrees to the vertical. Your hands should leave the box just before your body reaches the vertical. To achieve this the strike phase must be short and extremely powerful. During post-flight, keep the body as straight as possible. Just before landing, bend the knees.

Always remember: You need to make sure you show aesthetic appreciation when performing making sure arms and legs are kept as straight as possible where possible and your moves are controlled, smooth and balanced.

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:

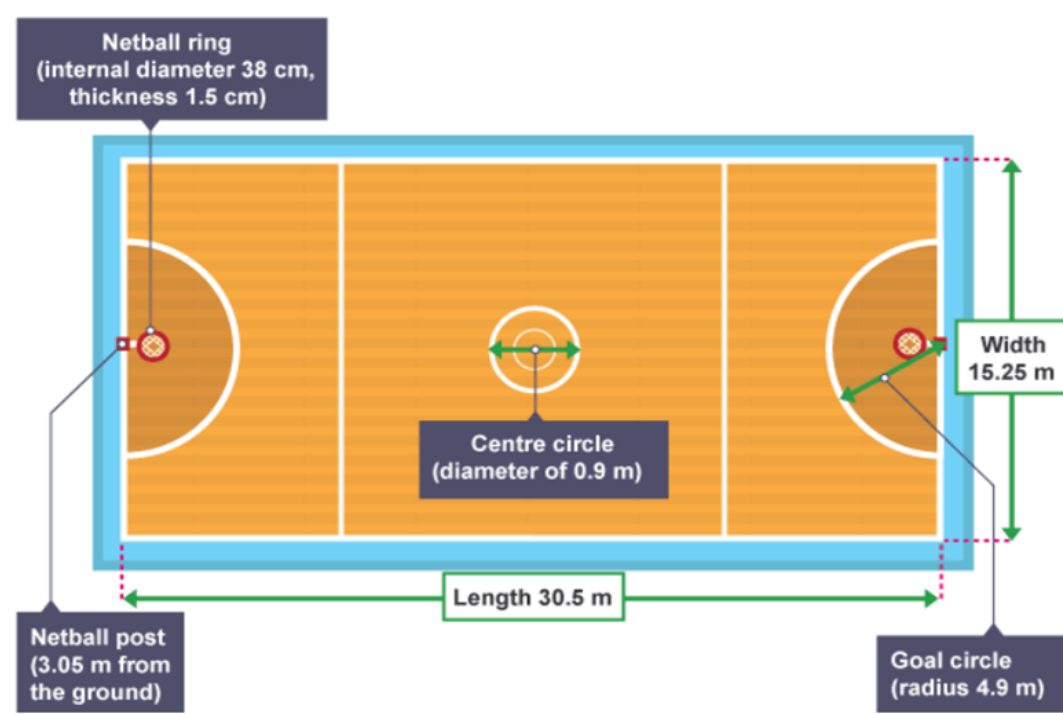
1. In open play, if a shot is successfully scored from inside the goal circle, the team gains one point.
2. If the team is awarded a technical foul then they will receive a free shot at the net. A successful shot will be awarded with one point.

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

Gymnastics - Key Components of Fitness, Key Terms & Chronology

Key Components of Fitness for Gymnasts

A gymnast requires **flexibility** at the joints to allow for a larger range of motion around a joint.

A gymnast requires **muscular strength** to be able to balance on certain body parts. This is exerting their body against a given force.

A gymnast requires **power** in their arms and legs, which is speed x strength.

A gymnast requires **agility** to change direction at speed.

A gymnast requires **muscular endurance** to keep using the same muscle groups over and over again when performing a skill such as a forward roll.

A gymnast requires a certain levels of **speed** as they slow down their speed and increase their speed depending on the sequence they are performing.

Gymnastics Key Terms

Apparatus The equipment used in gymnastics.

Balance Position A static position, holding a distinct shape.

Dismount To leave an apparatus at the end of a routine.

Equilateral Triangle A triangle in which all three sides have equal length.

Jeté A move where the gymnast springs from one foot to the other.

Pike Body position where the body is bent forward 90 degrees at the waist with the legs kept straight.

Pivot A turn on the ball of the foot.

Plié Feet angled at 90 degrees.

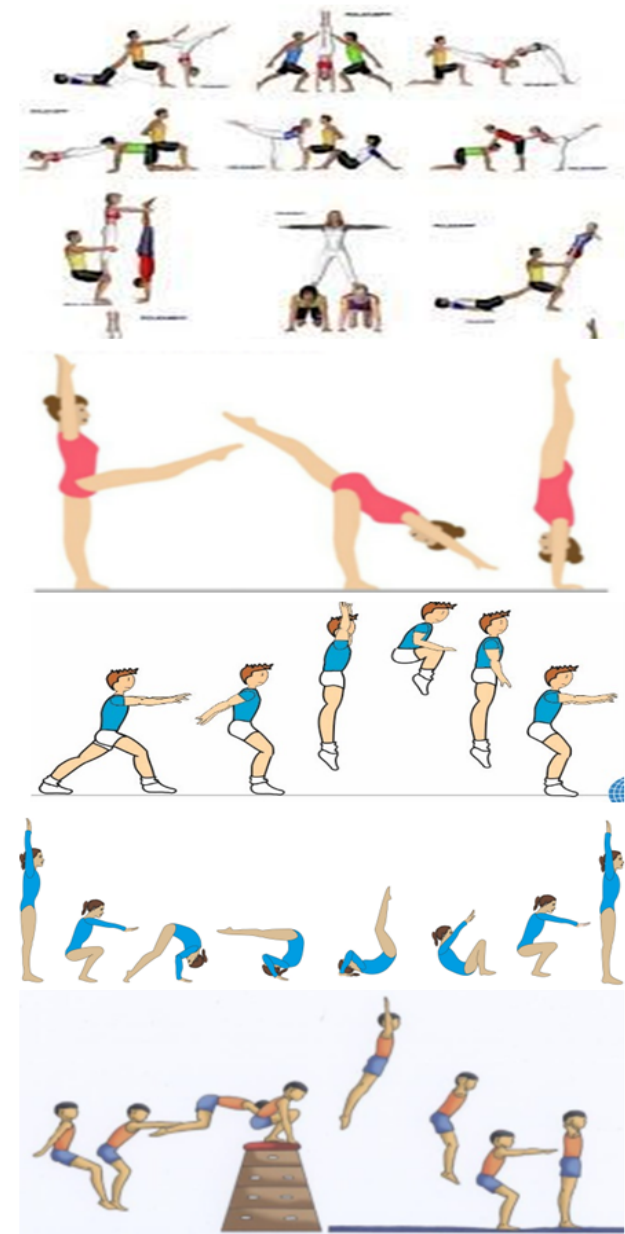
Routine A combination of moves and sequences performed on one apparatus.

Spotting Spotting a landing before take off.

Supporting When a second person assists the gymnast through a move and prepares to cushion them to avoid injury in the event of a fall.

Tuck A position where the knees are bent into the chest, with the body folded at the waist.

Walkovers A move where a gymnast transfers from a standing position to a handstand to a standing position.



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



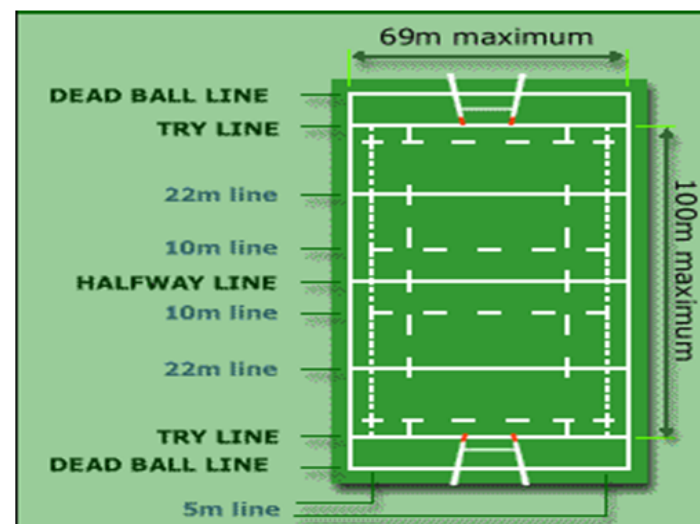
Forwards

- 1 Loosehead Prop
- 2 Hooker
- 3 Tighthead Prop
- 4 Lock (Second Row)
- 5 Lock (Second Row)
- 6 Blindside Flanker
- 7 Openside Flanker
- 8 Number 8

Backs

- 9 Scrum Half
- 10 Fly Half
- 11 Left Wing
- 12 Inside Centre
- 13 Outside Centre
- 14 Right Wing
- 15 Full Back

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.