

# Year 8 Physical Education

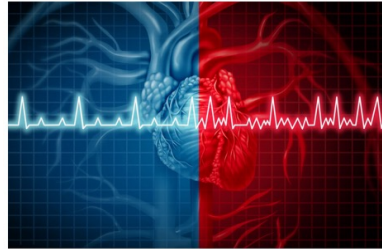
## Declarative Knowledge: The Phases of a Warm

### Warming Up

- Warming up properly improves performance because it prepares the mind and body for the main activity.
- They reduce the risk of injuries such as muscle strains, joint sprains and dislocations.

#### Physiological responses to warming up include:

- Increased heart and breathing rate.
- Increased oxygen delivery.
- Increased muscle temperature.
- Increased muscle elasticity.
- Increased cellular metabolism (energy system activation)
- Increased neuromuscular responsiveness

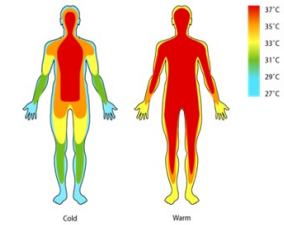


#### Effective warm-ups have 3 phases:

1. Pulse-raiser
2. Mobility and muscle activation
3. Sport-specific Skill Work

### Pulse-raiser

- This aims to gradually raise the heart rate and warm up the largest muscle groups to the working rate.
- **More oxygen is also made available to the working muscles, due to an increase in blood flow around the body.**
- Blood begins to be redistributed to working muscle meaning a larger portion of total blood volume will visit them, opposed to lower priority sites like the digestive system.
- **Activities can be gross motor skills such as running, skipping side-stepping, but the sport context should be considered and resemble movement patterns used in performance, such as shuffles, zig-zagging or jumps.**



### Mobility and Activation

- **Traditionally, the second phase of a warm-up incorporates stretching.**
- To ensure the body doesn't cool down, and that relevant joints and muscles are stimulated throughout their full range of movement, dynamic stretches and movement patterns are recommended.
- **The stretches should mimic the upcoming sport actions, and begin to challenge a performer's balance, coordination and proprioception.**
- Light resistance from a partner, bands, body weight can help activate stabilising muscles around the joints as well.



### Sport-Specific Skill Work

The final phase of the warm-up is progressive.

It begins with the core skills of the upcoming performance, utilising appropriate objects, distances and speeds.

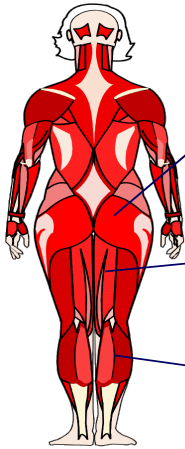
This should then develop to involve competition-like stimuli such as opponents, tactics, contact, teammates.




Performers are encouraged to treat the final stage of skill-work as competitive, tapping into to arousal strategies, selective attention, tactical awareness and near-maximum intensity.

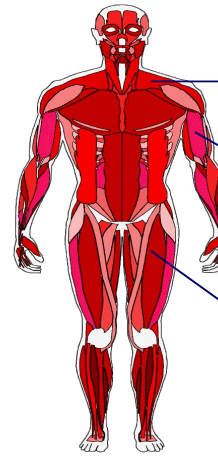





# Declarative Knowledge: The Location and Function of the Major Muscles

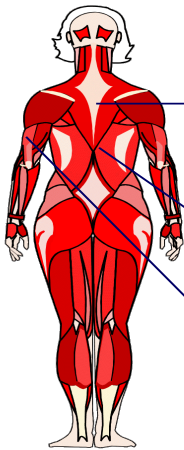
## Functions of the Body Muscles






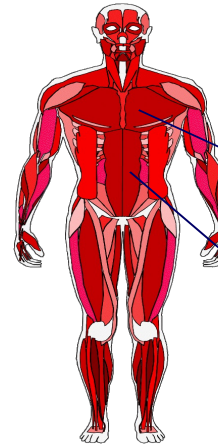
| Muscle  | Position in the body   | Main Action  |
|---|--|--|
| <b>Gluteals</b><br>      | In the middle of the body at the back, forming the bottom.             | Pull the legs back at the hips.                    |
| <b>Hamstrings</b><br>    | At the top of each leg at the back.                                    | Bend the legs at the knees.                        |
| <b>Gastrocnemius</b><br> | At the bottom of each leg at the back. Also known as the calf muscles. | Straighten the foot so you can stand on your toes. |


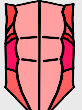


| Muscle   | Position in the Body                                   | Main Action  |
|--|--|--|
| <b>Deltoids</b><br>   | In the upper part of the body, covering the shoulders. | Raise the arms in all directions at the shoulders. |
| <b>Biceps</b><br>     | At the top of each arm at the front.                   | Bend the arms at the elbows.                       |
| <b>Quadriceps</b><br> | At the top of each leg at the front.                   | Straighten the legs at the knees.                  |



| Muscle   | Position in the Body  | Main Action   |
|--|---|---|
| <b>Trapezius</b><br>         | In the centre of the chest at the back of the body, spreading up. | Hold and rotate the shoulders and also move the head back and sideways. |
| <b>Latissimus Dorsi</b><br> | At the back of the body, either side of the chest.                | Pull your arms down at the shoulders and back behind your back.         |
| <b>Triceps</b><br>          | At the top of each arm at the back.                               | Straighten the arms at the elbow.                                       |



| Muscle   | Position in the body  | Main Action  |
|--|---|--|
| <b>Pectorals</b><br>  | In the upper part of the chest at the front.                  | Raise the arms up, sideways and across the chest at the shoulders. |
| <b>Abdominals</b><br> | At the front of the body in the middle, just below the chest. | Pull in the abdomen and bend the spine so you can bend forward.    |

# Declarative and Procedural Knowledge Types of Stretches

**Static Stretches:** is used to stretch muscles while the body is at rest. Each stretch should be held for 10 seconds and will increase flexibility.

## Gastrocnemius Stretch



- Step 1:** Place the right leg in front of the left leg.
- Step 2:** Shift the body's weight on to the front (right) leg and bend while keeping the back leg (left) straight and heel pressed into the floor. Hold this position for 10 seconds.
- Step 3:** Repeat the stretch on the opposite side

## Hamstring Stretch



- Step 1:** Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.
- Step 2:** Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.
- Step 3:** Feel the stretch along your left hamstring. Hold for 10 seconds.
- Step 4:** Repeat the stretch on the opposite side

## Quadricep Stretch



- Step 1:** Stand up tall and shift your weight to the right leg.
- Step 2:** Lift your left foot and grasp it with your left hand.
- Step 3:** Pull the left foot toward your bottom until you feel the stretch in your quads.
- Step 4:** Hold the stretch for 10 seconds and repeat with the right leg.

## Deltoid Stretch



- Step 1:** Stand straight with your shoulders down and relaxed, reach one arm across your chest, parallel to the floor.
- Step 2:** With the other arm, place your hand on the elbow. Gently pull your elbow in toward your chest.
- Step 3:** Hold the stretch for 10 seconds and repeat on opposite side.

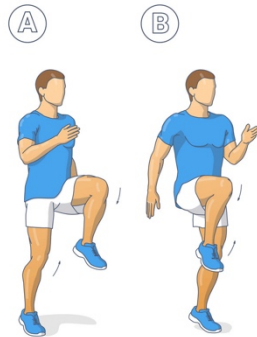
## Tricep Stretch



- Step 1:** Stand straight with your feet hip-width apart. Lift and bend one arm until your hand is in the middle of the upper back.
- Step 2:** Grasp the elbow with the other hand and gently pull
- Step 3:** Hold the stretch for 10 seconds and repeat on opposite side.

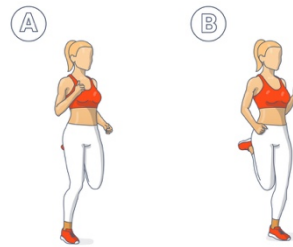
**Dynamic Stretches** is used to stretch the muscle during controlled movement through the Range Of Motion of a specific joint.

## High Knees on the move



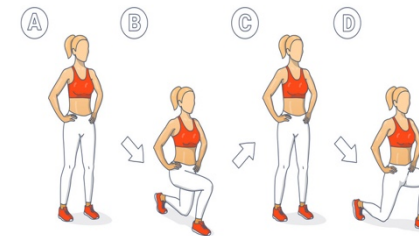
- Step 1:** Stand straight with your feet shoulder-width apart. Face forward and open your chest
- Step 2:** Bring your knees up to waist level and then slowly land on the balls of your feet.
- Step 3:** Repeat until the set is complete while jogging forward.

## Heel Flicks on the move



- Step 1:** Begin by jogging forwards slowly, then gradually bring your heels up towards your bum (you can do it on the spot if you prefer).
- Step 2:** Focus on keeping your torso upright, and try to land lightly, making as little noise as possible as your feet touch the floor. Repeat for 60 seconds

## Lunges on the move.



- Step 1:** Stand in a split stance with your right front forward and your left foot straight back. Bend your right knee so that it is at about a 90-degree angle. This should put you into a forward lunge position. Place your hands on your forward knee. Keep your shoulders relaxed, your hips even, your chest open, and look straight ahead.
- Step 2:** Press down with your hands and drive the hips forward until you feel a stretch from the front of your hip, groin, and thigh on your left side.
- Step 3:** Hold the stretch for 3 seconds, stand up repeat on the other leg while moving forward

# Basketball

## Declarative Knowledge: Rules and Positions

### Rules of The Game

#### **Attacking Rules**

- The player must bounce, or dribble, the ball with one hand while moving both feet. If, at any time, both hands touch the ball or the player stops dribbling, the player must only move one foot. The foot that is stationary is called the pivot foot.
- The basketball player can only take one turn at dribbling. In other words, once a player has stopped dribbling, they cannot start another dribble. A player who starts dribbling again is called for a double-dribbling violation and loses the basketball to the other team. A player can only start another dribble after another player from either team touches or gains control of the basketball, this is usually after a shot or pass.
- The ball must stay in bounds. If the offensive team loses the ball out of bounds the other team gets control of the basketball.
- The players hand must be on top of the ball while dribbling. If they touch the bottom of the basketball while dribbling and continue to dribble this is called carrying the ball and the player will lose the ball to the other team.
- Once the offensive team crosses half court, they may not go back into the backcourt. This is called a backcourt violation. If the defensive team knocks the ball into the backcourt, then the offensive team can recover the ball legally.

#### **Defending Rules**

- The main rule for the defensive player is not to foul. A foul is described as gaining an unfair advantage through physical contact. There is some interpretation that has to be made by the referee, but, in general, the defensive player may not touch the offensive player in a way that causes the offensive player to lose the ball or miss a shot. Basketball players cannot kick the ball or hit it with their fist.

### **Positions**

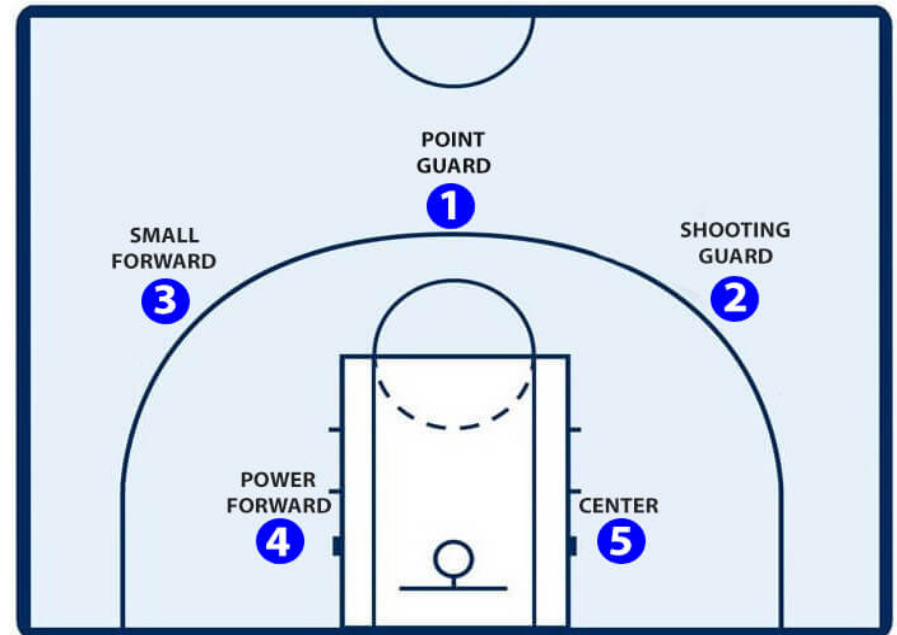
**The Centre** is usually the team's tallest and strongest player and is positioned under the basket. They are required to be physically domineering with more physical strength and athleticism.

**Power Forward** are usually the second tallest in the team and are the closest to the centre in terms of physical attributes and playing style but with more speed.

**The Small Forward** is usually the shorter of the two forwards on the team but plays the most versatile role out of the main five positions.

**Shooting guard** Potentially the shortest player on the team, the Shooting Guard is the team's best outside shooter. Besides being able to shoot well, they need to be good at dribbling fast, passing and having court vision.

**The Point Guard** is usually the shortest but the best ball handler on the team. Also known as the 'coach on the floor' or the 'floor general', a point guard is responsible for directing plays.



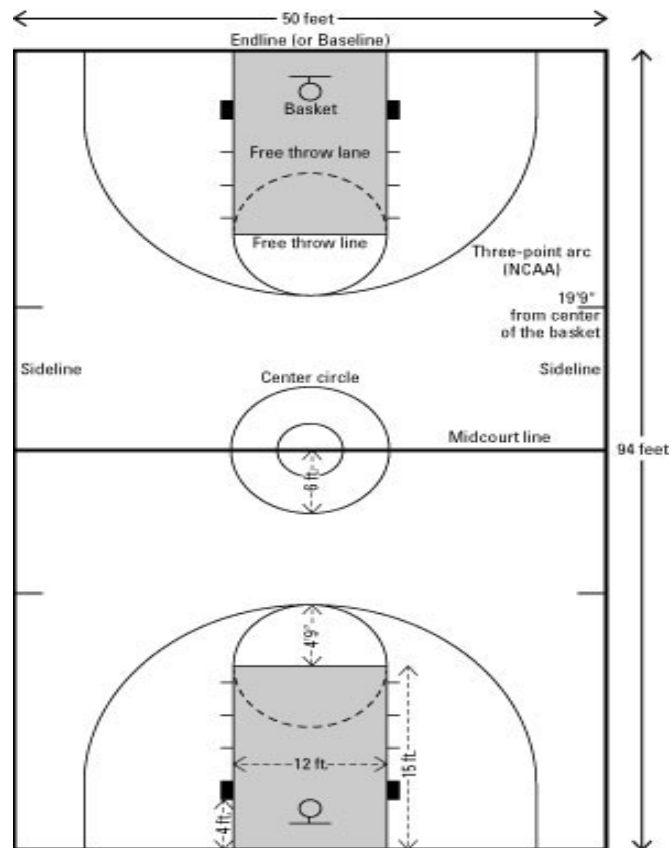


# Basketball

## Declarative Knowledge: Court Markings, Scoring and Key terms

### Court Markings

Along the length of the court, the borders are the side-lines. Along the ends, the borders are the end-lines, or baselines. Separating both halves of the court is a midcourt line. In the very centre of the midcourt line is the centre circle (12 feet in diameter), where the centre toss takes place to begin the game.



### Scoring

The winner of a basketball game is the team with the most points. You get points by throwing the basketball through the opponent's hoop or basket.

In regular play a basket made from within the three-point line is worth 2 points and a basket shot from outside the three point line is worth three points. When shooting a free throw, each free throw is worth 1 point.



When a player is shooting a foul shot, the remaining nine players on the court must stand in designated locations. They can stand in the blocks along the sides of the free-throw lane or back behind the free-throw shooter. The team whose player is not shooting free throws must be allowed to stand closest to the rim during the shot.

### Key Terms

**Alley-Oop:** When one player jumps and catches a pass from another player and simultaneously dunks the ball or shoots it in before landing.

**Box Out:** When a shot goes up, players use this technique, which involves widening their stance and arms and using their body as a barrier to get in better rebounding position.

**Carry:** This penalty, which results in a turnover, occurs when a player holds the ball excessively at the apex while dribbling.

**Charge:** This penalty, which results in a turnover, occurs when an offensive player with the ball runs into a stationary defensive player and knocks him or her over.

**Double Dribble:** This penalty, which results in a turnover, occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again.

**Fast Break:** An offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot or rebound.

**Free Throw:** A free shot given to a player after a foul or a technical foul. The player shoots from the 15-foot free throw line while the rest of the players line up along the outside of the key.

**Lay-Up:** A shot taken close to the hoop, usually when a player is moving toward the basket.

**Man-to-Man:** A defensive strategy in which each player on the defensive team guards one person on the opposing team.

# Basketball

## Procedural Knowledge- what skills I should be able to do.

### BASKETBALL DRIBBLING



#### Preparation Phase

1. Keep body between ball and defender.
2. Head up looking for space or a pass.
3. Keep ball low



#### Execution Phase

1. Dribble ball with fingers
2. Keep ball at your side away from defenders
3. Use cross-overs to change direction



#### Follow Through Phase

1. Tell team mates where to move
2. Attack space
3. Drive to basket.

### BASKETBALL LAY UP



#### Preparation Phase

1. Stand at an angle to the basket
2. Feet shoulder width apart
3. Ball in two hands at chest height

#### Execution Phase

1. Step forward onto right foot
2. Step forward onto left foot
3. . Straighten arms ball above head

#### Follow Through

1. Jump up to basket
2. Push ball onto the corner of the small square
3. Release ball gently
4. Run behind

### BASKETBALL JUMP SHOT



#### Preparation Phase

1. Feet shoulder width apart
2. Bend Knees
3. Set shot grip on ball
4. Ball level with head

#### Execution Phase

1. Look at back of ring
2. Extend arms and legs (jump)
3. Push toes off the floor
4. Release ball above head

#### Follow Through Phase

1. Straight arms and legs
2. Fingers point towards ring
3. Prepare to rebound

### BASKETBALL BOUNCE OR CHEST PASS



#### Preparation Phase

1. Ball in two hands at chest height
2. Elbows pointing out
3. One foot forward, one foot back



#### Execution Phase

1. Step forward onto front foot
2. Straighten arms and flick hands forward
3. Push up onto toes



#### Follow Through Phase

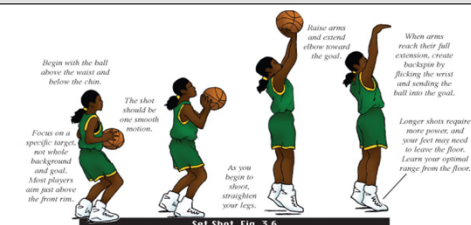
1. Fingers point in direction of pass
2. Arm follows through until straight

### BASKETBALL SET SHOT



#### Preparation Phase

1. Feet shoulder width apart
2. Bend Knees
3. Shooting hand under the ball
4. Other Hand on side of ball



#### Execution Phase

1. Ball Above eyes
2. Look at back of ring
3. Extend elbow and release ball
4. Straighten legs onto tip toes

#### Follow Through Phase

1. Fingers point towards ring
2. Body still on tip toes
3. Move in to rebound

# Football

## Declarative Knowledge: Rules, regulations and positions.

### Rules of The Game

- A match consists of two 45 minutes halves with a 15-minute rest period in between.
- Each team can have a minimum of 11 players
- The ball must have a circumference of 58-61cm and be of a circular shape.
- Each team can name up to 7 substitute players. Substitutions can be made at any time of the match with each team being able to make a maximum of 3 substitutions per side. In the event of all three substitutes being made and a player having to leave the field for injury the team will be forced to play without a replacement for that player.
- Each game must include one referee and two assistant referee's (linesmen). It is the job of the referee to act as timekeeper and make any decisions which may need to be made such as fouls, free kicks, throw ins, penalties and added on time at the end of each half. The referee may consult the assistant referees at any time in the match regarding a decision. It is the assistant referee's job to spot offside's in the match, throw ins for either team.
- If the game needs to head to extra time as a result of both teams being level in a match, then 30 minutes will be added in the form of two 15-minute halves after the allotted 90 minutes.
- If teams are still level after extra time, then a penalty shootout must take place.
- The whole ball must cross the goal line for it to constitute as a goal.
- For fouls committed a player could receive either a yellow or red card depending on the severity of the foul; this comes down to the referee's discretion. The yellow is a warning and a red card is a dismissal of that player. Two yellow cards will equal one red. Once a player is sent off then they cannot be replaced.
- If a ball goes out of play off an opponent in either of the side lines, then it is given as a throw in. If it goes out of play off an attacking player on the base line, then it is a goal kick. If it comes off a defending player, it is a corner kick.

### Positions

**Goalkeeper:** The most important role of the goalkeeper is to prevent the opposing team from getting the ball into the goal. This requires agility, vigilance, bravery, and lightning-quick reactions. (only player allowed to handle the ball within the 18-yard box)

**Left back & Right back:** A full-back helps to keep opposing players away from the goal by protecting against attacks from the wings. They must be able to tackle effectively and accurately, so that they win the ball without committing any fouls.

**Centre back:** A central defender will take charge of defending against attacks that are coming from the centre of the field. They may run between the right-back and the left-back to provide support where needed.

**Left & right midfield:** These players need speed and stamina to allow them to create plays from the wings. Wingers need to have great ball control skills and they should be able to pick out strikers accurately when they cross the ball.

**Centre midfield:** Central midfielders tend to be the busiest players on the pitch, as they are expected to cover most of the pitch. Good central midfielders will be able to provide reliable support to both the defenders and the strikers.

**Centre Forward:** A striker's main job is to get the ball into the back of the opposing team's net they need a mixture of pace, strength, and power.



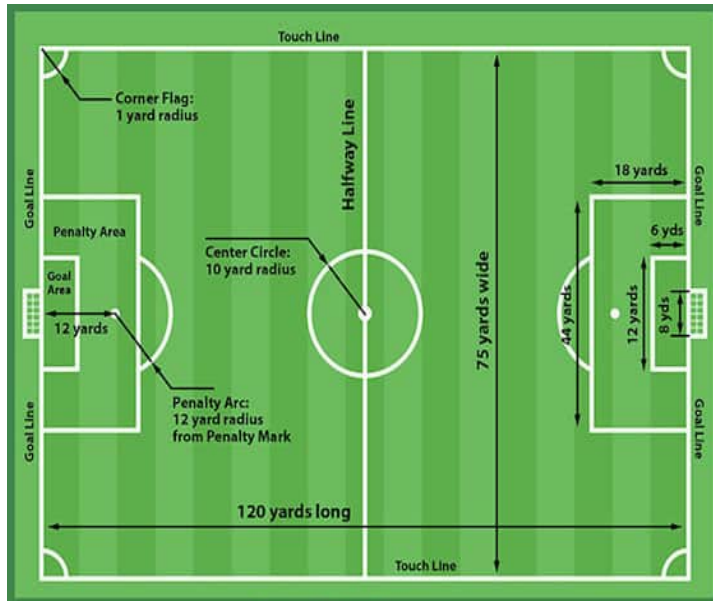


# Football

## Declarative Knowledge: Pitch Markings, Scoring and Key Terms

### Pitch Markings & Equipment

The length of a pitch must be between 100 yards (90m) and 130 yards (120m) and the width not less than 50 yards (45m) and not more than 100 yards (90m).



Essentially the equipment that is needed for a football match is a pitch and a football. Additionally, players can be found wearing studded football boots and shin pads. The goalkeepers will additionally wear padded gloves as they are the only players allowed to handle the ball. Each team will have a designated captain.

### Scoring

To score the ball must go into your opponent's goal. The whole ball needs to be over the line for it to be a legitimate goal. A goal can be scored with any part of the body apart from the hand or arm up to the shoulder. The goal itself consists of a frame measuring 8 feet high and 8 yards wide.

A team is awarded 3 points for a win (more goals scored than the opposition), 1 point for a draw (equal amount of goals scored for each team), and 0 points for a loss (less goals scored than the opposition). Whether a team wins by 1 goal or 5 goals does not make a difference to how many points they are awarded.



### Key Terms

**Corner Kick:** A direct free kick awarded if the defending team was the last to touch the ball before it passed over its own goal line.

**Hand-ball:** When a player other than the goalkeeper touches the ball with his arm or hand.

**Indirect Free Kick:** A free kick resulting from a foul that cannot be shot directly into the goal.

**Mark:** To cover a specific opposing player closely to prevent him from receiving the ball.

**Offside:** An infraction of the rules in which an offensive player does not have at least two defensemen (including the goalie) between them and the goal line when the ball is played forward by a member the offensive team.

**Penalty Kick:** A direct free kick awarded for a foul occurring in the penalty area. The ball is put 12 yards from in front of the goal. Only the goalie and fouled player may be in the penalty area during the kick, but any player may play the ball once touched from goalie.

**Slide Tackle:** A technique of tackling (stealing) the ball from a dribbler by making contact with the ball while sliding on the turf.

**Throw-In:** A technique returning the ball in play when it leaves the field over the touchlines. The player must have both hands on the ball, throw over his head while keeping both feet on the ground.

**Volley:** Kicking the ball in or out of mid-air.

**Wall:** A group of defenders standing near shoulder to shoulder in attempt to defend a free kick near the goal.



# Football

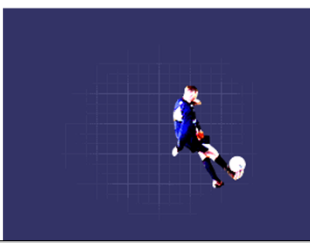
## Procedural Knowledge- what skills I should be able to do.

### FOOTBALL BENDING PASS



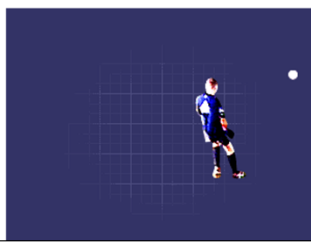
#### STEP 1

1. Place your non-kicking foot in a comfortable position.
2. Approach the ball at an angle.
3. Keep your head still and eyes on the ball.



#### STEP 2

1. To curve the ball from right to left use the inside of your foot, striking the bottom half of the right side of the ball.
2. To curve the ball from left to right with your right foot, use the outside of your foot, contacting the bottom half of the left side of the ball.



#### STEP 3

1. Follow through with the kicking leg in the opposite direction of your target.
2. Cut across the back of the ball.
3. To increase the power of the pass swing the leg through.

### FOOTBALL DRIVEN PASS



#### STEP 1

1. Place your non-kicking foot beside the ball.
2. Use your arms for balance.
3. Keep your head still and eyes on the ball.



#### STEP 2

1. Strike the centre of the ball with your laces.
2. Point your toes downwards.
3. Keep your knee over the ball and weight slightly forward.



#### STEP 3

1. Follow through with the kicking leg.
2. To increase the power of the pass swing the leg through.
3. Do not lean backwards.

### FOOTBALL SHOOTING



#### STEP 1

1. Place your non-kicking foot in a comfortable position.
2. Keep your head still and eyes on the ball.
3. Extend your kicking foot backwards and use your arms for balance.



#### STEP 2

1. Drive the ball low with your laces.
2. Aim for the corners of the goal.
3. To increase power, bring the kicking leg through quickly.



#### STEP 3

1. Follow through with the kicking leg keeping your knee and head over the ball.
2. Use your arms to remain balanced through the skill to increase accuracy.

### FOOTBALL VOLLEYING



#### STEP 1

1. Move your body in line with the flight of the ball.
2. Keep your eyes focussed on the ball and your head still.
3. Use your arms for balance.



#### STEP 2

1. Judge where you think the ball is going to arrive.
2. Plant your non-kicking foot on the ground.
3. Lead with the knee and bring the kicking leg through.



#### STEP 3

1. Keep the leg slightly bent, toes pointing down and ankle firm.
2. Strike the centre of the ball with your laces. Keep your head down during the follow through.

# Athletics

## Declarative Knowledge: Rules and Olympic Games

### Rules

#### Running Events

- From the firing of the starter's gun to the finishing line, an athlete is expected to adhere strictly to some basic rules like he/she must always start behind the start line and must remain in lane throughout the race.
- Jumping the gun can lead to disqualification from the game. Running before the starter's gun is fired is declared as a "false start" and can eventually lead to disqualification if the runner faults twice. Sometimes, athletes are warned before being disqualified.
- If a runner tries to impede a fellow athlete's progress by blocking, shoving, or interfering to gain unfair advantage, he/she is disqualified from the game.
- In shorter events such as in 800 meters race, athletes should stay inside the lane. In longer events, they can move to the innermost lanes with a condition that they should not touch the other participants.

#### Throwing Events

- In throwing events an athlete is expected to aim further than anybody else.
- Javelin is the only event that allows the participant to run.
- In shot put, discus and hammer throw, athletes can spin their object within a pre-defined circle to create momentum before throwing.

#### Jumping Events

- Most jumping events have a sand pit to enable the athlete to land safely after the jump.
- If the athletes happen to fall back after landing, the distance measured is to the contact point. The athletes are given three chances and the best score is counted.
- Height is measured in events like high jump and pole vault. A height goal is marked by a bar which is set by the athlete and if cleared, they score for the specific round.

### Olympic Games

The modern Olympic Games or Olympics are leading international sporting events featuring summer and winter sports competitions in which thousands of athletes from around the world participate in a variety of competitions.



The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.



# Athletics

## Declarative Knowledge: Track, Field and Key Terms

### Track

#### Sprint events

60m  
100m  
200m  
400m

#### Middle distance events

800m  
1500m  
1600m  
2000m  
3000m



#### Long distance events

10,000m  
20,000m  
30,000m  
42,195m (Marathon)

Hurdles and steeplechase: The steeplechase is an obstacle race over 3000m. The steeplechase usually comprises of a water jump as well. Likewise, hurdles events consist of obstacles placed in regular intervals over the distance of the race.

#### Relay Events

4 x 100m  
4 x 200m  
4 x 400m  
4 x 800m



### Field

#### Shot Put

In the shot put, you throw a heavy spherical object called the shot. The one that lands the furthest, wins.

#### Hammer Throw

The hammer throw involves a heavy ball attached to a strong wire. Whoever can throw the hammer the furthest, wins the event.

#### Discus Throw

The discus is a heavy disc (like a frisbee) whoever throws it the furthest, will win.

#### Javelin Throw

The javelin is a spear about 2.5 m in length. You need to run within a predetermined area to build up speed and throw it as far as possible.

#### Long Jump

In this event, you run down a strip and jump as far as possible from a wooden board. You leap into a pit filled with sand.

#### Triple Jump

Similar to the long you have to run down the track and perform a hop, a bound and then a jump into the sand pit.

#### Pole Vault

In the pole vault, you sprint down a track, plant one end of the pole in the metal box and catapult yourself over a horizontal bar release the pole and fall onto the landing mattress.

#### High Jump

To do the high jump, you do a short run-up, leap from one foot over a horizontal bar, and fall onto a cushioned landing area.

### Key Terms

**Athlete** - a person who is skilled in track and field events, a sportsperson

**Athletics** - the sport of competing in track and field events

**Baton** - a short stick or tube passed from runner to runner in a relay race

**Bell lap** - the final lap in a distance race, signalled by the ringing of a bell

**Decathlon** - a men's athletic competition combining 10 track and field events

**False start**- failed start of a race, usually caused by a runner moving forward before the starting gun is fired

**Foul** - an unfair or illegal act, e.g. foul throw, foul jump

**Heat**: A preliminary race during an event that involves multiple rounds of qualifying races. In such an event, any race prior to the final may be considered a heat.

**Heptathlon** a women's athletic competition combining 7 track and field events

**Hurdles** - upright frames, normally placed in a series, that athletes jump over

**Lane** - A number of parallel strips marked on a running track for athletes to run along

**Lap** - one circuit of, or one time around, a running track or a racetrack

**Marathon** - a long-distance running race of 26 miles and 385 yards (42.195 km)

**Record** - the best performance in a sporting event that has been officially measured and noted

**Relay** - race between teams of runners in which each team member in turn covers part of the total distance

**starting blocks** - small rigid blocks for bracing a runner's feet at the start of a race.

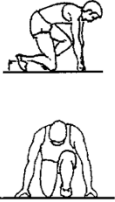


# Athletics

## Procedural Knowledge- what skills I should be able to do.

### SPRINT STARTS

#### ON YOUR MARKS



1. Front foot usually set flatter
2. Both feet, hands and knee of back leg on ground
3. Hands directly under shoulders, fingers arched, slightly wider than shoulder width apart
4. Arms straight, weight

#### GET SET



1. Hips raised slightly higher than shoulders
2. Shoulders slightly forward of hands
3. Front knee ~90°, Rear

#### DRIVE PHASE



1. Trunk straightened and lifts
2. Both legs press hard against blocks/floor
3. Hands lifted from ground swinging alternately
4. Rear leg pulled rapidly forwards
5. Full knee and hip extension of front

#### ACCELERATION PHASE



1. Front foot quickly planted on ball
2. Forward lean maintained, head down
3. Lower leg parallel to ground in recovery

#### EARLY ACCELERATION

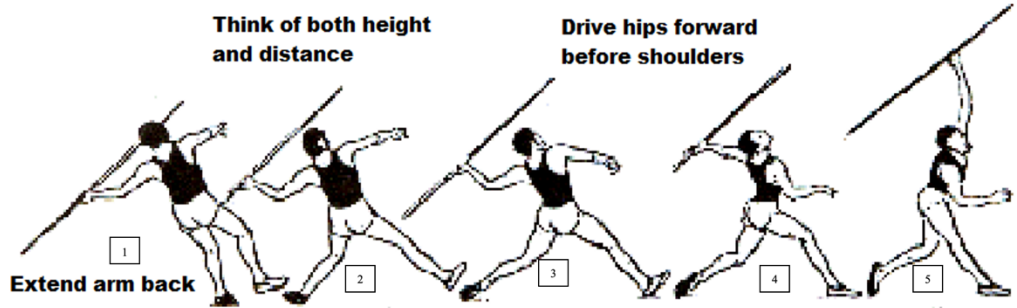


1. Stride length & frequency are increased with each stride
2. Low body position is maintained
3. Trunk straightens after 20-30 metres

### Javelin

Think of both height and distance

Drive hips forward before shoulders



Extend arm back

#### PREPARATION 1

1. Extend throwing arm as far back as possible

Non-throwing shoulder face direction of throw

Tip of javelin stays level with the eye

Keep throwing hand about level with shoulder

#### EXECUTION 2 & 3

Plant opposite foot transferring weight forward

Drive the hips forward before the shoulder

Turn throwing elbow inwards

Keep palm facing up

#### Plant foot

#### FOLLOW-THROUGH 4 & 5

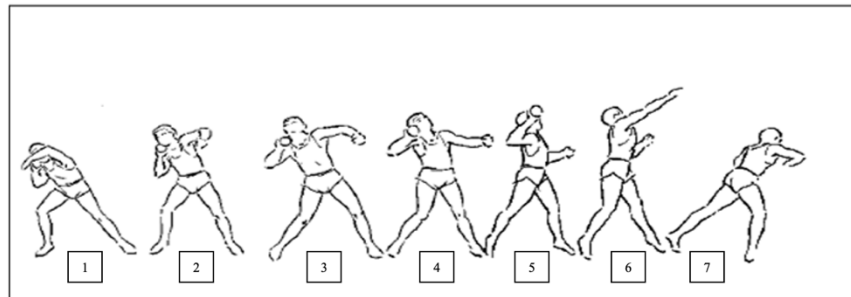
Reverse leg position once javelin is thrown

Lower centre of gravity

Bend front leg to absorb momentum

Do not cross throwing boundary line

### Shot Putt



#### PREPARATION 1 & 2

Hold 'shot' under chin and against neck

'Dirty fingers, clean palms'

Bend legs at the knees

#### EXECUTION 3 & 4

Crouch down lifting opposite leg off the floor

Shift body weight onto back leg

Kick opposite leg out in a controlled fashion

Pull other foot quickly underneath body

#### FOLLOW-THROUGH 5, 6 & 7

Drive hips forwards before shoulders

Turn body as travelling from low to high

Release 'shot' when legs and trunk fully extend

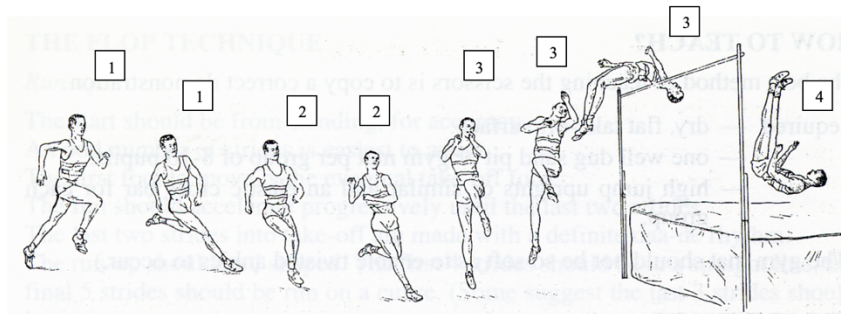
Keep elbow high throughout the throw



# Athletics

## Procedural Knowledge- what skills I should be able to do

### High Jump



PREPARATION 1

**Run Up**  
Run-up should be an odd number of strides  
Curve run using 'J-Shape' technique  
Run tall with trunk upright  
Lean naturally away from the bar

EXECUTION 2 & 3

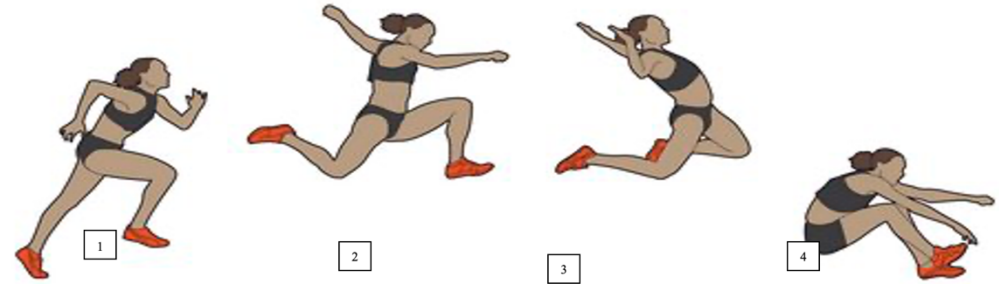
**Take-Off**  
Drive off of outside leg  
Lift other leg up and high  
Drive upwards using arms  
Stay upright during and after take-off

**Flight**  
Use arms to guide rest of the body over the bar  
Push hips up  
Arch back to create a curve  
Lift legs over bar last being careful not to kick it

FOLLOW-THROUGH 4

**Landing**  
Land on back and shoulders  
Use arms to help with impact on landing  
Control legs down

### Long Jump



PREPARATION 1

Have a controlled and timed run-up  
Run through the board  
Drive take-off foot down and back  
Drive other knee up and forwards  
Drive through with arm.  
Keep body upright

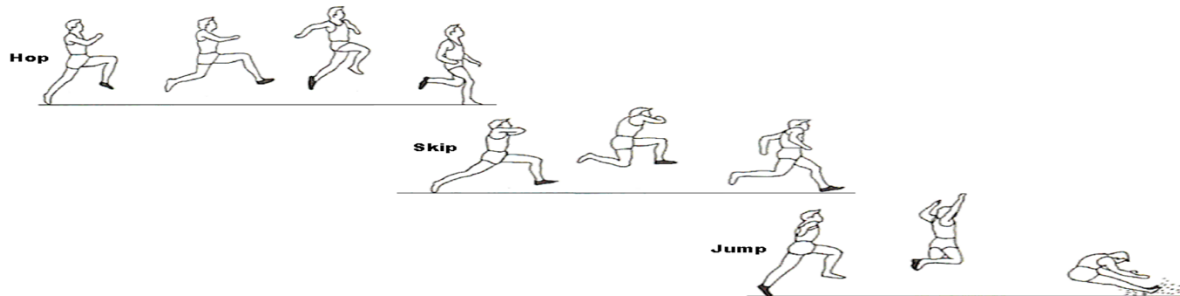
EXECUTION 2 & 3

Keep body upright  
Bring arms above head  
Keep head straight  
Slowly bring legs forward  
Swing the arms upwards.  
Hips high.

FOLLOW-THROUGH 4

Reach legs out in front at landing  
Land with heels first and bend knees  
Reach arms toward toes  
Collapse body forward or sideways  
Feet together  
Reach forwards

### Triple Jump



PREPARATION 1

**Hop**  
Drive take off foot down and back  
Drive other knee up and forwards  
Keep body upright, use arms for balance  
Keep 'Hop' long rather than high

EXECUTION 2

**Skip / Step**  
Land with flat foot and drive down and back  
Drive other knee up and forwards  
Fully extend hip, knee and ankle joints  
Bring foot down ready for 'Jump' phase

FOLLOW-THROUGH 3

**Jump**  
Drive take-off foot down and back  
Fully extend hip, knee and ankle joints  
Drive other knee up and forwards  
Pull arms through high above head

# Rugby

## Declarative Knowledge: Rules and Positions

### Rules of The Game

- The game is broken down into two 40-minute halves with a 10-minute rest period in between. The game carries no stoppage time and will end exactly on 80 minutes.
- Each team can start with 15 players and up to 7 substitutes. Players that have left the field are only allowed to return if they have been treated for an injury.
- The game must have one referee and two touch judges. It is the referee's job to time keep, make decisions throughout the game, and keep order on the field. The two touch judges can assist the referee with decisions and notify the referee when players are in touch (out of playing boundaries).
- The game will stop if a player is fouled, the ball goes out of play or a try or drop goal is scored.
- The defending team must tackle a player by grabbing a hold and pulling them to the floor. A tackle cannot be made above shoulder height and doing so will cause the referee to award a foul.
- Once the ball goes into touch a line out is called. Up to 7 players can enter a line-out and any of these players can be lifted in order to catch the ball being thrown in. Both teams can compete to win the ball.
- A scrum will be called for minor infringement of the Laws (for example, a forward pass or knock on) or the ball becoming unplayable in a ruck or maul.
- A successful conversion, penalty or kick at goal only occurs when the player manages to kick the ball through the top section of the goal. If a player is unsuccessful the ball is still in play until it crosses one of the playing fields boundaries.
- Attacking players must remain behind the ball whilst active or run the risk of being called offside. Players not interfering with play can be in front of ball but must get back behind the ball before then again interfering with play.

### Positions

A rugby team has 15 positions. Each one wears a specific number and has individual responsibilities:

1-8 refer to as the *pack* or the *forwards*. This group's main goal is to win possession of the ball. These players are usually the heavyweights of the team, using their bulk and strength to try to overpower their opponents.

9-15 refer to the *backs*. This group provide speed and agility and evasiveness required in many cases to score tries.



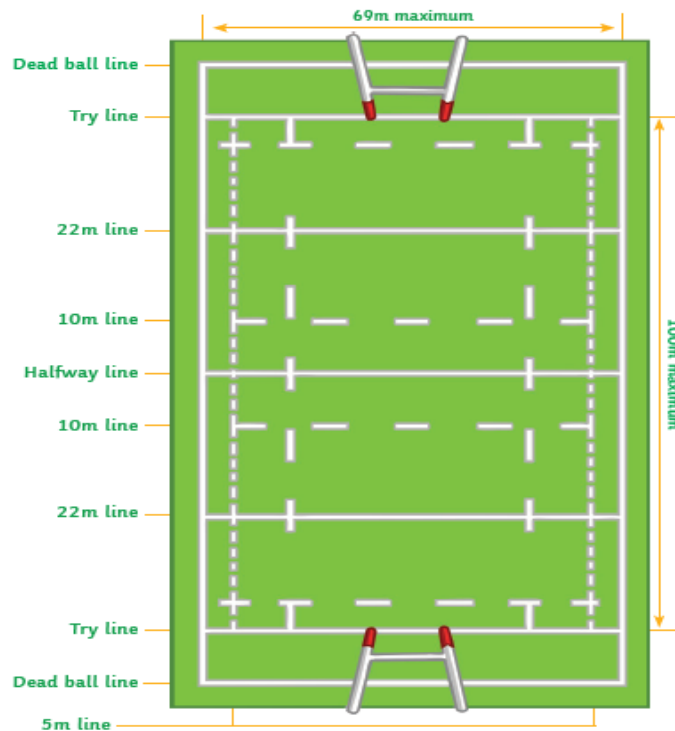
# Rugby

## Declarative Knowledge: Pitch Markings, Scoring and Key Terms

### Pitch Markings and Equipment

The pitch is split up into three sections; one main playing area which must not exceed 100 metres and two dead goal areas which can range from 10 to 20 m. The pitch must then be equal to 70 metres wide. The goal posts are in an 'H' shape and are roughly 5 to 6 meters apart with no restrictions on height.

Studded boots can be worn along with gum shields, head guards, shoulder pads and shin pads. Each team must wear the same coloured shirts with matching shorts and socks.



### Scoring

The aim of rugby is to score more points than the opposition within 80 minutes. This is done in four different ways:

**Try:** The most valuable play is to score a try, which means touching the ball down in the opponent's in-goal area or on their goal line. Doing so is worth five points and earns that team the right to attempt a conversion kick.



**Conversion kick:** This kick is worth an additional two points. The conversion kick is taken from a spot in line with where the ball was originally grounded, so scoring as close to the posts as possible is best.

**Penalty kick:** Penalties for various infractions can be used to take a kick at goal, which is worth three points.

**Drop goal:** A dropped goal, which occurs when the player drops the ball on the ground and then kicks it just as it bounces, is worth three points if it goes through the uprights.

### Key Terms

**Lineout:** Both teams line up opposite each other, but one team then throws the ball down the middle of the tunnel. Lineouts restart play after the ball, or a player carrying it, has gone out of bounds.

**Maul:** Occurs when a player carrying the ball is held by one or more opponents, and one or more of the ball-carrier's teammates bind on the ball-carrier. All the players involved are on their feet and moving toward a goal line. Open play has ended.

**Ruck:** One or more players from each team, who are on their feet and in contact, close around the ball on the ground. Once a ruck has been formed, players cannot use their hands to get the ball, only their feet.

**Scrum:** A contest for the ball involving eight players who bind together and push against the other team's assembled eight for possession of the ball. Scrums restart play after certain minor infractions.

**Offload:** Offloading means you are trying to keep the attack alive. At times when you cannot beat your opposition, offload the ball to a support runner before going to ground.

**Advantage:** Period after an infringement in which the non-offending side have the opportunity to gain sufficient territory or tactical opportunity to negate the need to stop the game due to the infringement

# Rugby

## Procedural Knowledge- what skills I should be able to do.

### RUGBY-PASSING



#### Preparation Phase

1. Ball in two hands
2. Step to side look at target
3. Step into pass



#### Execution Phase

1. Arms swing across body
2. Fingers point towards target
3. Release ball



#### Follow Through Phase

1. Follow pass
2. Stay out of the way of forward runners

### RUGBY-SIDE TACKLE



#### Preparation Phase

1. Look at hips of attacker – chin up!
2. Crouch with hips lower than shoulders and arms wide.
3. Line up attacker to one side.



#### Execution Phase

1. Drive Shoulder into hips
2. Wrap arms around legs
3. Cheek to cheek!!!
4. Pull arms in tight and drive attacker to floor head on top.

#### Follow Through Phase

1. Release Tackler
2. Both Hands over head
3. Roll away



# Cricket

## Declarative Knowledge: Rules and Positions

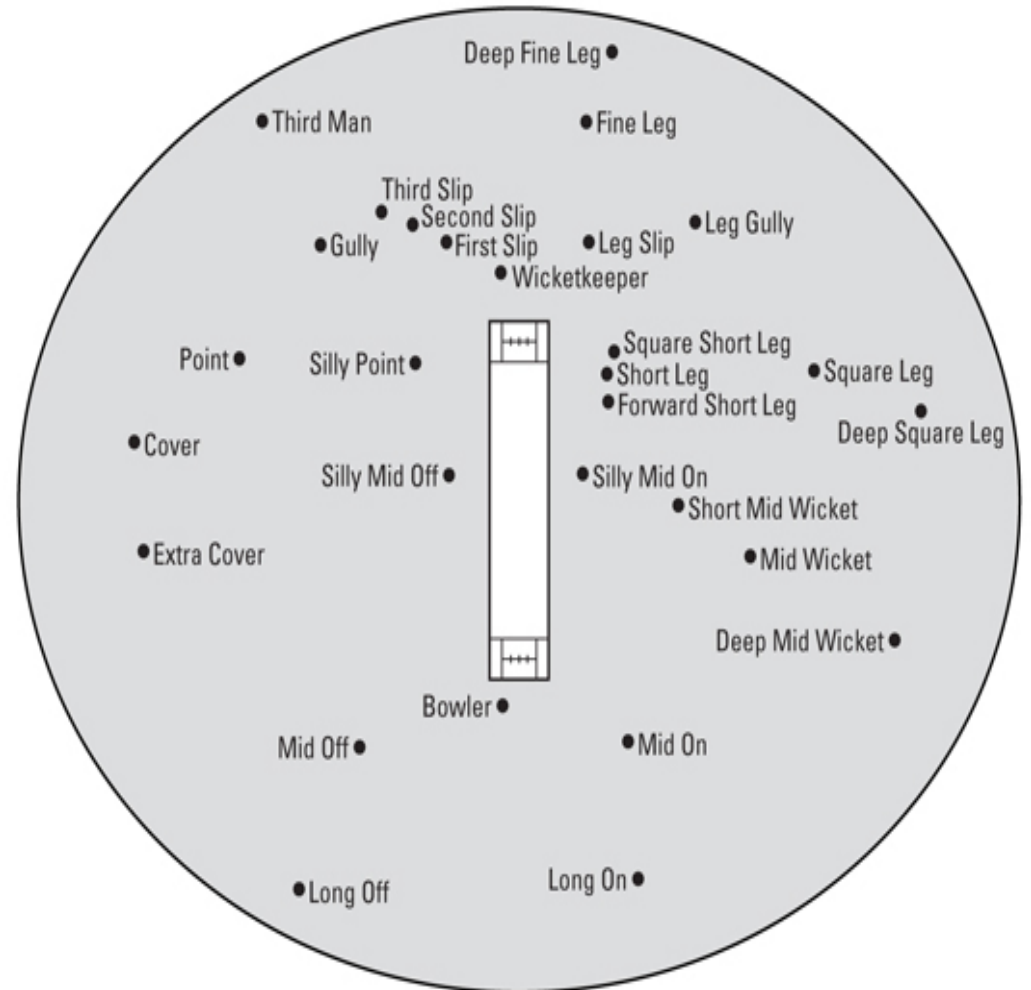
### Rules of The Game

- Two teams, both with 11 players, take it in turns to bat and bowl.
- When one team is batting, they try and score as many runs as they can by hitting the ball around an oval field.
- The other team must get them out by bowling the ball overarm at the stumps, which are at either end of a 22-yard area called a wicket.
- The bowling team can get the batsmen out by hitting the stumps or catching the ball.
- Once the batting team is all out, the teams swap over, and they then become the bowling side.
- Each time a team bats it is known as their innings. Teams can have one or two innings depending on how long there is to play.
- Whoever scores the most runs wins. But a cricket match can be drawn too.
- That happens when the team bowling last fails to get all the batsmen out. But this is only when there are two innings per team.
- If there is one innings, the only way a match can be drawn is if the two teams score the same number of runs.
- Two umpires officiate the game on the field of play, but at international level there is also a third umpire on the side-lines and a match referee.



### Positions

This diagram shows you all the commonly used fielding positions in cricket. The figure assumes that a right-handed batsman is standing at the opposite end of the pitch from the bowler.

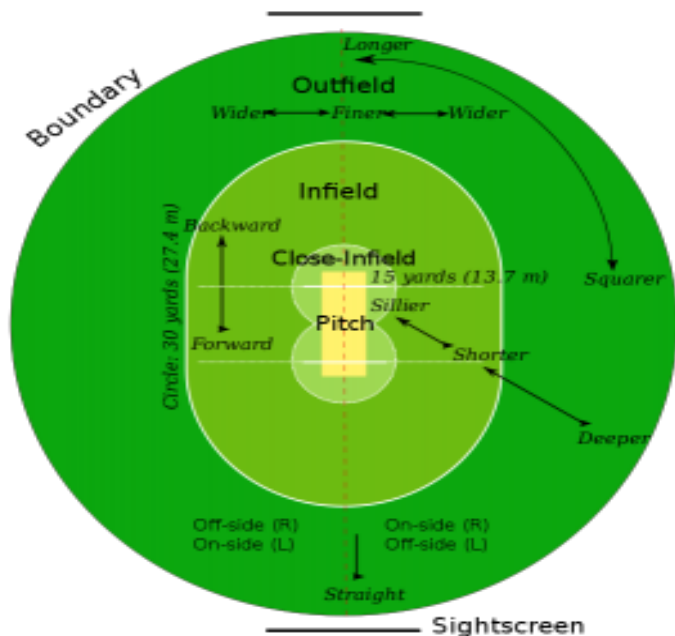


# Cricket

## Declarative Knowledge: Track, Field and Key Terms

### Equipment & Pitch Markings

- Helmet, Leg pads, Gloves for batsmen only, wicket-keeper's gloves, usually includes webbing between the thumb and index fingers.
- Ball with a cork base.
- A wooden bat, the bat cannot be more than 38 inches (96.5 cm) long and 4.25 inches (10.8 cm) wide. The bat has a long handle and one side has a smooth face.
- Stumps – three upright wooden poles that, together with the bails, form the wicket.
- Bails – two crosspieces made of wood, placed on top of the stumps.
- Boundary – A rope demarcating the perimeter of the field known as the boundary.



### Scoring

One run is scored each time the batsmen cross and reach the set of stumps at the other end of the pitch.

Four runs can be scored if the ball reaches the perimeter of the field or six runs if crosses the perimeter without bouncing.

If a captain feels their team has scored enough runs, they can bring the innings to a close by making a "declaration".

### Key Terms

**Striker** – A batsman facing the bowler is called striker and the opposite end is called non-striker.

**Off-side/leg-side** – One half of the ground is called off-side and the other side is called leg-side. From the perspective of a right-handed batsmen, the pitch in front of his body as he takes a strike, i.e. the right side of the pitch is called off-side. Similarly, the left half of the pitch, i.e. the pitch behind his body while taking a strike is called as leg-side.

**Run** – It is the basic unit of scoring in cricket. It is scored when a striking batsman hits the ball bowled and runs between the stumps along with non-striker. It is usually scored in ones, twos, and threes.

**Extra runs** – All the runs given by fielding team where the batsmen have not hit the ball with the bat are considered as extra runs. For example, wide, no-ball, etc.

**No-ball** – If a bowler's foot crosses the popping crease while delivering the ball then, it is called a no-ball. The ball bowled that is directed above waist of the batsman without pitching on the ground is a no-ball too.

**Wide** – A ball that is bowled away from the batsman and moves wide of the return crease on the off-side at the batting end is called wide. Another definition is ball bowled that bounces over the head of the batsman after pitching is also called wide.

**Bowled** – It is a way of getting out where the batsman misses the ball bowled and the stumps behind are disturbed.

**Caught** – A batsman is declared out when the fielder catches the ball on full that is hit by the batsman. If it is caught by the wicketkeeper then, it is called caught behind.

**LBW** – LBW stands for leg-before wicket. A batsman is declared out as lbw when he tries to play the ball with the body that is directed on to stumps.

**Run-out** – If a fielder disturbs the stumps with ball in hand while the batsman is not in the crease after playing a shot, then the batsman is declared run-out.

**Stumped** – A batsman moves out of crease to play a ball and misses; the keeper gathers the ball and hits the stumps with ball in hand. Then, the batsman is declared out as stumped.

**A "Bye"** – is where a ball that is not a no ball or wide passes the striking batsman and runs are scored without the batsman hitting the ball.

**A "Leg Bye"** – is where runs are scored by hitting the batsman, but not the bat and the ball is not a no ball or wide.

# Cricket

## Procedural Knowledge- what skills I should be able to do.

### CRICKET BOWL OFF SPIN



#### Preparation Phase

1. Hold ball across the seam.
2. Index finger and third finger spread wide across the seam.
3. Thumb should be resting on the side/bottom on the ball.
4. Run up is short and slower.
5. Run up is at an angle.

#### Execution Phase - Coil

1. Keep ball close to your chin, with head looking over your high front arm.
2. Keep body upright during delivery.
3. Back leg should land first, front leg should be raised.
4. Front leg lands with foot pointing forwards towards the batsman.
5. Front arm points towards batsman.
6. Bowling arms remains straight throughout delivery.
7. Fingers and wrist turn/rip clockwise to generate spin on the ball.

#### Follow-Through Phase

1. Fold your bowling arm into your body.
2. Rotate trunk
3. Back leg must drive through towards batsman.
4. Make sure you do not stand in front of the umpire.

### CRICKET BOWL FAST/SWING



#### Preparation Phase

1. Hold fingers down the seam.
2. Take short strides at beginning of run up, and then change to longer strides.
3. Keep arms close to body during run up.
4. Keep head still and focus on target.
5. Turn your body side on at the stumps, and lean back.

#### Execution Phase - Coil

1. Keep ball close to your chin, with head looking over your high front arm.
2. Keep body upright during delivery.
3. Back leg should land first, front leg should be raised.
4. Front leg lands with foot pointing forwards towards the batsman.
5. Front arm points towards batsman.
6. Bowling arms remains straight throughout delivery.
7. Ball is released at highest point of delivery.

#### Follow-Through Phase

1. Fold your bowling arm into your body.
2. Rotate hips around.
3. Back leg must drive through towards batsman.
4. Momentum will take you forward.
5. Make sure you don't run down the middle of the pitch.
6. Veer off to the side.

### FIELDING – Long Back



#### Preparation Phase

1. Attack the ball at a steady pace.
2. Keep your eyes on the ball.
3. Pick up the pace and line of the ball.
4. Position yourself in line with the ball, so the ball is in the midline of your body.
5. Prepare to get down to field ball.

#### Execution Phase - Coil

1. Make sure you are side on to the ball (turn to the right so right shoulder is facing ball).
2. Place your right knee on the floor, so that lower part of leg is flat on the ground.
3. Left heel must be placed next to (touching) the right knee, forming a barrier.
4. Barrier must not be at an angle, as if ball hits leg will run off past fielder.
5. Fielder must take ball in two hands in front of barrier.
6. Return to feet when ball is under control.

#### Follow-Through Phase

1. Once on feet fielder must return ball quickly.
2. Get a solid base for throwing (feet shoulder width apart).
3. Non throwing arm pointing at target.
4. Throwing arm flexed ready to release.
5. Keep eye on target.
6. Release ball (over arm throw).



# Cricket

## Procedural Knowledge- what skills I should be able to do.

### DEFFENSIVE SHOTS – FORWARD DEFENSE



#### Preparation Phase

1. Grip the handle of the bat, both hands close together.
2. V between thumb and first finger running down the middle of the back of bat.
3. Head still, eyes level feet shoulder width apart.
4. Pick bat up, like 'rocking a baby'.
5. Bat should be above middle stump.



#### Execution Phase - Coil

1. Lean with head and shoulders forward.
2. Front foot should be placed next to the pitch of the ball.
3. Back foot should remain on the ground, but lift on to toes, weight over front foot.
4. Hold top hand tight onto grip, and bottom hand loose (keep ball down).
5. Bat should swing forward towards the ball, showing full face of bat, front leg bent.
6. Contact should be made in the middle of bat, and close to front leg, eye on ball.



#### Follow-Through Phase

1. Weight remains over front foot.
2. Bat should finish angled down over the ball.
3. Front elbow should finish high.
4. Head is still and over the top of the ball.
5. Front elbow is kept high.
6. Top hand is held strongly on bat, lower hand is loose.
7. Back foot remains on the ground.

### DEFFENSIVE SHOTS – BACKWARD DEFENSE



#### Preparation Phase

1. Grip the handle of the bat, both hands close together.
2. V between thumb and first finger running down the middle of the back of bat.
3. Back foot move back towards stumps and inline with the ball.
4. Back foot remains parallel to the crease.
5. Front foot is placed beside back foot.



#### Execution Phase - Coil

1. Bat comes towards ball, full face if bat pointing towards bowler.
2. Contact is made under the eyes of batsman.
3. Head should stay in line with the ball, and batsman remains on balance.
4. Weight should remain forward.
5. Front elbow must remain in a high position to keep ball down.
6. Bat should be angled down and shot played with soft hands, ensuring ball is kept down.



#### Follow-Through Phase

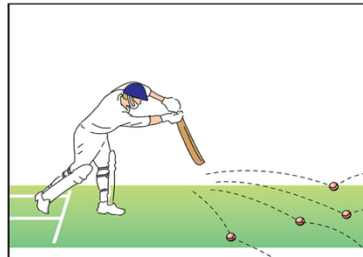
1. Weight remains over front foot.
2. Bat should finish high in line with shoulders.
3. Front elbow should finish high.
4. Head is still and over the top of the ball.
5. Ball is kept low and instantly hits the group near batsman's feet.
6. Top hand is held strongly on bat, lower hand is loose.

### ATTACKING SHOTS - DRIVE



#### Preparation Phase

1. Grip the handle of the bat, both hands close together.
2. Head still, eyes level feet shoulder width apart.
3. Pick bat up, like 'rocking a baby'.
4. Bat should be above middle stump.



#### Execution Phase - Coil

1. Front foot should be placed next to the pitch of the ball.
2. Back foot should remain on the ground.
3. Bat should swing forward towards the ball, showing full face of bat.
4. Contact should be made in the middle of bat.
5. Keep eye on the ball.



#### Follow-Through Phase

1. Weight remains over front foot.
2. Bat should finish high in line with shoulders.
3. Both elbows should finish high (keeping ball down).
4. Keep head still.