

# HIGHAM LANE SCHOOL

## Y7 CORE PE

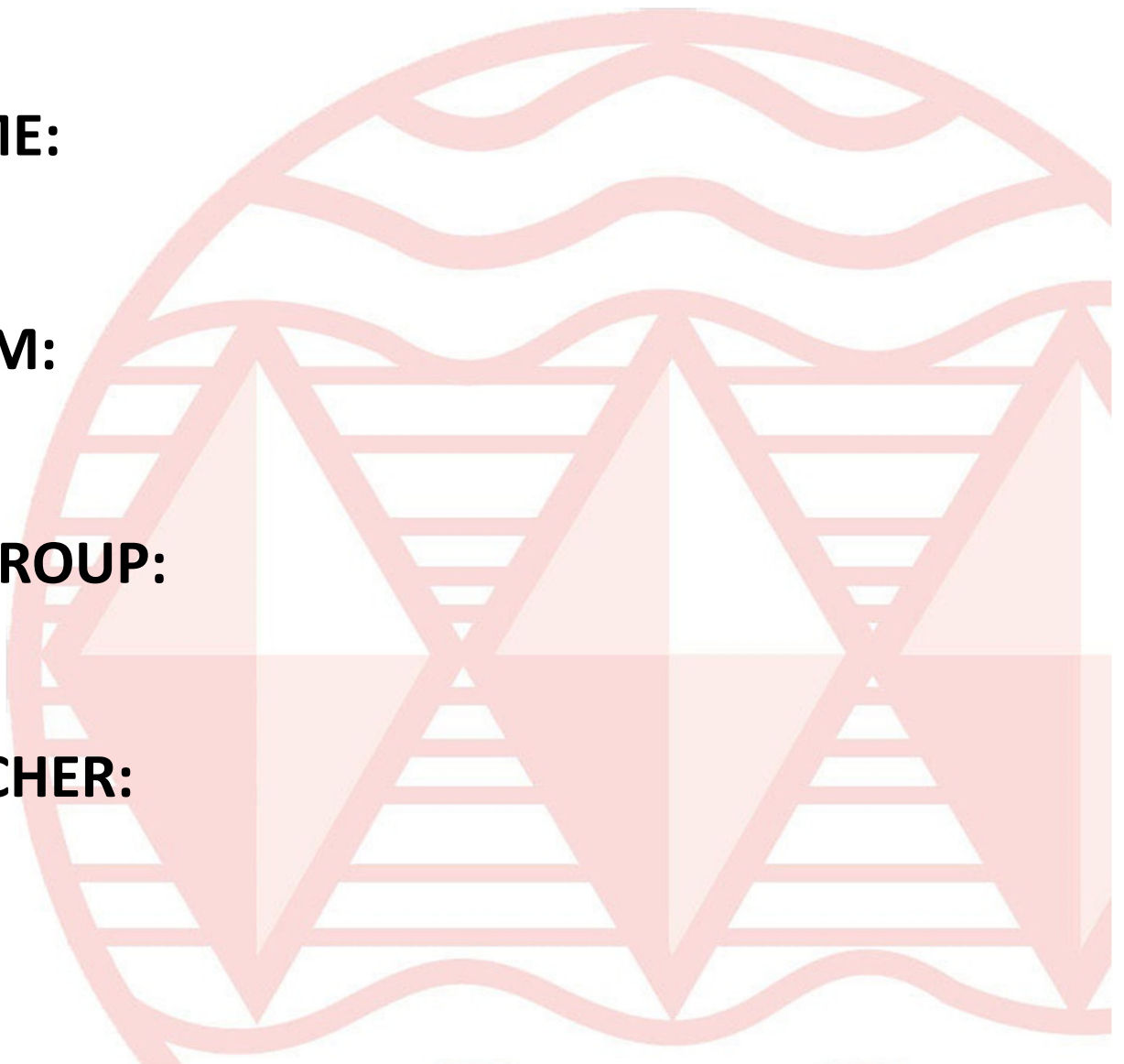
### Knowledge booklet

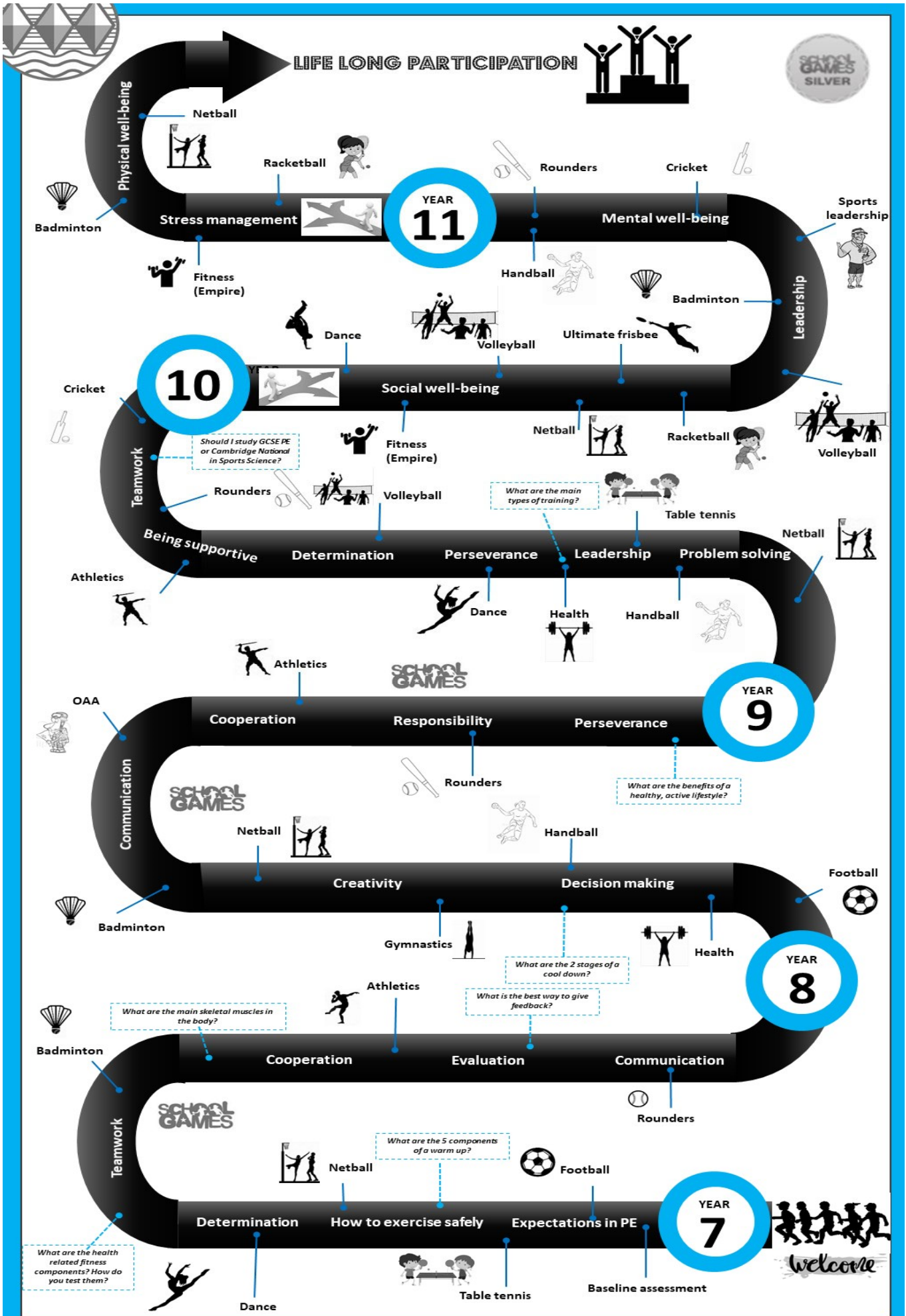
**NAME:**

**FORM:**

**PE GROUP:**

**TEACHER:**

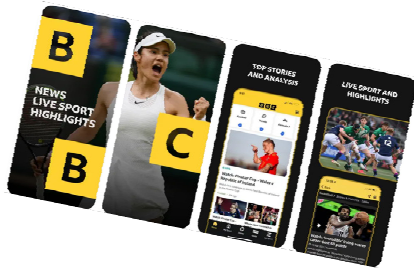




**"Having fun whilst developing physically, mentally and socially!"**

## Reading List

Year	Title	Author	Type	Sport
7	Armistice Runner	Palmer, Tom	Fiction	Running
7	Double Scribble	Terrell, Brandon	Comic	Basketball
7	Training Transformation	Terrell, Brandon	Comic	Football
7	The Greatest	Gibbons, Alan	Fiction	Boxing
7	Extreme Sports	Bone, Emily	Non-Fiction	Various
7	Bad Days in Sport	Jon Marthaler	Non-Fiction	Various
7	Dream On	Rai, Bali	Fiction	Football
7	Scrum	Palmer, Tom	Fiction	Rugby
7	Kick	Johnson, Mitch	Fiction	Football
7	Respect: the Walter Tull Story	Morgan, Michaela	Fiction	Football
7	Hope in a Ballet Shoe: Orphaned by War, Saved by Ballet: An Extraordinary True Story	DePrince, Michaela	Non-Fiction	Dance


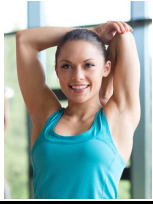




**Download the BBC sport app to keep up to date with the latest sports news!**

**Summarize any reading you have done here!**

It could be writing a blurb for one of the sports books that you have read or summarizing a news article that you found interesting!!

# HOW TO EXERCISE SAFELY—WARM UP

	Examples of exercises	Ideas to help you
<b>Pulse raising activities</b>	Jogging, side steps, high knees, heel flicks	Exercises that gradually increase <b>heart rate</b> and <b>body temperature</b> 
<b>Mobility exercises</b>	Open and close the gate, shoulder rotations, ankle and wrist circles.	This involves exercises that take <b>joints</b> through their <b>full range of movement</b> . For example the <b>shoulder joint</b>
<b>Stretches</b>	Hamstring stretch, quadricep stretch, gastrocnemius (calf) stretch, triceps stretch	Exercise that prepare the <b>muscles</b> for the sport. For example, the <b>Triceps stretch</b> 
<b>Dynamic Movements</b>	Sprinting, zig zag runs	The <b>movements</b> should be directly linked to the <b>sport</b> . The exercise might involve <b>changes of speed</b> and <b>direction</b> 
<b>Skill Rehearsal</b>	Passing the ball between teammates, shooting practice.	Carrying out <b>movement patterns / skills</b> you are going to use in the sport 

# HOW TO EXERCISE SAFELY—COOL DOWN

<i>Component ( part ) of cool down</i>	<i>Examples of exercises</i>	<i>Ideas to help you</i>
<b>Pulse lowering activity</b>	Slow jog to a walk	Exercises that gradually decrease <b>heart rate</b> and <b>body temperature</b>
<b>Static stretching</b>	Static hamstring stretch Static quadricep stretch Static deltoid stretch	Exercise that take the <b>muscles</b> back to their resting length. For example, the <b>biceps stretch</b>



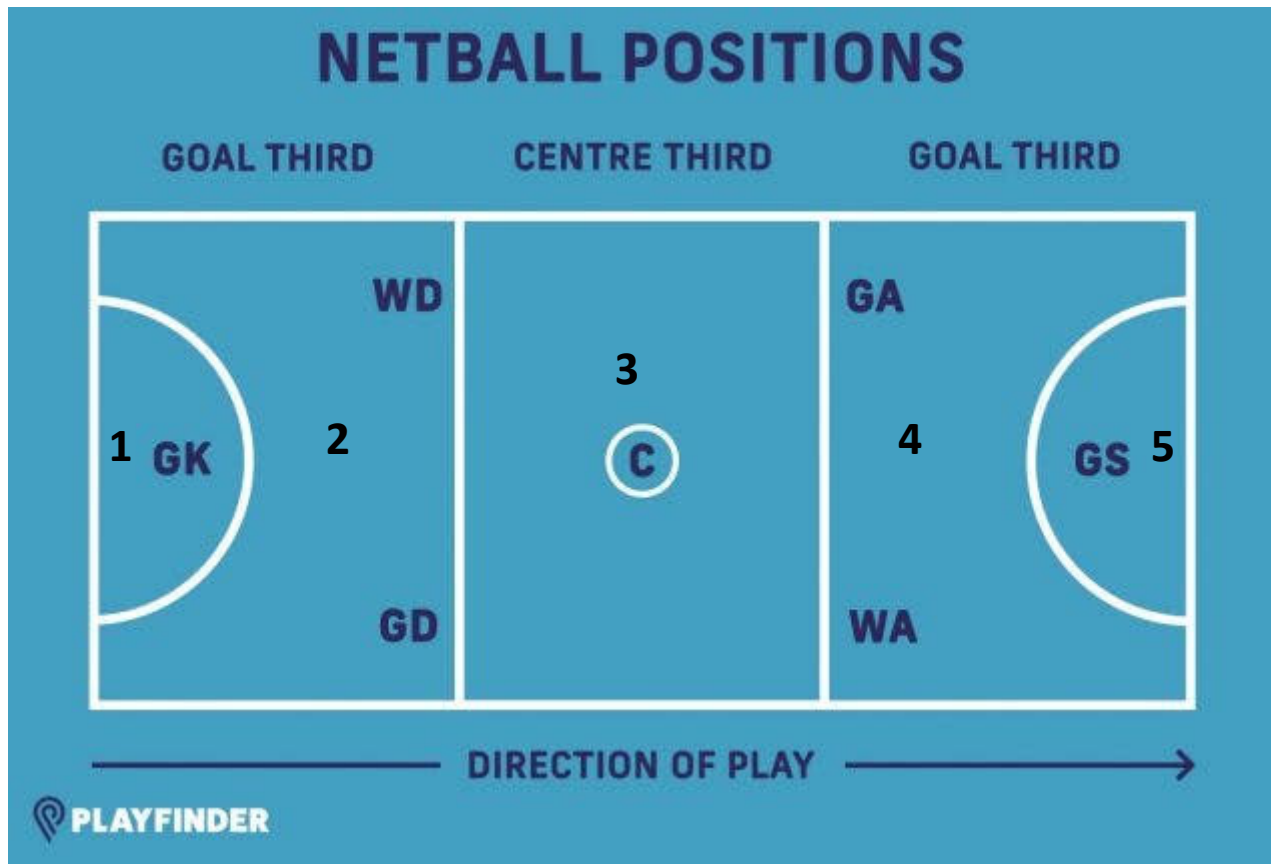
# HEALTH

## Component of fitness

<b><i>Component of Fitness</i></b>	<b><i>Definition</i></b>	<b><i>Example—when do you need this in sport?</i></b>
<b><i>Cardiovascular endurance</i></b>	The ability to exercise the whole body for a long period of time without fatigue.	To be able to keep on running for a long period of times during a long distance race in athletics
<b><i>Muscular endurance</i></b>	The ability of your muscles to keep contracting for a long period of time.	To keep passing the ball and running for the whole 60 minutes of a netball game
<b><i>Muscular strength</i></b>	The ability to apply force against a resistance.	To be able to push the shot putt as far as you can.
<b><i>Flexibility</i></b>	The range of movement at a joint.	To be able to lift your leg as high as you can when doing a kick in dance.
<b><i>Speed</i></b>	The ability to move the body or parts of the body quickly.	To be able to run as quickly as you can during a 100m race.
<b><i>Agility</i></b>	The ability to change direction at speed.	To dribble in and out of defenders with the ball in football.
<b><i>Power</i></b>	This is produced when you combine strength with speed. ( where you move fast with a lot of force)	To return the shuttle back with force in badminton.
<b><i>Coordination</i></b>	The ability to move two or more body parts at the same time with control.	To hit the ball in rounders To serve properly in badminton
<b><i>Reaction time</i></b>	The time taken to respond to a stimulus.	To respond to where the ball lands in table tennis
<b><i>Balance</i></b>	The ability to remain stable over a base of support.	To land and stay still when doing foot-work in netball.  To hold freeze frame positions without

# NETBALL

## Playing positions



Name of position	Letters on bib	Areas that they are allowed to go (put the numbers from the diagram above)
Goal Keeper	GK	1 and 2
Goal Defence	GD	1, 2 and 3
Wing Defence	WD	2 and 3
Centre	C	2, 3 and 4
Wing Attack	WA	3 and 4
Goal Attack	GA	3, 4 and 5
Goal Shooter	GS	4 and 5

# FOOTBALL

## Key rules and skills

The object of the game is for teams to pass a ball down the pitch and to score goals.

The attacking team will try to keep possession of the ball and create a goal scoring opportunity.

In a full sized game, there are **11 players per team** and the game lasts for **90 minutes**.

During play, a player with the ball can dribble with the ball.

To **score** a goal, the ball must **cross the goal line**. The team with the most goals at the end of the game will win the game

### What are the basic rules of football?

If the **ball goes off the side** of the pitch it is a **throw in to the opposing team**.

If the **ball goes off the end of the pitch** it is a **goal kick** or a corner depending on which team is attacking or defending.

A free kick or penalty is awarded if a player in possession of the ball is illegally fouled.

The **goalkeeper** is the **only player** allowed to **touch the ball with their hands** and can only do this inside their area.

### What are the basic techniques used in football?

You are best to pass the ball with the inside of your foot.

You should plant your non-dominant foot at the side of the ball.

You should keep your head up when dribbling the ball so you can avoid the defenders.

You should use your body to shield the ball from defenders.

You should look to move the ball into space/gaps in the defence.

You should aim for the corners of the goal/away from the goalkeeper when shooting.



# TABLE TENNIS

## Key rules and skills

The main aim of the game is to score **11 points**. This is achieved by a player striking a ball over the net with the opposing player failing to make contact with the ball and return the ball back over the net.

Table tennis can be played as a singles or doubles game.

If the points are tied at 10-10, the game must continue until a 2 point lead has been achieved (i.e. 12-10 for instance).

### What are the main rules of Table Tennis?

A serve will be performed at the start of each rally. The ball must be resting freely on the server's open hand and must not be concealed (hidden from the opposing player).

During a **serve** the ball must **land on your side of the table** first followed by the opposing player's side of the table. It can **land anywhere on their side**.

A **player serves for 2 points**. The opposing player then has 2 serves. You keep on alternating like this for the rest of the game.

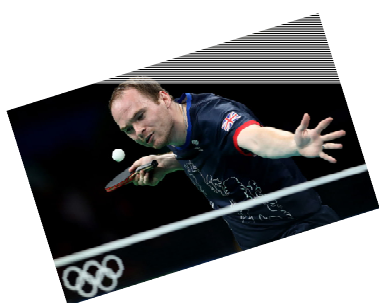
In singles game, the ball can be served anywhere. After the serve, the ball can be returned anywhere on the opposing player's side of the table.

If the **serve hits the net and then goes over it is called a let** and must be replayed.

You must let the **ball bounce on your side once** before you return it—you **can not volley the ball** back over.

You **can not touch the ball with your non-paddle hand**. If it hits your paddle hand by mistake you carry on as normal.

Some of the ways a point will be awarded if an incorrect serve has been made: the ball fails to make it over the net, if the ball passes beyond their end line without touching their court, after being struck by his opponent or if the opponent strikes the ball twice successively.



# Dance

## Key rules and skills

Dance is a the movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself.

Dance has been seen all around the world since its earliest origins, with record of evidence of dancing being found dating back to as early as 3300 BC.

[https://www.deathlon.co.uk/c/htc/28-popular-types-of-dance-around-the-world\\_4b193028-709e-4081-8379-aea36656342b](https://www.deathlon.co.uk/c/htc/28-popular-types-of-dance-around-the-world_4b193028-709e-4081-8379-aea36656342b)

### What skills makes a successful performer?

<b>Flexibility</b>	This is one of the most crucial dance requirements. It enables dancers to perform movements with a greater range of motion and fluidity
<b>Musicality</b>	This allows dancers to interpret music and choreography with expressive finesse allows dancers to convey a story, and connect with audiences on a deeper level.
<b>Confidence</b>	This is where you believe in your abilities as a dancer and more importantly, believe in yourself.
<b>Creativity</b>	This strengthens social and emotional skills and develops imagination, flexibility, and risk taking
<b>Strength</b>	This allows performers to perform a variety of dance movements such as lifts, jumps, and explosive movements
<b>Team work</b>	This allows dancers to know how to take direction, provide feedback respectfully, and contribute to a positive environment
<b>Resilient/tenacious</b>	This is vital as it allows a dancer to never give up. They remain focused on their end goal even if there are barriers and obstacles.
<b>Spatial awareness</b>	This is where you are spatially aware and conscious of their surrounding space so you are able to perform movement patterns well and avoid collisions.
<b>Discipline</b>	This is important so you can remain organised, motivated and successful . It also allows dancers to keep focused and continue practicing.
<b>Co-ordination</b>	Good body coordination will give you better agility and balance and improve your posture and sports performance



# Badminton

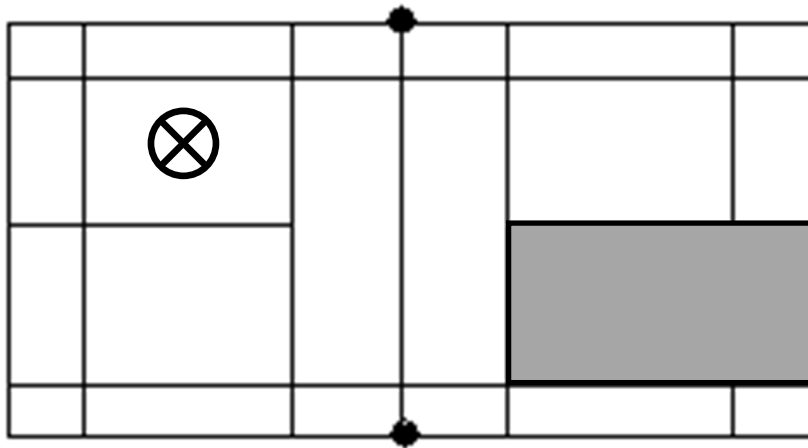
## Key rules and skills

The object of the game is to **hit the shuttle with your racket** so that it passes over the net and **lands inside your opponent's half of the court**, without them returning it.

You can **only hit the shuttle once** in order to hit it over the net.

To **win a point** the shuttle must **land inside the court area**.

### Singles serving



When serving, the shuttlecock must **start below the waist**.

When serving, the shuttle must **go diagonal over** the net and land over the front service line. In singles, it must **not land in the side tramlines** but it **can land in the back tramlines**.

You are only **allowed one serve** in badminton – there are no second serves. If the shuttle lands **on the line** it is classified as in.

**After the serve**, the shuttle is allowed to **land in front of the service line**.

**If you win the point, you serve.**

# Athletics

## Track and Field events

Athletics has evolved over a long period of time— thousands of years in fact! Athletics dates back to Ancient Greek times. The first evidence of the sport taking place was in 776B.C. The games were banned in 394AD. The Olympics games was reintroduced as the Modern Olympic Games in 1896. This is the Olympics that we know about and which is held every four years!

- ◆ The 100m sprint requires an athlete to have a quick reaction time and speed (ability to move quickly). During the 100m sprint, you must stay inside of your lane.
- ◆ When doing long jump, you must make sure your foot does not go over the board when taking off. The measurement is taken from the furthest point back.
- ◆ When doing shot putt and javelin you should stand with feet shoulder width apart and should face side on. When throwing you should release at a 45 degree angle and should make sure you do not fall forward over the throwing line.
- ◆ When doing long distance running (800m onwards), you should make sure you pace yourself. You should run at a comfortable pace that you can maintain and then towards the end of the race increase the pace.



# Rounders

## Key rules and skills

The object of the game is to hit a ball with a rounders bat. Once the ball is hit you then need to run around 4 bases to score a rounder. The fielding team will be working together to try and stump the post before the player reaches the post. If this happens, the player is out and no points are scored for their turn. The team with the most runs at the end of the game is deemed the winner.

### How can you score in rounders?

- 1 Rounder if ball is hit and 4th post is reached and touched before next ball is bowled
- 1 Rounder if ball is hit and 4th post is reached on a no ball (you can't be caught out on a no ball)
  - ½ Rounder if 4th post reached without hitting the ball
- ½ Rounder if ball is hit and 2nd or 3rd post reached and touched before next ball is bowled - but if you continue this run and are put out before reaching 4th post, the score will be forfeited
  - Penalty ½ Rounder for an obstruction by a fielder
  - Penalty ½ rounder for 2 consecutive no balls to same batter

### How does a player get out in rounders?

- Caught out
- Foot over front/back line of batting square before hitting or missing a ball
  - Running inside post (unless obstructed)
  - The post you are running to is stumped
  - You overtake another batter on the track
    - Deliberately throw or drop bat
  - Side out

### Other rules:

A no ball is classified as being above the head (high) or below the knee (low). It also is a no ball if it is wide or too close to the body.

If you stop at a post, you must stay in contact with it with either your hand or bat.

If you hit the ball backwards you must stop at first post until the backstop throws the ball over the batting line. At this point, you can continue running and score as normal (1/2 for 2nd and 1 for 4th).