

HIGHAM LANE SCHOOL

Y7 CORE PE

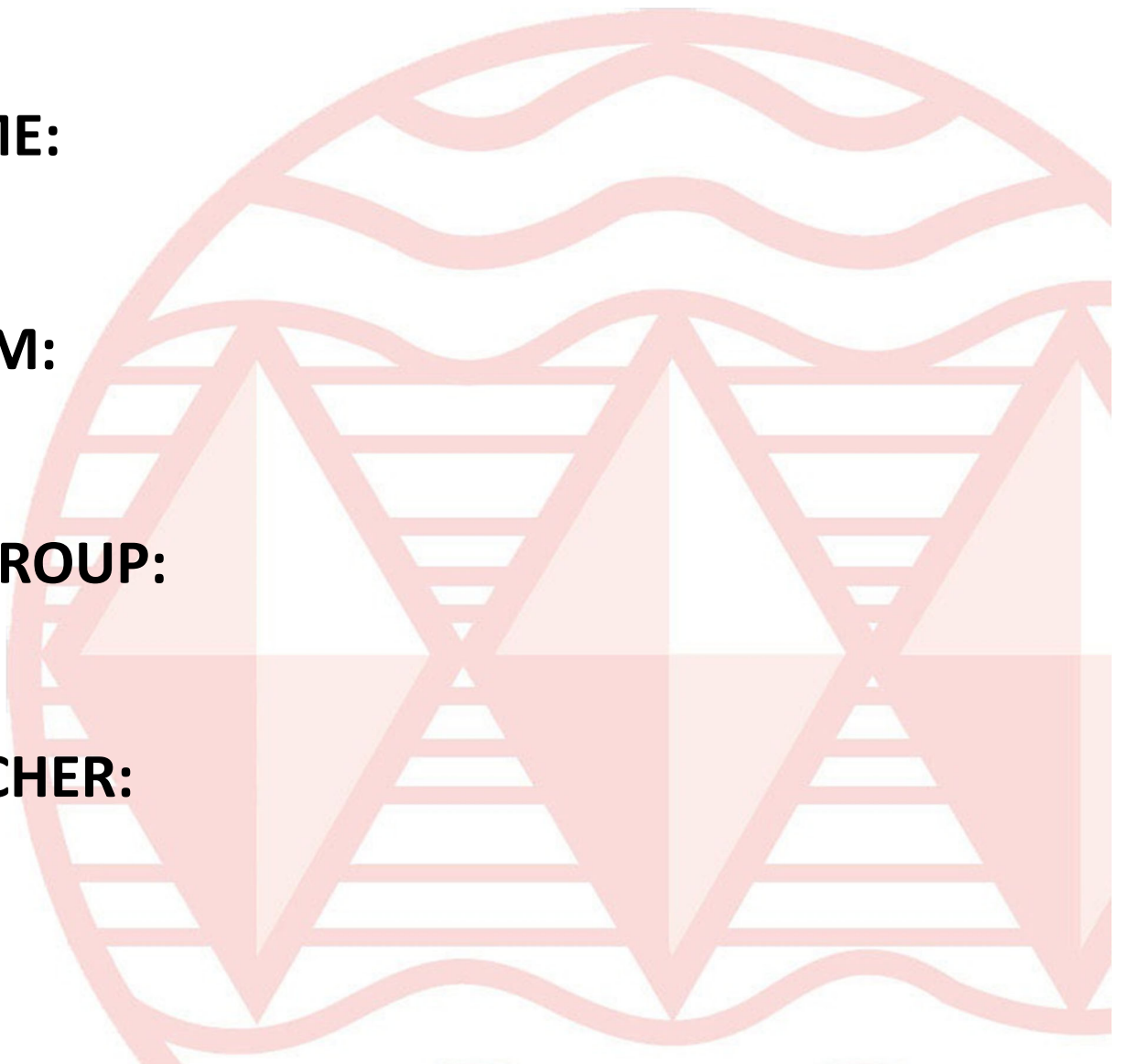
Knowledge booklet

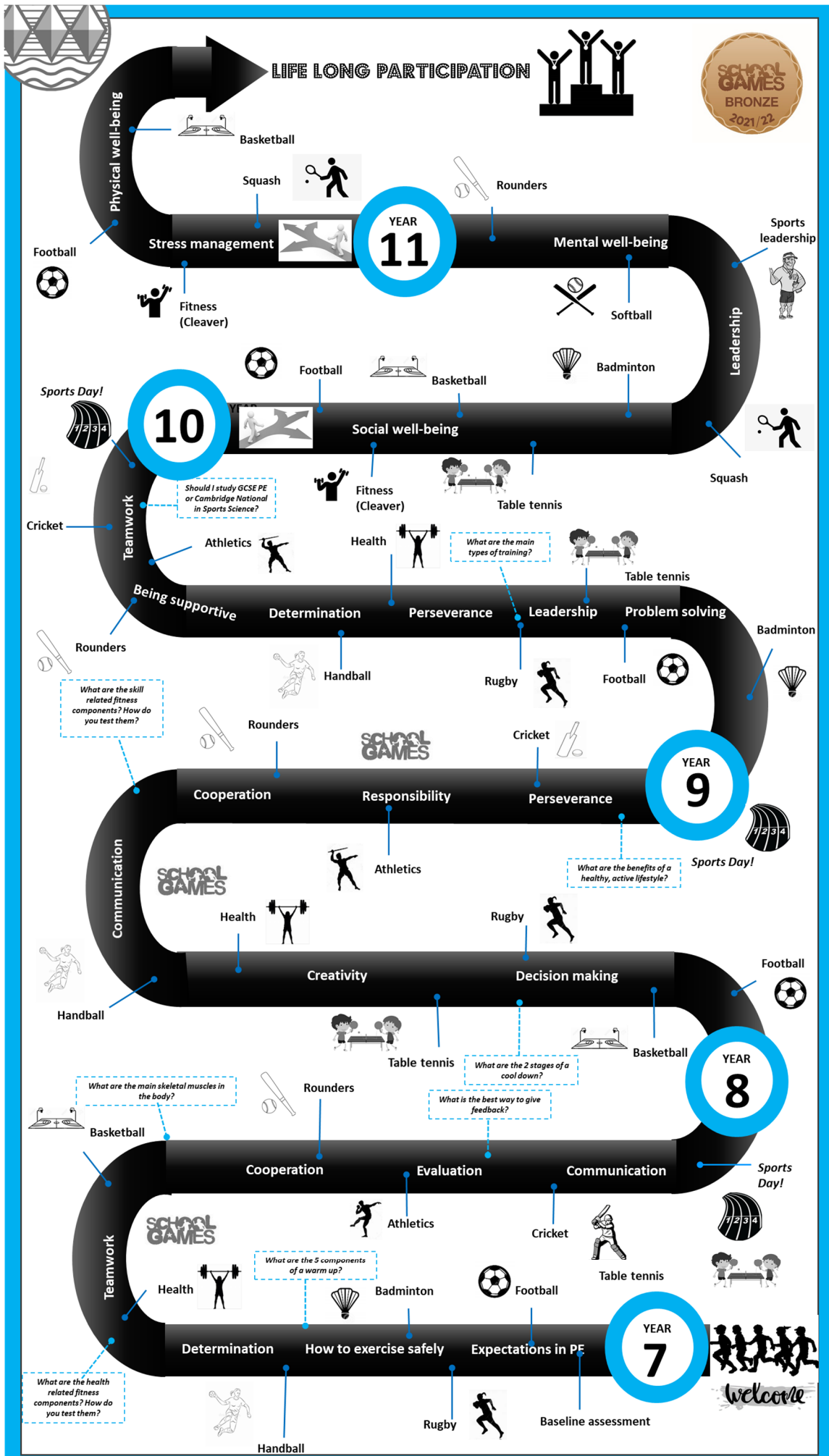
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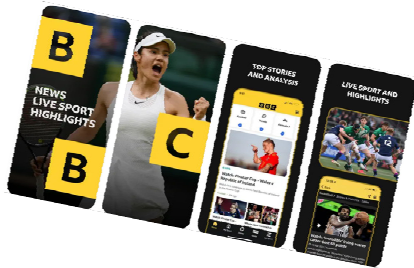




"Having fun whilst developing physically, mentally and socially!"

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


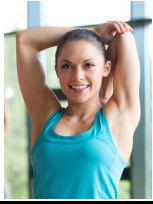




Download the BBC sport app to keep up to date with the latest sports news!

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

HOW TO EXERCISE SAFELY—COOL DOWN

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



HEALTH

Component of fitness

<i>Component of Fitness</i>	<i>Definition</i>	<i>Example—when do you need this in sport?</i>
<i>Cardiovascular endurance</i>	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
<i>Muscular endurance</i>	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
<i>Muscular strength</i>	The ability to apply force against a resistance.	To be able to push the shot putt as far as you can.
<i>Flexibility</i>	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.
<i>Speed</i>	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.
<i>Agility</i>	The ability to change direction at speed.	To dribble in and out of defenders with the ball in football.
<i>Power</i>	This is produced when you combine strength with speed. (where you	To return the shuttle back with force in badminton.
<i>Coordination</i>	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
<i>Reaction time</i>	The time taken to respond to a stimulus.	To respond to where the ball lands in table tennis
<i>Balance</i>	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

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.



RUGBY

Key rules and skills

What is the aim of rugby?

The object of the game is for teams to score as many points as possible through tries, conversions and penalties.

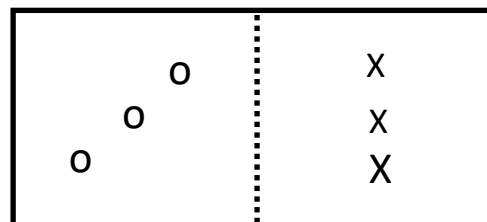
What are the main rules in rugby and what happens if you break them?

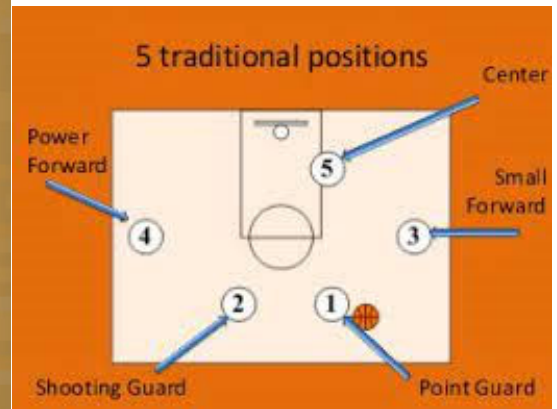
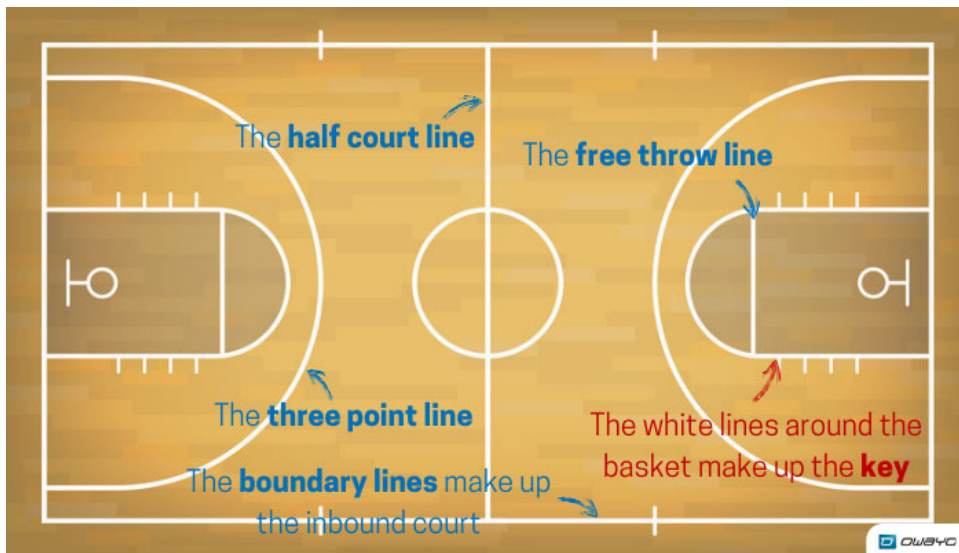
1. Ball must be passed backwards (penalty if passed forwards).
2. If a player drops the ball and it goes forwards (called a knock-on), the other team it.
3. If the ball goes out of play over the sideline, the other team gets it.
4. If a player is tackled above the shoulders, the tackled player's team gets a penalty.
5. A player is in an offside position if they are in front of the ball.
6. Make a safe tackle do not tackle above shoulder height

Where to stand and realign ----->

X = defender

O = attacker





Basketball Rules

BASICS

- No contact
- Only 2 steps whilst holding the ball
- No double dribble
- Can only dribble with 1 hand
- Start with a tip off

FOULS

- Free-throw: taken from behind free-throw line with 5 other players (3 defenders, 2 attackers) lining up along the side of the free-throw line
- If a foul against a shooter: successful attempt = basket counts and shooter gets 1 free-throw/ unsuccessful attempt = 2 free-throws (or 3 if the attempt was made outside the 3 point line)
- If a player gets 5 fouls against them they are no longer allowed to play in the match

THROW INS

- Sideline throw in if a rule is broken
- Back line pass to restart after a basket is scored
- Player taking a throw in must not be on the court
- Throw in if a team takes the ball back into their half once they have played it into their opponents half

TIMINGS

- A game of basketball lasts 40 minutes split into four 10 minute long quarters
- When a team gains possession they must make an attempt at the basket within 24 seconds
- Teams cannot hold the ball in their own half for more than 8 seconds
- A closely marked player must pass, shoot or dribble the ball within 5 seconds
- Player taking a throw within must do so in 5 seconds
- Attacking players cannot be in their opponents key for more than 3 seconds when in possession of the ball

Handball

Key rules and skills



Handball usually consists of 14 players in total (7 players per team) including a goalkeeper. Substitutions can be made at any time during the game as long as the player they are substituting is off the court.

The aim of the game is to score goals in the goal area and to avoid giving goals away. The team that scores the most amount of goals within a given time period wins.

What is a player allowed to do?

- To run 3 steps with the ball.
- To hold the ball for three seconds
- Perform unlimited dribble with three steps before and after dribbling (no double dribble!).

What is a player not allowed to do?

- To make contact with the ball below the knee.
- To dive on the floor for a rolling or stationary ball.
- To pull, hit or punch the ball out of an opponent's hand.
- Besides the GK, no one else is allowed in the goal area.

Badminton

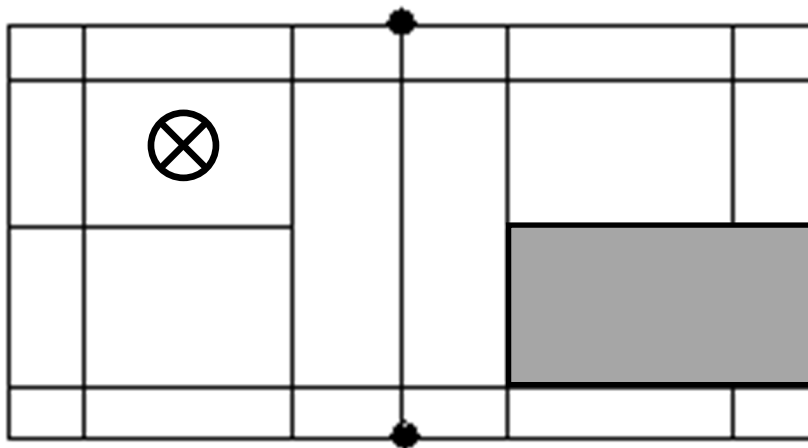
Key rules and skills

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.
- ◆ A relay team consists of 4 athletes who run 100m each. The aim is to get the baton around the 400m track as quickly as possible without dropping it.
- ◆ 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, javelin and discus 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).

Cricket

Key rules and skills

Cricket is a team-based striking and fielding game. Both teams take turns in batting and fielding. The aim of the game is the team that win the most amount of runs whilst not losing 10 wickets. A wicket is a set of three upright sticks with two small sticks on top of them at which the ball is bowled to.

<p><u>What is the aim of the game?</u></p> <p>A match usually consists of one innings each.</p> <p>Both teams bat and bowl, the winning team is the one with the most runs at the end of the game.</p> <p>An innings consists of a certain number of overs or until the bowling team have got all the batting team out.</p> <p>A batter can be run out if the ball hits the stumps when the batter is out of their crease.</p>	<p><u>What are the basic rules of cricket?</u></p> <p>A no ball will be called if the ball bounces more than once or goes past the batter above their waist.</p> <p>A wide ball will be called if the ball is too wide to hit, either side of the batter.</p> <p>If the ball hits the batters' pad before it would have hit the wicket the batter is out LBW (leg before wicket).</p>
<p><u>Scoring</u></p> <p>A run is scored when a batter hits the ball and runs the length of the wicket</p> <p>A four is scored when a struck ball reaches the boundary.</p> <p>A six is scored when a struck ball passes over the boundary without touching the ground.</p>	<p><u>Skills</u></p> <p><u>Batting</u> - Forward and backward defensive shots. Attacking shots such as a drive, pull and cut.</p> <p><u>Fielding</u> - Stopping or catching the ball and then throwing the ball to a specific wicket.</p> <p><u>Bowling</u> - Using a straight arm, that goes past the head, bowling the ball so it bounces only once and goes below the batters waist.</p>