

# HIGHAM LANE SCHOOL

## Y8 CORE PE

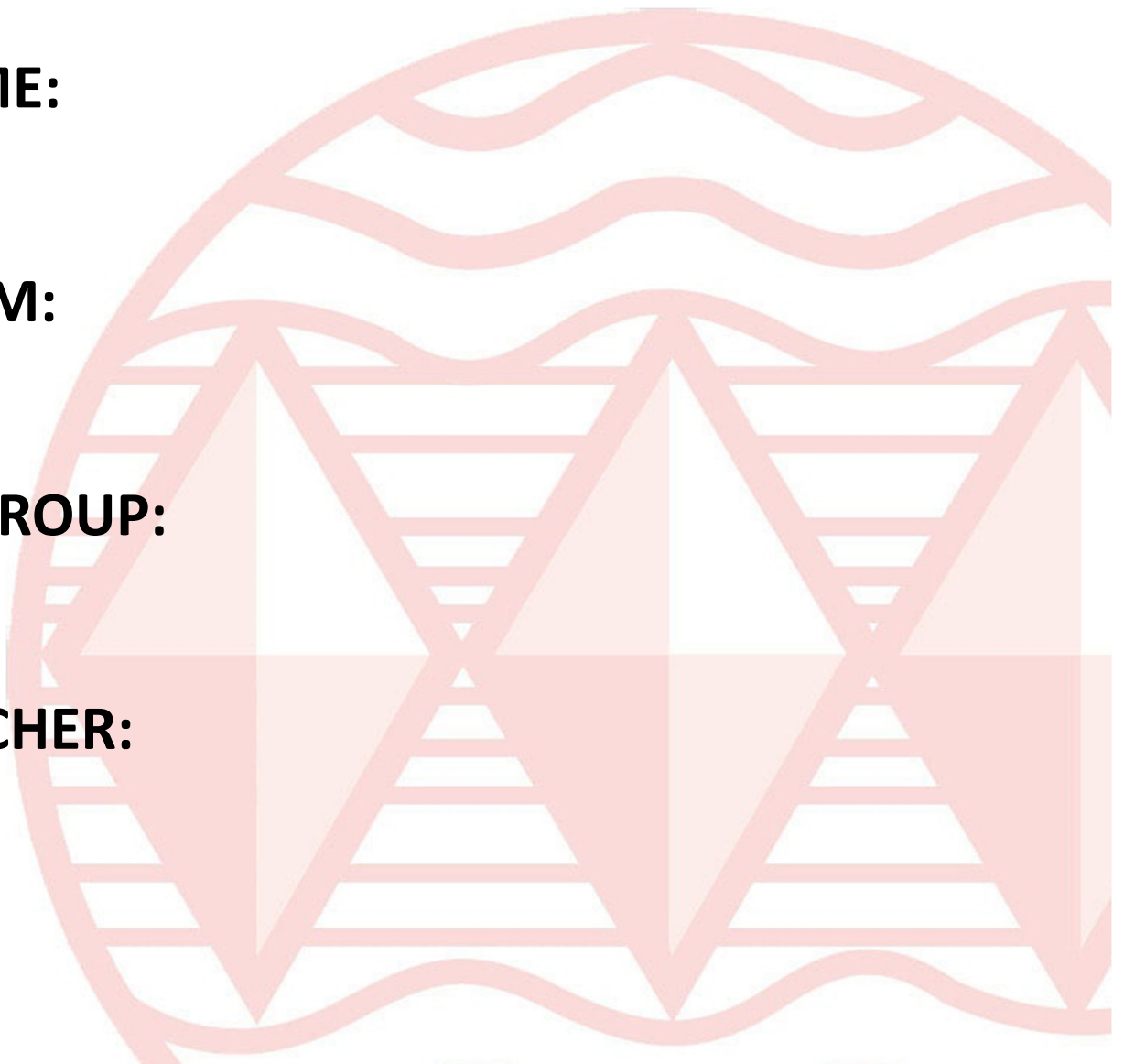
### Knowledge Booklet

**NAME:**

**FORM:**

**PE GROUP:**

**TEACHER:**



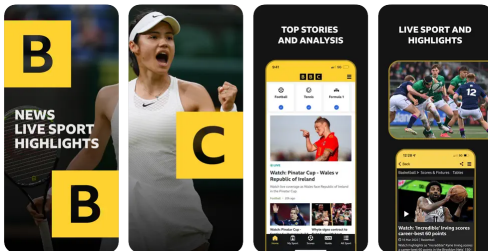


# Higham Lane School

## PE department

### Reading List

8	Ghost	Reynolds, Jason	Fiction	Running
8	Women in Sport	Ignatofsky, Rachel	Non-Fiction	Various
8	Booked	Alexander, Kwame	Poetry/Fiction	Football
8	Black History Makers: Sports People	Sutherland, Adam	Non-Fiction	Various
8	The Crossover	Alexander, Kwame	Comic	Basketball
8	Rebound	Alexander, Kwame	Poetry/Fiction	Basketball
8	The science behind athletics	Amstutz, Lisa	Non-Fiction	Athletics
8	The science behind gymnastics	Carmichael, L. E.	Non-Fiction	Gymnastics
8	Football School	Bellos, Alex	Non-Fiction	Football
8	The Squad: Black Op	Palmer, Tom	Fiction	Football
8	Over the Line	Palmer, Tom	Fiction	Football



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

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

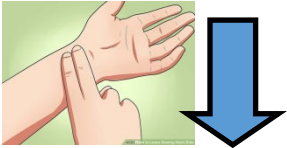
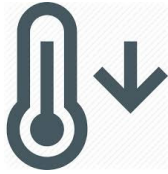

It could be writing a blurb for one of the sports books that you have read or summarizing a news article that you found interesting!!

# Warming Up

<i>Component ( part ) of warm up</i>	<i>Activities you should do</i>	<i>Why this part of the warm up is so important</i>
<b>Pulse raiser</b>	<p>Movements that get your heart beating faster and make your breathing</p> <p>Rate increase ( go up )</p>	<p>It gets the blood flowing quicker to deliver oxygen to your</p> <p>Muscles so they can make energy</p> <p>It gets your muscles warm so you are less likely to injure them.</p>
<b>Mobility</b>	<p>Movements that prepare your joints for exercise</p>	<p>To get your joints used to a full range of movement so you can perform skills really well and safely</p>
<b>Stretching</b>	<p>You need to stretch all the major muscles you will use in your sport</p>	<p>So you reduce the risk of pulling or straining your muscles as they will be able to stretch further</p>
<b>Dynamic movement</b>	<p>Movements that you will use in your sport.</p> <p>e.g. if you have to move sideways in your sport you should do sideways movements in your warm up</p>	<p>To get your body ready to do all the movement you need to do in the sport you are going to play.</p> <p>If you do this you should play well</p>
<b>Skill rehearsal</b>	<p>You should practice the skills you are going to use in your sport.</p> <p>e.g. if you were playing netball / basketball you should practice</p> <p>Throwing, catching and shooting.</p>	<p>This will make sure you are physically and mentally ready for the game by rehearsing important skill and getting you focused. This should help you to play well.</p>



# Cooling Down

Component ( part ) of cool down	Activities you should do	Why this part of the cool down is so important
<p>Pulse lowering activity</p> 	<p>Exercises which gradually Lower <i>heart rate</i> and <i>body temperature</i></p> 	<p>Doing gentle exercise keeps your B_____ flowing which helps you remove a waste product from your muscles called L _____ Acid. If this substance stays in your muscles they won't be able to work properly when you exercise again and they might get I _____</p>
<p>Stretching</p> 	<p>Exercises that help the <i>muscles to Relax from the activity you have done.</i></p> <p>You need to ensure that all the major muscle groups used in the sport are stretched.</p> <p>Stretch each muscle group for 10 to 30 seconds, 2 to 3 times.</p>	<p>This helps relax your muscles and restore them to their Resting length</p> <p>It will help improve your Flexibility.</p> <p>It will help you <i>recover</i> so your body is <i>ready</i> for your next training session or match and you won't <i>get hurt!</i></p>

# HEALTH

Fitness is the ability to *cope* with the *playing environment* you are in. Some sports are *physically harder* than others so you will need a *higher* level of fitness.

<b>Component of Fitness</b>	<b>Definition</b>	<b>Example—when do you need this in sport?</b>
<b>Cardiovascular endurance</b>	The ability to exercise the whole body for a long period of time without fatiguing/ tiring.	Being able to perform an aerobics routine for the whole duration without tiring.
<b>Muscular endurance</b>	The ability of your muscles to keep contracting for a long period of time.	Being able to contract the muscles for the whole song during a aerobics routine.
<b>Muscular strength</b>	The ability to apply force against a resistance.	Rounders player needs to generate a lot of force to bat the ball far.
<b>Flexibility</b>	The range of movement at a joint.	A gymnast will need this at the hip to do the splits.
<b>Speed</b>	The ability to move the body or parts of the body quickly.	Rounders player sprinting between 3rd and 4th to score a rounder.
<b>Agility</b>	The ability to change direction at speed.	Dodging to get away from the defender in netball.
<b>Power</b>	Strength x speed	Generating power in the legs to kick the ball hard in football.  Throwing the shot put over a large distance.
<b>Coordination</b>	The ability to move two or more body parts at the same time with control	Moving the arms and legs at the same time to return the shuttle in badminton
<b>Reaction time</b>	The time taken to respond to a stimulus.	Leaving the blocks when the starter pistol fires in a 100m race
<b>Balance</b>	The ability to remain stable over a base of support.	Performing a handstand in gymnastics

# FOOTBALL

## Positions and rules

### 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.
- ⇒ A football game lasts for 90 minutes.
- ⇒ If a player is past the opponent's last defender and in the opposition half when the ball is passed they are offside.



# BASKETBALL

## Points

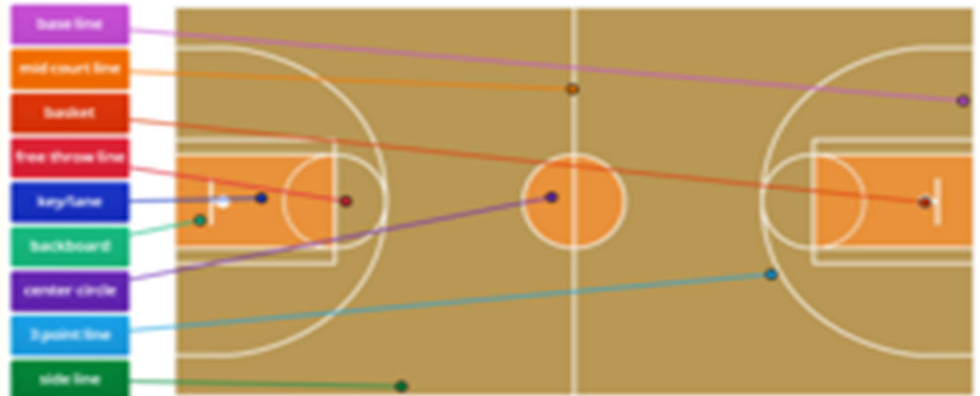
- 3 - outside 3pt line
- 2 - inside free throw
- 1 - free throw from a foul

# BASKETBALL REF CARD



There are 2 referees for a basketball games

## Areas On The court



## Quick Rules

- 5 players on court
- Traveling
- Double dribble
- Out of Bounds
- Back court violation
- Foul

When attacking players are only allowed in the key for 3 seconds at a time



## HAND SIGNALS

# RUGBY

## Key rules and skills

### What is the aim of rugby?

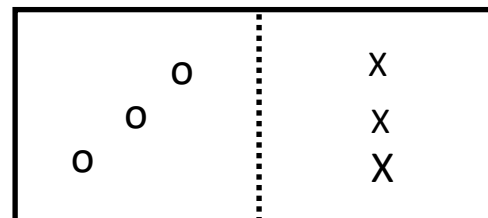
The object of the game is for teams to score as many points as possible through tries, conversions and penalties.

### 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*



# 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.

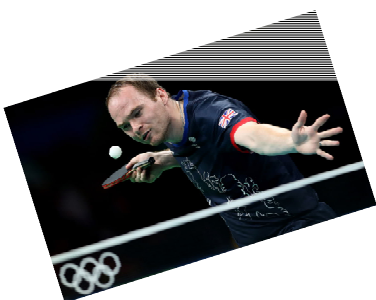
In singles game, the ball can be served anywhere. After the serve, the ball can be returned anywhere on the opposing player's side of the table.

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.

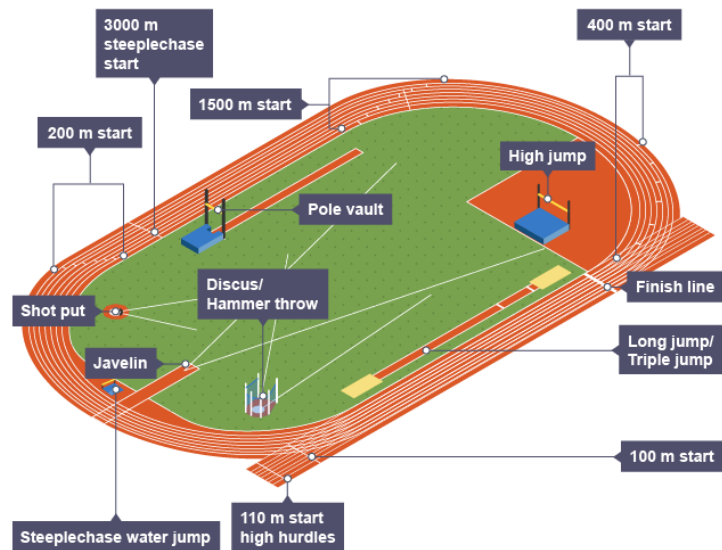
Some of the ways a point will be awarded if an incorrect serve has been made: the ball fails to make it over the net, if the ball passes beyond their end line without touching their court, after being struck by his opponent or if the opponent strikes the ball twice successively.



# ATHLETICS

## Key rules and skills

A typical athletics stadium is set out below. Several events will be taking place at one time.



**Sprint start:** It is important an athlete has a good reaction time to respond quickly to the starters signal at the start of a sprint. However competing in a race, you must not move before the signal. If you do it is called a false start and you will be disqualified.

**Relay:** During each leg run, the athlete has to carry a baton and hand it over to the next team member. The baton exchange has to happen within a 20m changeover box. If the baton is exchanged outside of the box, the team is disqualified. 1st runner needs to have a good sprint start and be able to run a bend; 2nd runner will run a straight; 3rd runner needs to be able to run a bend; 4th runner is normally the quickest straight-line runner.

**Anaerobic vs aerobic respiration:** Sprinters will predominantly use anaerobic respiration during the race as they need to produce energy quickly without waiting for oxygen—but this will build up lactic acid. Long distance runners will use aerobic respiration as they have time to use oxygen and do not want lactic acid to build up as this causes fatigue.

**High jump:** You must take off on one foot in high jump and clear the crossbar without knocking it off. If you do this, it is considered a legal jump. Athletes will normally use a scissor kick technique or the Fosbury flop.

**800m run:** This requires the athlete running 2 laps of the track. Athletes will pace this race to make sure they finish in the quickest time possible. It is important to cool down after a 800m to speed up the removal of lactic acid from the leg muscles.

**Throws:** Footwork is used in all of the throwing events to generate more power and momentum so the object travels further.

# ROUNDERS

## Key rules

### 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)
  - 1/2 rounder if 4th post reached without hitting the ball
- 1/2 rounder if ball is hit and 2nd or 3rd post reached and touched before next ball is bowled
  - Penalty 1/2 rounder for an obstruction by a fielder
  - Penalty 1/2 rounder for 2 consecutive no balls to same batter

### Rounders rules:

1. You must not step out of the batting box before hitting or missing a ball
2. You must not run inside a post (unless obstructed)
3. You must not overtake another batter on the track
4. Deliberately throw or drop the bat
5. You must stay in contact with the post with your hand or bat

# 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><b><u>What is the aim of the game?</u></b></p> <p>A match usually consists of one <b>innings</b> each.</p> <p>Both teams bat and bowl, the winning team is the one with the most <b>runs</b> at the end of the game.</p> <p>An innings consists of a certain number of <b>overs</b> 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><b><u>What are the basic rules of cricket?</u></b></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><b><u>Scoring</u></b></p> <p>A <b>run</b> is scored when a batter hits the ball and runs the length of the wicket</p> <p>A <b>four</b> is scored when a struck ball reaches the boundary.</p> <p>A <b>six</b> is scored when a struck ball passes over the boundary without touching the ground..</p>	<p><b><u>Skills</u></b></p> <p><b><u>Batting</u></b> - Forward and backward defensive shots. Attacking shots such as a drive, pull and cut.</p> <p><b><u>Fielding</u></b> - Stopping or catching the ball and then throwing the ball to a specific wicket.</p> <p><b><u>Bowling</u></b> - Using a straight arm, that goes past the head, bowling the ball so it bounces only once and goes below the batters waist.</p>