

Knowledge organisers KS3

Term 2

Volleyball Knowledge

Rules

- **Rotation Rule:** Players rotate clockwise one position to serve after winning the serve. Incorrect rotation is a fault.
- **Court Markings:** Understands lines are in bounds (attack line, center line, baselines, sidelines) and their specific rules (e.g., back-row attacks behind 3m line).
- **Point Awarding:** A point is scored when the ball lands in bounds on the opponent's side or the opponent commits a fault (e.g., net touch, double contact, lift/carry, crossing center line).

Healthy Lifestyle

- **Warm-up Effects:** Increases blood flow, muscle temperature, and heart rate, preparing the body for exercise and reducing injury risk.
- **Benefits of Active Lifestyle:** Improves physical health (heart, bones, weight, energy) and mental well-being (stress reduction, mood, confidence).
- **Impact of Training:** Improves specific fitness components like cardiovascular endurance, strength, flexibility, and agility through consistent exercise.

Character Skills

- **Examples & Importance:** Recognizes traits like resilience (bouncing back), discipline (consistent effort), teamwork (collaborating), and respect (for others and rules). These are crucial for performance, team cohesion, personal growth, and success both in sport and life.

Volleyball

Tactics

- **Attacking Formation:** Knows how to position setters and hitters (outside, opposite, middle) to create varied attacks (e.g., 5-1 offense, quick sets).
- **Defensive Formation:** Understands how to position blockers at the net and back-row defenders (diggers) to cover the court and prevent points.
- **Attack from Serve:** Knows how to receive a serve efficiently (pass to setter) and then transition into an offensive play (set to hitter).

Skills

- **Ready Position:** An athletic, balanced stance (knees bent, weight on balls of feet, hands ready) for quick movement and optimal reaction.
- **Perfect Set:** Overhead contact with fingertips, high elbows, and a clean push to deliver an accurate, hittable ball to an attacker.
- **Perfect Serve:** A consistent toss and powerful arm swing (underhand or overhand) to send the ball over the net effectively, initiating the rally.
- **Positioning to Affect Game:** Understands how to move strategically based on role (setter, hitter, defender) and game situation to cover the court, attack, or defend effectively.

Components of Fitness

Health-Related:

- **Cardiovascular Endurance:** Heart/lungs deliver oxygen. *Example: Marathon running.*
- **Muscular Strength:** Max force of muscles. *Example: Lifting heavy weights.*
- **Muscular Endurance:** Muscles repeat contractions. *Example: Long-distance rowing.*
- **Flexibility:** Joint range of motion. *Example: Gymnastics splits.*
- **Body Composition:** Ratio of fat to lean mass. *Example: Important for efficient running.*

Skill-Related:

- **Agility:** Change direction quickly. *Example: Football dribbling.*
- **Balance:** Maintain equilibrium. *Example: Balance beam in gymnastics.*
- **Coordination:** Body parts work together. *Example: Hitting a tennis ball.*
- **Power:** Force over time (strength + speed). *Example: Jumping for a basketball rebound.*
- **Reaction Time:** Respond to stimuli. *Example: Goalkeeper saving a shot.*
- **Speed:** Move quickly. *Example: 100m sprint.*

- **Aerobic (with oxygen):** Sustainable, moderate intensity exercise. *Example: Jogging.*
- **Anaerobic (without oxygen):** Short, high-intensity bursts. *Example: Sprinting.*

Data Collection / Testing

- **Resting Heart Rate (RHR):** Heart rate at complete rest (lower = fitter).
- **Working Heart Rate (WHR):** Heart rate during exercise (indicates intensity).
- **Recovery Heart Rate:** How fast HR returns to rest after exercise (faster = fitter).
- **HR Training Zones:**
 - **Max Heart Rate (MHR):** $220 - \text{Age}$
 - **Target Zone:** Percentage of MHR (e.g., 60-85%).

Training Methods

- **Circuit Training:** Series of exercises with minimal rest between stations. *Benefits: Improves multiple fitness components.*
- **Interval Training:** Alternating high-intensity bursts with recovery. *Benefits: Boosts cardio, speed, power.*
- **Continuous Training:** Steady, moderate intensity for a long period. *Benefits: Excellent for cardiovascular endurance.*
- **Specificity:** Train specifically for your goal. *Example: To get stronger, lift weights.*
- **Progressive Overload:** Gradually increase demands on your body. *Example: Lift heavier weights or run longer distances over time.*

Fitness

Healthy Lifestyle

- **Warm-up Effects:** Prepares body for exercise by increasing blood flow, muscle temperature, and flexibility, reducing injury risk.
- **Balanced Diet:** Consuming appropriate amounts of all essential nutrients. *Importance: Provides energy, supports growth/repair, maintains health.*
- **Active Healthy Lifestyle Benefits:**
 - **Physical:** Stronger heart, healthy weight, increased energy, reduced disease risk.
 - **Mental:** Reduced stress/anxiety, improved mood, better sleep, increased self-esteem.

Character Skills

- **Examples:** Resilience, determination, teamwork, communication, respect, leadership.
- **Importance in Sport & Life:** These skills foster personal growth, improve performance, build stronger relationships, and help navigate challenges. *Example: Resilience helps an athlete bounce back from a loss and a person overcome setbacks in life.*

TYPES OF TRAINING



Rugby Basics

Rules

- **Offside:** You're offside if you're in front of a teammate who just played the ball (open play) or in front of your teammate's last foot in a ruck. If offside, you can't interfere with play. Penalty if you do.
- **Lineout:** Awarded when the ball goes out of bounds. The team *not* responsible for it going out throws it back in from the sideline.
- **Scrum:** Awarded for minor mistakes like a forward pass (passing forward) or a knock-on (dropping the ball forward). The non-offending team puts the ball in.

Beyond the Field

Healthy Lifestyle

- **Warm-up:** Gets your body ready for activity by increasing blood flow and muscle temperature, reducing injury risk, and improving focus.
- **Benefits:** Being active improves physical health (heart, bones, weight) and mental well-being (reduces stress, boosts mood, better sleep).

Character Skills

- **Examples:** Resilience (bouncing back), Teamwork (working with others), Discipline (self-control), Respect (for everyone), and Leadership (guiding others).
- **Importance:** These skills are crucial not just for success in rugby (teamwork, mental toughness) but also for success in life (relationships, overcoming challenges, achieving goals). They're what help you grow as a person.

Rugby

Tactics

- **Defending 1v1:** Get low, watch their hips, aim for their thighs, and use quick feet to tackle them.
- **Defending as a Unit:** Move up the field together (line speed), talk constantly, and stay connected to cover space.
- **Attacking to Outwit:** Use fake passes, change your running lines, and mix up your attacks to confuse defenders. Look for their weak spots!
- **Attacking Tactics:**
 - **Direct:** Run straight and hard.
 - **Wide:** Pass the ball out to the wings quickly.
 - **Kicking:** Use kicks to gain ground or pressure opponents.
 - **Pods:** Forwards work in small groups to carry the ball.
 - **Set Plays:** Pre-planned moves from scrums or lineouts.

Skills

- **Passing:**
 - **Pop Pass:** Short, quick wrist flick, face the target.
 - **Spin Pass:** Side-on, powerful body rotation, snap the wrist to make the ball spin.
- **Tackling:** Stay low, aim for the thighs, wrap your arms, and drive through to bring them down safely.
- **Presenting the Ball (Going to Ground):** Place the ball on the ground on the side furthest from the opposition, get your body over it to protect it, and release it quickly.

Dance

Dance Knowledge

I. Technical Skills

- **5 Basic Actions in Dance:** These are the fundamental building blocks of almost all dance movements.
 - **Travel:** Moving from one place to another (e.g., walking, running, leaping, sliding, rolling, crawling, galloping).
 - **Turn:** Rotating the body around its axis (e.g., pirouettes, chénes, turns on the spot, travelling turns like a chain turn).
 - **Jump:** Lifting the body off the ground (e.g., small jumps like hops and skips, larger jumps like jetés, sissonnes, assemblés).
 - **Gesture:** Non-locomotor movements, often of the arms, hands, head, or torso, that convey meaning or expression without taking weight (e.g., pointing, shrugging, waving, a subtle head tilt).
 - **Stillness:** Holding a position or pose without movement for a period, often used for emphasis, contrast, or to create a dramatic effect.

- **Expressive Skills:** You know how dancers convey meaning and emotion using **focus** (where they look), **musicality** (how they respond to music), **projection** (sending energy out to the audience), and **sensitivity to other dancers** (being aware of others in a group). You understand how these skills help an audience "get" the dance's message, and you can spot what's done well and what needs work in performances.

- **Developing a Motif through RADS:** RADS is an acronym used to describe four key elements through which a motif can be developed:

- **Relationships:** How the motif is performed in relation to other dancers, objects, or the space. (e.g., unison, canon, contrasting, mirroring, leading/following, near/far, above/below).
- **Actions:** Changing the type of movement within the motif. (e.g., making a jump into a fall, changing a gesture into a large body movement, reversing the action, augmenting/diminishing it).
- **Dynamics:** Varying the quality, force, and flow of the movement within the motif. (e.g., sudden/sustained, strong/light, smooth/sharp, bound/free flow, heavy/delicate).
- **Space:** Manipulating the spatial aspects of the motif. (e.g., changing direction, level, pathway, size of movement, personal space, general space, focus of gaze).

Beyond the Studio

- **Healthy Lifestyle:** You understand why warming up is important for your body (it gets you ready and prevents injury). You also know that being active and healthy helps both your body (stronger, more energy) and your mind (less stress, better mood).
- **Character Skills:** You can explain important personal qualities like **resilience** (bouncing back), **discipline** (sticking to it), and **teamwork** (working with others). You know these skills are vital for success not just in dance and sports, but in all parts of life.