

Knowledge organisers KS3

Term 3

Cricket Knowledge

Rules

- **Wide Ball:** Ball passes batsman out of reach. Umpire signals with horizontal arms.
- **No-Ball:** Bowler's front foot over the crease, ball above waist/shoulder height (full toss), too many bouncers, throwing, illegal field. Umpire signals with one horizontal arm.
- **Ways to Get Out (Key Examples):**
 - **Bowled:** Ball hits stumps.
 - **Caught:** Fielder catches a hit ball before it bounces.
 - **LBW (Leg Before Wicket):** Ball hits leg, would have hit stumps.
 - **Stumped:** Wicketkeeper dislodges balls when batsman is out of ground and not running.
 - **Run Out:** Fielder dislodges balls when batsman is out of ground while running.

Character Skills

- **Examples:** Teamwork (working together), Resilience (bouncing back from failure), Respect (for opponents, officials, teammates), Discipline (following rules, self-control), Communication (clear interaction).
- **Importance:** Crucial for success in sport (improves performance, prevents conflict) and life (builds relationships, aids problem-solving, fosters personal growth).

Cricket

Tactics

- **Field Setting:** Positions fielders based on bowler type, batsman's strengths/weaknesses, pitch, and game situation to create pressure and take wickets or save runs.
- **Bowling Areas:**
 - **Good Length (just outside off stump):** Forces batsmen to play, creates uncertainty.
 - **Yorker (full, targets base of stumps):** Hard to hit, can get batsmen bowled or LBW.
 - **Bouncer (short, targets chest/head):** Intimidates, can lead to top edges.
- **Shots & Deliveries:** Different shots are played to different deliveries (e.g., drives to full balls, pulls/hooks to short balls).

Skills

- **Batting:** Proper grip (V-shape with hands on handle) and stance (balanced, side-on to bowler).
- **Bowling (Overarm):** Fluid motion, non-bowling arm points to target, bowling arm rotates, follow-through towards the target.
- **Fielding:**
 - **Long Barrier:** Getting behind the ball, kneeling, and using legs/body to stop it.
 - **Short Barrier:** Low, ready stance for quick stopping and throwing.

Healthy Lifestyle

- **Warm-up Benefits:** Prepares muscles for activity, increases blood flow, reduces injury risk, improves flexibility.
- **Active Lifestyle Benefits:** Improves physical fitness (strength, endurance), boosts mood, reduces stress, enhances sleep, supports mental well-being.

Rounders

1. Knowledge of Rules

- **Bowling Regulations:**
 - No-ball rules (e.g., throwing the ball outside the designated area).
 - Continuous movement during the delivery.
 - Requirement for an underarm bowling action.
- **Being Out (Dismissal):** Understanding the conditions under which a batter is dismissed, including:
 - Run Out
 - Caught
 - Stumped
 - Inside Post (touching the post with the bat in hand)
 - Stepping over the front of the batting box during a hit.
- **Scoring:** Knowing the criteria for being awarded a full rounder or a half rounder.

3. Knowledge of Skills

- **Batting Preparation:**
 - Correct grip on the bat.
 - Effective stance in preparation for striking the ball.
- **Throwing Techniques:**
 - Proper technique for both overarm throwing.
 - Proper technique for underarm throwing.
- **Fielding & Retrieving:**
 - Techniques for retrieving the ball, distinguishing between:
 - Long barrier (for stopping fast or distant balls).
 - Short barrier (for stopping closer or slower balls).

2. Knowledge of Tactics

- **Defensive Positioning:**
 - Understanding the strategic importance of the "golden triangle" (bowler, backstop, first post fielder).
- **Bowling Strategy:**
 - How and why a bowler should vary their delivery (e.g., speed, height, direction) to challenge the batter.
- **Field Setting:**
 - Knowing how to strategically position fielders to apply pressure on the batter and limit scoring opportunities.

4. Knowledge of Healthy Lifestyle

- **Warm-up Benefits:**
 - Understanding the physiological effects of a warm-up on the body (e.g., increased blood flow, muscle elasticity, injury prevention).
- **Active Lifestyle Benefits:**
 - Knowledge of how leading an active and healthy lifestyle positively impacts both physical well-being (e.g., cardiovascular health, weight management) and mental well-being (e.g., stress reduction, mood improvement).

5. Knowledge of Character Skills

- **Character Skill Examples & Importance:**
 - Ability to explain and provide examples of various character skills (e.g., teamwork, resilience, communication, respect, sportsmanship).
 - Understanding the inherent importance of these skills in both sporting contexts and everyday life.

Athletics

Athletics Knowledge

1. Knowledge of Rules

- **Understands track & field disciplines:** Knows all event types (sprints, jumps, throws, etc.).
- **Officiates confidently:** Understands specific rules for each event (false starts, fouls, etc.) to ensure fair play.
- **Measures accurately:** Can correctly measure distances for throws, jumps, and track layouts.

2. Knowledge of Tactics

- **Pacing in running:** Knows how to maintain optimal speed for middle/long distances to conserve energy.
- **Optimal throwing angle:** Understands that a specific release angle maximizes distance in throwing events.

4. Knowledge of Healthy Lifestyle

- **Warm-up effects:** Understands how warming up prepares the body for activity and prevents injury.
- **Balanced diet:** Knows the importance of a varied diet for health and performance.
- **Active lifestyle benefits:** Recognizes how physical activity improves both physical and mental well-being.

5. Knowledge of Character Skills

- **Character skill examples:** Can explain and give examples of traits like resilience, discipline, and teamwork.
- **Importance in sport & life:** Understands why these skills are crucial for success in athletics and everyday life.

3. Knowledge of Skills

- **Skill breakdown:** Can explain preparation and execution phases for throws or jumps.
- **Arm/leg action:** Knows why coordinated arm and leg movements are vital for speed and power in running.
- **Performance assessment:** Can accurately evaluate an athlete's technique and provide constructive feedback.

Athletic Throws: Skill Breakdown

General Principles:

- **Preparation:** Building momentum, establishing a strong base, positioning the body and implement.
- **Execution:** Delivering maximum force at the point of release, precise timing, and follow-through.

Athletics Track: Simple Technique Breakdown

Basic Ideas:

- **Be Smooth:** Make your movements flow, don't waste effort.
- **Be Powerful:** Push hard against the ground to go fast.
- **Keep Rhythm:** Arms and legs should work together like a clock.

1. Sprints (Short Races)

- **Start:** Explode out of the blocks low, then slowly stand up as you get faster. Push hard with your legs and pump your arms.
- **Running:** Run tall and relaxed, but keep your arms pumping strongly. Bring your knees up high and land lightly on the balls of your feet.
- **Finish:** Lean your chest forward as you cross the line.

Tennis Rules

- **Scoring:** It goes 0, 15, 30, 40. Then you win the game. If it's tied at 40-40, it's "deuce," and you need to win two points in a row to win the game. You win a "set" by winning 6 games (by at least 2 games). A "match" is usually won by winning 2 or 3 sets.
- **Court Lines:**
 - **Singles:** You use the inner lines for the sides.
 - **Doubles:** You use all the lines, including the wider "alleys" on the sides.
 - The **service boxes** are where your serve needs to land.
- **Let vs. Fault:**
 - A **fault** is a bad serve that doesn't land in the right box. Two faults in a row means you lose the point.
 - A **let** is when your serve hits the net but still lands in the right box. You get to try that serve again.

Tennis Skills

- **Getting Ready:**
 - Know how to hold your racket (grip).
 - Stand in a ready position, bent knees, racket out front, waiting for the ball (stance).
- **Hitting the Ball:**
 - **Positioning:** Move your feet so you're in the best spot to hit the ball in front of you.
 - **Groundstrokes (Forehand/Backhand):**
 - **Preparation:** Turn your body and take your racket back.
 - **Execution:** Swing forward, hit the ball, and follow through across your body.

Tennis Tactics

- **Serving Smart:** Hitting the ball to different spots (like down the middle or wide) can make it harder for your opponent to hit it back, giving you an advantage for the next shot.
- **Shot Placement:**
 - You hit **groundstrokes** (forehands and backhands) from the back of the court.
 - You hit **volleys** and **overheads** when you're close to the net.
 - **Drop shots** land softly just over the net.
 - **Lobs** are high shots to push your opponent back.

Healthy Lifestyle

- **Warm-Up Benefits:** Getting your body ready before playing helps your muscles, heart, and mind, and makes it less likely you'll get hurt.
- **Healthy Living:** Being active and eating well makes you stronger, gives you more energy, helps you sleep better, and makes you feel happier and less stressed.

Character Skills

- **What they are:** These are qualities like never giving up (resilience), playing fair (sportsmanship), being in control of your emotions (self-control), and respecting others.
- **Why they matter:** These skills are super important in sports for how you play, how you deal with wins and losses, and how you interact with everyone. They're also key for doing well in life, like at school or work, and for being a good person.

Tennis