

Knowledge organisers KS3

Term 1

Badminton Basics

Rules

- **Service:** Hit the shuttle below your waist, diagonally into the opponent's service box.
- **Scoring:** You get a point if your opponent faults or can't return the shuttle. Games go to 21 points, needing a two-point lead (unless it's 29-29, then next point wins).
- **Faults:** Hitting the net, out of bounds, hitting twice, touching the net, or an illegal serve.
- **Lets:** Replay the point if there's an interference or a serve hits the net and drops over.
- **Court:** Divided by a net, with lines for singles (inner) and doubles (outer) play.

Beyond the Court

Healthy Lifestyle

- **Warm-up:** Gets your body ready by increasing blood flow and warming up muscles, preventing injuries.
- **Active Living:** Regular exercise like badminton boosts your heart health, helps with weight, makes you stronger, and improves your mood and focus.
- **Fitness Parts:** Think about endurance (stamina), strength (power), and flexibility (range of motion).

Badminton



Tactics

- **Serving Smart:** Aim for a low serve to make your opponent lift the shuttle, or a high serve to push them back. Vary your serves to keep them guessing.
- **Shot Sequencing:** Mix your shots! Use clears to send the shuttle high and deep, drops to make them run to the net, and smashes for powerful attacks. The goal is to move your opponent around.
- **Positioning:** Always try to get back to a ready position (center of the court) after hitting a shot. This lets you reach any return quickly.

Skills

- **Serving Technique:** Focus on a smooth motion, hitting the shuttle clean and below the waist.
- **Overhead Shots:** For clears, smashes, and overhead drops, aim for a high contact point and use a strong wrist snap.
- **Footwork:** This is key! Good footwork lets you reach the shuttle easily, stay balanced, and recover quickly.

Character Skills

- **Important Qualities:**
 - **Resilience:** Bouncing back after mistakes.
 - **Respect:** Treating everyone fairly.
 - **Responsibility:** Owning your actions.
 - **Fair Play:** Playing honestly.
 - **Discipline:** Sticking to your goals.
- **Why they matter:** These skills aren't just for sports; they help you succeed in all parts of life, build good relationships, and handle challenges better.

Football Knowledge: The Basics

Rules

- **Offside:** An attacker is offside if they're too close to the opponent's goal *and* involved in the play, unless it's a goal kick, throw-in, or corner.
- **Free Kicks:**
 - **Direct:** You can score directly. Given for serious fouls (e.g., tripping, handball).
 - **Indirect:** The ball *must* touch another player first. Given for less serious fouls (e.g., dangerous play, offside).
- **Penalty:** Awarded when a direct free-kick foul happens *inside* the penalty box. It's a shot from 12 yards with just the goalie to beat.

Skills

- **Passing:**
 - **Instep (Inside of Foot):** Accurate, for short passes. Use the flat part of your foot, point your non-kicking foot at the target.
 - **Driven (Laces):** Powerful, for longer passes. Use your laces, kick through the ball.
- **Dribbling & Turning:** Keep the ball close with light touches, use different parts of your foot, and keep your head up. Learn moves like the *inside/outside hook* or *Cruyff turn* to change direction quickly.
- **Controlling the Ball:** Use different body parts to soften the ball's arrival:
 - **Inside/Outside of Foot:** For ground passes.
 - **Chest:** For high balls, lean back to cushion it.
 - **Thigh:** For medium-height balls.
 - **Sole of Foot:** To stop the ball dead.
- **Positioning:** Know where to be to get the ball (attack) or stop the opponent (defense). This means finding open space or closing down dangerous areas.

Football

Tactics

- **Defending 1-on-1:** Get close, stay low, be patient, and try to force the attacker wide.
- **Defending as a Team:** Stay in your shape, cover teammates, talk to each other, and track opponents.
- **Outwitting Opponents:** Think ahead, trick them with fakes, and find their weaknesses.
- **Attacking Tactics:**
 - **Overlaps:** A player runs *around* a teammate with the ball to offer a wider option.
 - **High Press:** Immediately try to win the ball back high up the field after losing it.

Healthy Lifestyle

- **Warm-up:** Gets your body ready for action by increasing blood flow, warming muscles, and improving movement. It helps prevent injuries.
- **Active & Healthy Living:**
 - **Physical:** Stronger heart and bones, better weight, more energy, fewer illnesses.
 - **Mental:** Less stress, better mood, improved focus, higher self-esteem.

In simple terms, **respect in football means being fair and showing good manners to everyone involved:**

- **To your teammates:** Support them and work together.
- **To your opponents:** Play fairly, don't cheat, and be gracious whether you win or lose.
- **To the referee:** Accept their decisions, even if you don't agree. They're in charge.
- **To your coaches:** Listen and follow their instructions.
- **To the game itself:** Play by the rules and don't try to trick people.

Netball Knowledge (Super Simple)

Rules

- **Footwork:** No running with the ball. Take one step, then pass/shoot.
- **Obstruction:** Don't stand too close (3 big steps) to the player with the ball.
- **Contact:** No pushing or rough touching players.
- **Offside:** Stay in your own "zone" on the court. Don't go where you're not allowed.
- **Court Markings:** Lines show where to play, where to shoot, and player "zones."

Healthy Lifestyle

- **Warm-up:** Gets your body ready to play, prevents injuries.
- **Healthy Living:** Good for your body (stronger, more energy) and mind (happier, less stress).

Character Skills

- **Examples:** Being tough when things go wrong (Resilience), talking well (Communication), guiding others (Leadership), working as a group (Teamwork), being fair (Respect), working hard (Discipline).
- **Importance:** Helps you win in sports and succeed in life!

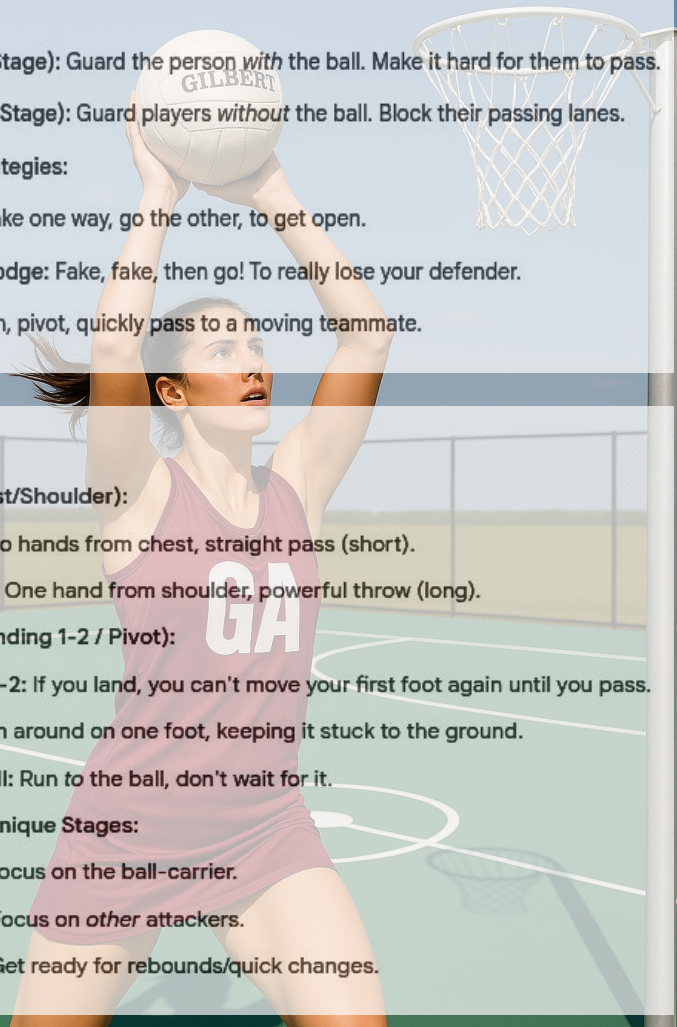
Netball

Tactics

- **Defence (1st Stage):** Guard the person *with* the ball. Make it hard for them to pass.
- **Defence (2nd Stage):** Guard players *without* the ball. Block their passing lanes.
- **Attacking Strategies:**
 - **Dodge:** Fake one way, go the other, to get open.
 - **Double Dodge:** Fake, fake, then go! To really lose your defender.
 - **Roll:** Catch, pivot, quickly pass to a moving teammate.

Skills

- **Passing (Chest/Shoulder):**
 - **Chest:** Two hands from chest, straight pass (short).
 - **Shoulder:** One hand from shoulder, powerful throw (long).
- **Footwork (Landing 1-2 / Pivot):**
 - **Landing 1-2:** If you land, you can't move your first foot again until you pass.
 - **Pivot:** Spin around on one foot, keeping it stuck to the ground.
- **Attack the Ball:** Run to the ball, don't wait for it.
- **Defence Technique Stages:**
 - **Stage 1:** Focus on the ball-carrier.
 - **Stage 2:** Focus on *other* attackers.
 - **Stage 3:** Get ready for rebounds/quick changes.



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.