



## Y7 Knowledge Organiser



### Basketball:

#### Hands:

- Passing and receiving – chest, bounce, overhead
- Dribbling – both hands, changing direction, pace
- Shooting – set shot (B.E.E.F)
- Rebounding
- Footwork – pivoting

#### Head:

- Application in competitive situation: fast break, give and go, 1 v. 1
- Decision making
- Adhering to rules (double dribble, travelling, held ball)
- Health and safety
- Consider a range of factors that impact on success (E.G tall player)

#### Heart:

- Ability to influence the performance and motivation of self and others (Heart)
- Impact of communication during the game (Heart)

### Badminton:

#### Hands:

- Serves – Low and short
- Overhead clear (forehand)
- Drop shot
- Able to keep a rally

#### Head:

- Appropriate technique selection with accuracy, trajectory and pace
- Decision making – making correct decision on which skill to use and when

#### Heart:

- Demonstrating communication and influence on team performance
- Adhering to rules, health and safety guidelines

