



## Y9 Knowledge organiser



### 9SK

#### Basketball:

##### Hands

- Passing – chest, bounce, overhead
- Dribbling – use of both hands, change of direction, body feints, pace & **double dribble rule**
- Shooting – set shot (B.E.E.F), rebounding/blocking, lay-ups (2 step approach)
- Movement – getting into space, looking for space to move into

##### Head

- Application in competitive situation: fast break, give and go, 1v1
- Decision making – triple threat (shoot/pass/dribble)
- Attack and defence – marking, blocking, rebounding
- Adhering to rules (half court, back court violation, held ball, double dribble, travelling)

##### Heart

- Ability to influence performance and motivation of self and others
- Impact of communication during the game
- Teamwork/sportsmanship/respect shown throughout the game

#### Volleyball:

##### Hands

- Key skills – dig, set, underarm serve, block
- Placement of shot – where to land on opponents' side of the court
- Start to pass ball around court (up to 3 touches)
- Starting to perform skills with consistency



##### Head

- Appropriate skill selection with accuracy (decision making)
- Considering a range of factors that impact on success such as strengths and weaknesses of opponent

##### Heart

- Demonstrate communication and influence on team performance
- Adhere to rules and health and safety guidelines (posts/nets)

## 9AS & 9DM

Netball:

Hands

- Passing – chest, shoulder, bounce (timing of the pass)
- Footwork – 2 step landing, 2-foot landing, pivoting, turn in the air, running pass
- Catching – 2 handed, 1 handed, on the move
- Shooting – 1 handed & 2 handed
- Movement around the court – getting free and into space

Head

- Decision making – which pass to use and when
- Adhering to the rules of the game (positions, replay, held ball, traveling, contact)
- Understanding where each position is allowed to go on the court and their role within the game
- Tactical awareness

Heart

- Demonstrating communication and influence on team performance

Hockey:

Hands

- Passing – push pass
- Receiving the ball (using flat side of stick, right side and reverse side)
- Running with the ball – dribbling, Indian dribble, close control, feints
- Tackling
- Holding the stick correctly (right hand at bottom loosely, left hand on top for control)

Head

- Consistency of skills and techniques
- Ability to adapt to changes in competitive situations – to be able to apply skills to the situation
- Adhere to the rules of the game (side line self-pass)

Heart

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

