

## Y7 Knowledge Organiser

### Gymnastics:

#### Hands:

- To be able to perform 3 simple balances
- To perform a sequence of balances and rolls
- To perform a variety of basic travel movements
- Perform basic partner balances

#### Some:

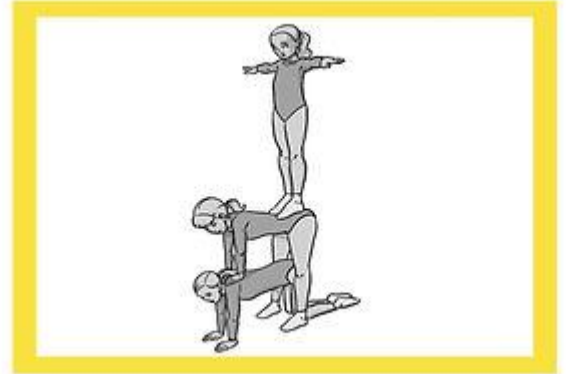
- To plan and perform complex balances
- To perform and link more complex rolling actions
- To perform complex travel movements within a sequence
- Perform complex partner balances

#### Head:

- To plan simple routines with a combination of balances and rolls
- Understand what makes a successful balance and routine

#### Heart:

- Demonstrate communication and influence on performance when working in a pair/group



### 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

