

Y7 Knowledge Organiser

Football:

Hands:

- Passing – Short passes, instep
- Dribbling (running with the ball) – Feints, stepovers, close control
- Tackling
- Turning with the ball – Cruyff, drag, outside foot



Head:

- Ability to adapt to changes in a competitive situation to dominate opponents
- Tactical awareness

Heart:

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

Tag Rugby:

Hands:

- Passing (sideways)
- Tagging (coordination)
- Catching
- Running with the ball (side step)

Head:

- Decision making
- Adhering to rules, health and safety
- Ability to adapt to the environment

Heart:

- Demonstrating communication and influence on team performance
- Ability to influence the performance and motivation of self and others

