

## Y8 Knowledge organiser

### 8AS

#### Volleyball:

##### Hands

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



##### 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)

#### 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



## 8SK & 8AS

### Gymnastics:

#### Hands

- To be able to perform 3 simple partner balances
- To perform a sequence of balances and rolls
- To perform a variety of basic travel movements
- To perform basic in-flight shapes when vaulting (tuck)
- To perform basic twists whilst in flight (half twist, full twist)

#### Some:

- To plan and perform complex partner balances
- To perform and link more complex rolling actions
- To perform complex travel movements within a sequence
- To perform complex in-flight shapes (pike, straddle)
- To perform complex vaults (straddle through, through vault)

#### 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

#### Heart

- Demonstrating communication and influence on team performance

### 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



8SK:

### Football:

#### Hands:

- Passing – Short passes, instep
- Movement – on and off the ball
- Dribbling (running with the ball) – Feints, stepovers, close control
- Tackling
- Turning with the ball – Cruyff, drag, outside foot
- Striking the ball – laces, placement



#### 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

