

Y7 Knowledge Organiser



7RM/7FD

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

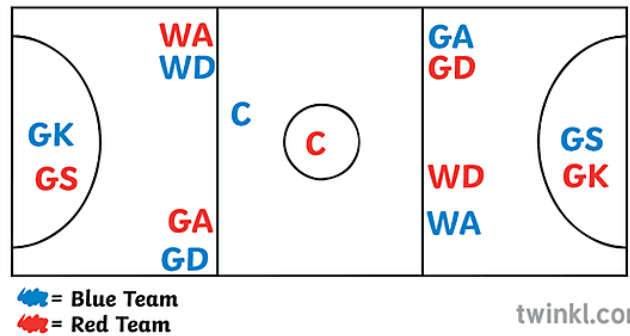


7SK

Netball:

Hands

- Passing – chest, shoulder, bounce (timing of the pass)
- Footwork – 2 step landing, 2-foot landing, pivoting
- Catching – 2 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

Heart

- Demonstrating communication and influence on team performance

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

