

## Y8 PE Knowledge organiser



### **8ZS**

#### 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) and rebounding/blocking
- 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 (double dribble, held ball, 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

#### Badminton

##### Hands

- Serves - low and short, high and deep,
- Overhead Clear shot – forehand and backhand; attacking and defending; overhead and underarm
- Drop shot
- Smash

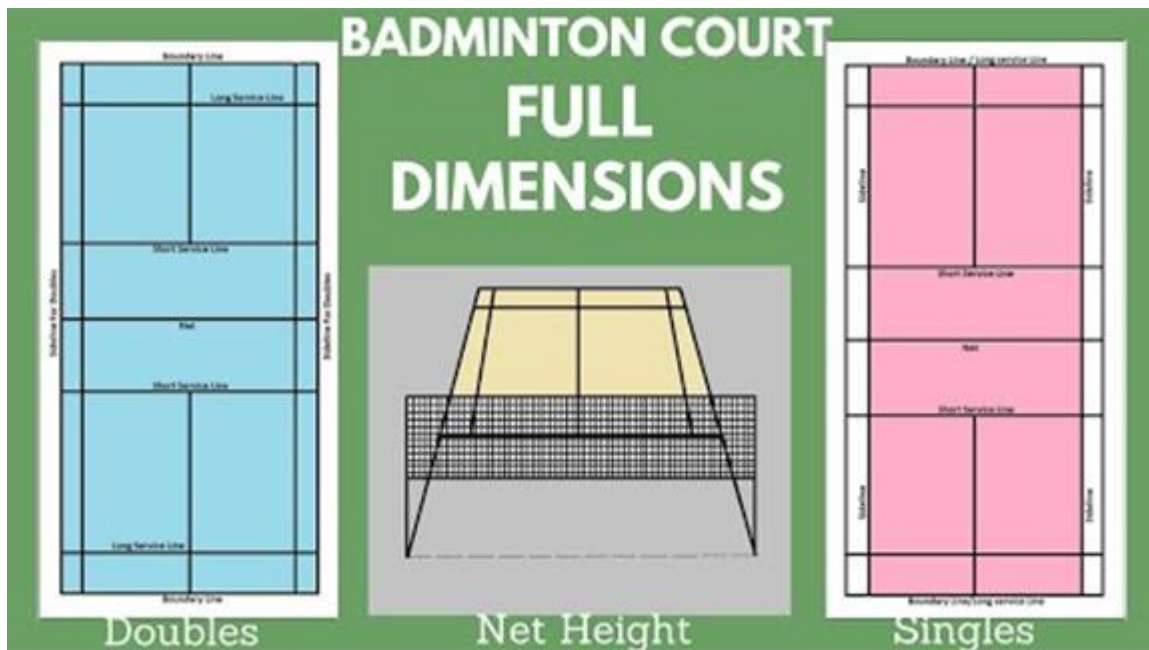
##### Head

- Appropriate choice of shot in relation to situation.
- Application of skills/techniques in tactics: movement pressure, deception, serving, attack/defensive formations in doubles
- Appropriate shot selection with length, height, speed and angle
- Considering a range of factors that impact on success such as strengths and weaknesses of opponent
- Adhering to rules, health and safety guidelines

##### Heart

- Demonstrating communication and influence on team performance in doubles

- Officiating other games



## 8UN/8NS

### Netball:

#### Hands

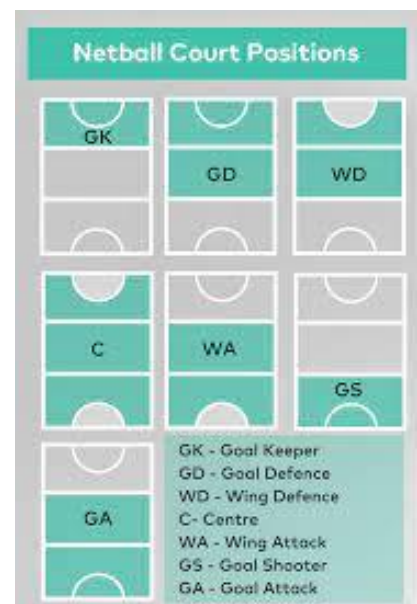
- Passing – chest, shoulder, bounce (timing of the pass)
- Footwork – 2 step landing, 2-foot landing, pivoting, turn in the air, running pass
- Catching – 2 handed, on the move
- Shooting – 1 handed & 2 handed
- Movement around the court – getting free and into space

#### 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



## 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