



## Y8 Knowledge organiser



### **8UN/8NS**

#### 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**

#### 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

## 8ZS

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### 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

