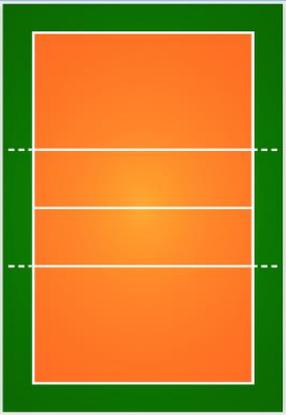


<u>Volleyball</u>	
<u>Unit Aims</u>	
Year 7	Develop skills and qualities of leading and officiating small games and practises
Year 8	Demonstrate skills and qualities of leading and officiating small games and practises

Knowledge Required		
Rules:	<ul style="list-style-type: none"> <li>• Maximum of 3 touches per team before the ball must be returned</li> <li>• A player cannot touch the ball twice consecutively</li> <li>• Serve from the backline and a point in won every time</li> <li>• First to 25 point wins the game (two clear points)</li> <li>• Players rotate every time they win serve back.</li> <li>• 6 players per team</li> </ul>	
Skills and tactics    	Dig	First shot that should be played and is a defensive shot. Knees flexed to allow a low body position, shoulders and feet parallel with arms out in front of you locked together. Aim to hit the ball nice and high on your side of the court to allow teammates the time/ opportunity to get under the ball for a set shot. This is to give your team control.
	Set	Second shot to be played. Two handed shot that is played with your fingertips above your head. Knees bent and push through the ball aid with control. Aim to get the ball high towards the front of the net to allow a spike/smash to be played.
	Smash/Spike	Third shot to be played and is the most attacking shot. Hitting the ball at its highest point with power, trying to get the ball to hit the floor on the opponent's side as quickly as possible.
	Underarm serve	The server holds the ball in the hand opposite from the hitting hand, below waist height but above the knee. Knees should be slightly flexed. Contact the ball at waist height and swing hitting arm forward, using the lower palm to hit the ball over the net.
	Overarm serve	Feet shoulder width apart pointing the way you are facing. Bring dominant hand back and toss the ball up with opposite hand. Transfer weight onto your front foot and the ball using the palm of your hand.
	Block	stand close to the net, knees slightly bent with hands in front of the shoulders, feet shoulder width apart, balanced, jump upright and tall when the opponent makes contact with the ball with the aim of deflecting it straight back into their half of the court
	Tactics	Front/back or side to side Hitting into space Targeting opponent's weakness Shot selection

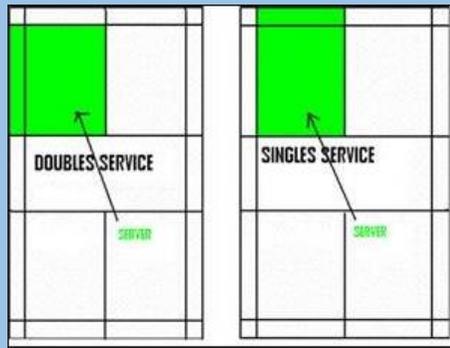
**BADMINTON**

**Unit Aims**

Year 7	Develop skills and qualities of leading and officiating small games and practises
Year 8	Demonstrate skills and qualities of leading and officiating small games and practises

**Knowledge Required**

Rules:	<ul style="list-style-type: none"> <li>• Serve Diagonal and land across the service line</li> <li>• Play to 21 points (2 clear points to win)</li> <li>• Whoever wins the point, their team serve.</li> <li>• When the score is even you serve from the right, when it is odd you serve from left</li> <li>• Long and thin for doubles, short and fat for singles</li> <li>• You cannot touch the net</li> <li>• Serve must be underarm/below lowest rib.</li> </ul>	
Skills and tactics	Clear	Shot played high to the back of the opponent's court, typically a defensive shot but can be played as an attacking shot.
	Dropshot	Delicate shot played just over the net into the space. Gets your opposition out of position to attempt a smash or clear.
	Smash	Most attacking shot. Hitting the shuttlecock at its highest point with power, trying to get the shuttlecock to hit the floor on the opponent's side as quickly as possible.
	Flick serve	Short serve which is played typically in doubles. Aim is to get the shuttlecock to stay low over the net and land just over the service line. Means your opposition has to hit the shuttlecock upwards.
	Grip	V shape down the handle. (Shake its hand)
	Underarm serve	Serve typically played in singles. Aim is to get the shuttles as high as you can towards the backline. Gets your opposition to the back of the court from the start so you can dictate the rally.
	Tactics	Doubles – front/back or side to side Hitting into space Targeting opponents weakness Shot selection

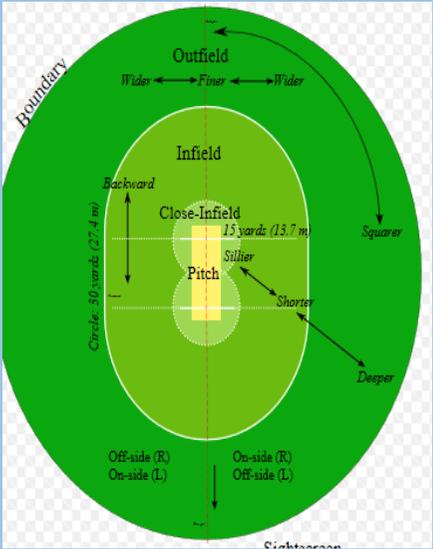


<b>Basketball</b>	
<b>Unit Aims</b>	
Year 7	Develop skills and basic tactics in small sides games and practises
Year 8	Skill development and tactics in competitive situations

<b>Knowledge Required</b>		
<p>Rules:</p> 	<ul style="list-style-type: none"> <li>• Played in two teams of 5</li> <li>• Score by shooting the ball through the hoop</li> <li>• Side line ball to the opposite team if the ball goes out of play</li> <li>• 3 or 2 points scored for a basket depending on where you shoot from</li> <li>• Backcourt violation – can't go back to your own half once you've crossed with the ball</li> <li>• 5 seconds with the ball</li> <li>• Double dribble and travelling are not allowed</li> <li>• None contact sport</li> </ul>	
	<b>Dribbling</b>	Head up, fingertips, knees bent, waist height. A way in which you can move with the ball.
	<b>Chest pass</b>	W grip, step, chest to chest, follow through. Pass made over a short distance.
	<b>Bounce pass</b>	W grip, step, chest to chest, follow through. Pass made over a short distance to bounce before the player.

	<b>Overhead/javelin pass</b>	Sideways on, shoulder to shoulder, step, follow through. Pass made over a long distance
	<b>Footwork/pivoting</b>	Landing on alternate feet to allow pivoting anyway. Two step maximum with the ball. 3 <sup>rd</sup> step is a foul.
	<b>Set shot</b>	BEEF – Bents knees, eyes, elbow basket.
	<b>Lay up</b>	Way in which you shoot when running with the ball. Aiming for the backboard. Opposite hand to feet
	<b>Attacking</b>	Dribble into space, dribble outside then penetrate the middle quickly. Overload players and pass the ball quickly.
	<b>Defending</b>	Man to man marking – Each person is designated a player to mark and that is their responsibility. Good for accountability. Knees bent, keep eye on opposition. Zonal – Each player marks a space around the key as soon as they lose possession.
	<b>Triple Threat</b>	Hands positioned on the ball appropriately so they are ready to dribble, pass or shoot.

## Cricket

Knowledge Required															
Rules:	<ul style="list-style-type: none"> <li>• Each team has 11 players</li> <li>• There are two sets of wicket each containing 3 stumps that are 22 yards apart</li> <li>• A run occurs when a batsman hits the ball and the two batsman at each end successful run to the other end</li> <li>• If the balls surpasses the boundary line the batter receives 4 runs if the ball touches the floor or 6 runs if it clears it without bouncing</li> <li>• A batter can be out by being bowled, caught, run out, LBW, handled ball, hitting the ball twice or obstruction</li> <li>• Games are generally so many 'overs'. An over is 6 bowls and then you change ends.</li> <li>•</li> </ul>														
Skills and tactics	<table border="1"> <tr> <td style="background-color: #cfe2f3;">Catching</td> <td>See the ball and move underneath where the ball will land, palms facing anticipated line of ball, hands give as ball is caught</td> </tr> <tr> <td style="background-color: #cfe2f3;">Long Barrier</td> <td>Left knee on the ground, overlapping the right heel, palms facing ball, fingers facing down, barrier created to allow the ball to be stopped.</td> </tr> <tr> <td style="background-color: #cfe2f3;">Bowling</td> <td>Sideways stance. Starfish position. Non – bowling arm points in the direction of the bowl. Bowling arm is straight and remains straight throughout the bowl. Step forward with back foot and transfer weight. At the same time, bring bowling arm forward, brushing past the ear and release. Release point will decide the pitch of the ball. Batting</td> </tr> <tr> <td style="background-color: #cfe2f3;">Batting grip</td> <td>With your non-dominant hand wrap your fingers and thumb around the top of the bat. Your thumb and fore finger should make a V shape pointing down the back of the bat. Your bottom should be placed underneath the top hand, and both should be next to each other on the bat.</td> </tr> <tr> <td style="background-color: #cfe2f3;">Defensive Strike</td> <td>Bat should be angled towards the ground. Backswing and follow through should be minimal to take the pace off the bowl.</td> </tr> <tr> <td style="background-color: #cfe2f3;">Attacking strike</td> <td>Step towards the ball to meet the pitch of the bowl. Prepare with a full backswing. Make contact with the centre of the back and follow through with the shot</td> </tr> <tr> <td style="background-color: #cfe2f3;">Fielding</td> <td>A way in which you stop the ball to limit the opposition scoring runs. Short pickup when you are close to the wicket, good for getting the ball quickly. Long barrier to ensure the ball does not pass the boundary.</td> </tr> </table>	Catching	See the ball and move underneath where the ball will land, palms facing anticipated line of ball, hands give as ball is caught	Long Barrier	Left knee on the ground, overlapping the right heel, palms facing ball, fingers facing down, barrier created to allow the ball to be stopped.	Bowling	Sideways stance. Starfish position. Non – bowling arm points in the direction of the bowl. Bowling arm is straight and remains straight throughout the bowl. Step forward with back foot and transfer weight. At the same time, bring bowling arm forward, brushing past the ear and release. Release point will decide the pitch of the ball. Batting	Batting grip	With your non-dominant hand wrap your fingers and thumb around the top of the bat. Your thumb and fore finger should make a V shape pointing down the back of the bat. Your bottom should be placed underneath the top hand, and both should be next to each other on the bat.	Defensive Strike	Bat should be angled towards the ground. Backswing and follow through should be minimal to take the pace off the bowl.	Attacking strike	Step towards the ball to meet the pitch of the bowl. Prepare with a full backswing. Make contact with the centre of the back and follow through with the shot	Fielding	A way in which you stop the ball to limit the opposition scoring runs. Short pickup when you are close to the wicket, good for getting the ball quickly. Long barrier to ensure the ball does not pass the boundary.
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 <p>The diagram illustrates the layout of a cricket field. At the center is the rectangular Pitch, measuring 22 yards (20.12 m) in length. The Pitch is flanked by the Stumps at each end. Surrounding the Pitch is the Close-Infield, which is 15 yards (13.7 m) wide. The field is divided into the Infield and the Outfield. The Outfield is further divided into the Squarer and the Desper. The field is also divided into the Off-side (Right and Left) and the On-side (Right and Left). The Boundary is the outermost line of the field. The diagram also shows the positions of the Batsman, Bowler, and Fielders.</p>															

FITNESS	
Unit Aims	
Year 7	
Year 8	

Knowledge Required			
Agility	The ability to change direction at speed.	A footballer player would need this to change direction to get past a defender	Illinois agility test
Balance	The ability to maintain the centre of mass	A gymnast would need this when holding a position on the beam	Standing Stalk Test
Co-ordination	The ability to use two or more body parts together	A badminton player needs this to move into the position and then strike the shuttlecock	Alternate Wall throw (Wall Toss)
Power	Strength X speed. The ability to perform strength performances quickly	A javelin thrower applies great force to the spear while moving their arm rapidly forward	Vertical Jump test
Reaction Time	The time taken to respond to a stimulus.	A sprinter would need this as he has to react to the sound of the gun at the start of a race	Ruler Drop Test
Speed	The ability to move all or part of the body as quickly as possible.	A tennis player moving forward from the baseline quickly to reach a drop shot close to the net	30M spring
Flexibility	The range of movement (ROM)available at a joint	A gymnast training to increase hip mobility to improve the quality of their split leap on the beam	Sit and Reach
Muscular Endurance	The ability to use skeletal voluntary muscles for a prolonged period of time without tiring	A boxer would need this to keep throwing punches during a fight	Sit up test Press up test
Muscular Strength	The amount of force a muscle can exert against a resistance	A weightlifter would need this to lift heavy weights (1 rep max)	Had grip dynamometer
Aerobic/Cardiovascular Endurance	The ability of the heart, lungs and blood to transport oxygen during sustained exercise. Our heart and lungs are able to cope with activity for relatively long periods of time without getting tired.	A marathon runner will need this to keep taking oxygen into the body and removing the cO2 to ensure they can keep running.	Multi Stage fitness test 12 Minute Cooper run Harvard Step Test
Body Composition	The percentage of muscle, fat, bone, ligament and cartilage in the body	A boxer would need this to be able to track his weight in preparation to a fight. (flyweight etc)	Skinfold

## FOOTBALL

### Unit Aims

Year 7	Develop skills and basic tactics and in practise and small sided games
Year 8	Skill development and tactics in competitive situations

### Knowledge Required

<b>Rules:</b>	<ul style="list-style-type: none"><li>• Games are 11 vs. 11 for full sided games</li><li>• Starts with centre kick</li><li>• Throw in in the whole ball crosses the side lines (opposite team to whoever touched it last)</li><li>• Goal kick or corner kick in whole goal crosses the goal-line outside of the net</li><li>• Goalkeepers can use their hands inside the 18 yard box.</li><li>• If the ball crosses the goal-line inside the nets, then a goal is given and restart with centre kick</li><li>• Free kicks/penalties are awarded for infringements of the rules (fouls, handball etc.)</li><li>• Offside (behind second last defender when the ball is played)</li><li>• Who has the most goals at full time wins (90 minutes)</li></ul>	
<b>Skills and tactics:</b> 	Short pass	None kicking foot next to ball, side of your foot, follow through, keep head over the ball. All improve control and accuracy.
	Long pass	Non kicking foot next to the ball, use the laces, flexion of the knee, head over the ball, follow through and lean back to achieve height.
	Heading	Eyes of the ball and feet in position. Use forehead as point of contact with the ball. Defensive header goes high and wide. Attacking header goes down to corners. Use neck to generate the power and jump to beat opposition to the ball.
	Defending	Man to man marking – sideways on/ close to player/ try to slow attacking player down/ on toes/ show attacker to their weaker foot/ time tackle effectively to increase chances of winning the ball back
	Shooting	Side of the foot for accuracy aiming for the corners. Typically played when in close proximity to the goal. Laces to get more power. Typically when you are further away from the net.
	Dribbling	A way in which you run with the ball. Take as many close touches as you can with the ball to stay in control. May introduce a step over/faint to outwit the opponent. Head up, inside/outside of the foot/knees bent

## NETBALL

### Unit Aims

Year 7	Develop skills and basic tactics in small sides games and practises
Year 8	Skill development and tactics in competitive situations

### Knowledge Required

#### Rules:



- Played in two teams of 7
- 40 minutes per game – (10 minute quarters)
- Score by shooting the ball through the hoop (net)
- Side line ball to the opposite team if the ball goes out of play
- 1 point scored for each net
- You can only hold the ball for 3 seconds
- No contact with any other player
- 1 metre rule – Must be 1 metre (3ft) away from the opposition
- GS, GA, WA, C, WD, GD, GK
- Offside – You can only go into areas of the court in which your position allows
- Over a third – Ball cannot completely miss a whole third of the court
- Footwork – You cannot travel with the ball. Pivoting only.
- Game start and restarts with a Centre Pass

<b>Dodging</b>	<p><b>STOP &amp; GO</b> = (Quickly spring one way stop and then go again the same direction)</p> <p><b>FEINT</b> = (Feint one way and go the other to lose your marker)</p> <p><b>HOLD</b> = (Place one foot sideways to opponent to create space behind)</p> <p><b>RUN</b> = (Feint to run backwards and then run forwards fast)</p>
<b>Chest pass</b>	W grip, step, chest to chest, follow through. Pass made over a short distance.
<b>Bounce pass</b>	W grip, step, chest to chest, follow through. Pass made over a short distance to bounce before the player.
<b>Shoulder pass</b>	Sideways on, shoulder to shoulder, step, follow through. Pass made over a long distance
<b>Footwork/pivoting</b>	<p>Alternate feet = First foot to land must stay static and pivot on opposite</p> <p>Simultaneous feet = Either foot can become static or pivoting foot</p> <p>On the move = Release the ball before the third step</p>
<b>Defending</b>	<p>Man to man marking – Each person is designated a player to mark and that is their responsibility. Good for accountability. Knees bent, keep eye on opposition.</p> <p>Zonal – Each player marks a space around the key as soon as they lose possession.</p>
<b>Shooting</b>	Balance, height, flick/follow & extend (BEEF)