

PE SPRING 1 KNOWLEDGE ORGANISERS



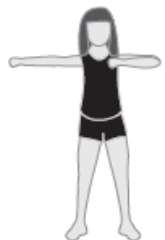


KS2 Cheerleading Knowledge Organiser



KEY SKILLS

MOTIONS



Bow & Arrow Left



K



Diagonal



High V



T



Dagers



Bow & Arrow Right



Punch



Touchdown



Low Touchdown



Low V



Broken T

CHEERLEADING FORMATIONS

Bowling Pins	Diagonals	Windows	Partners

LEVELS

High
Middle
Low

PATHWAYS

Straight
Curved
Zig zag
Forward
Backwards
Sideways

CREATING A ROUTINE

Unison
Canon
choreography
Motif = phrase of dance
Fast / Slow movements

SECTIONS

Motions
Cheers
Chants
Jumps
Dance

PERFORMANCE

Observe
Evaluate
Improve.
Performance

Year 6 Gymnastics Knowledge Organiser

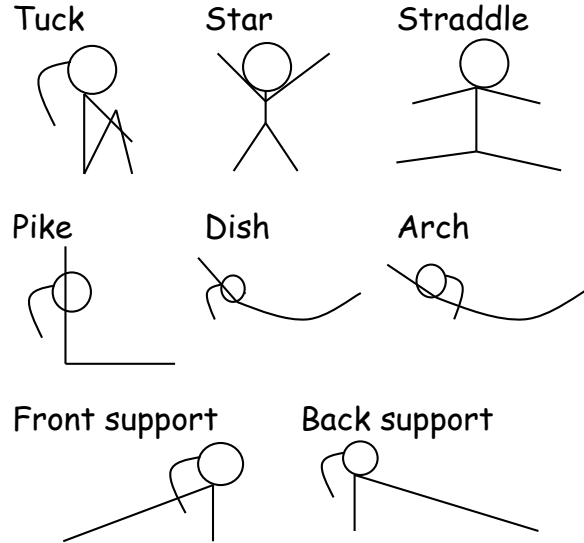


KEY SKILLS

TRAVEL

Running	Jogging
Skipping	Jumping
Hopping	Walking
Monkey walk	Caterpillar walk
Bunny hop	Crab walking
Scorpion walk	Elephant
Bear walk	kangaroo walk

SHAPES



ROLLS

forward/back/teddy/pencil
sideways/egg roll/ dish roll

JUMPS

Tuck/straddle/pike/split
180°(half)/360°(full)/stag leap

BALANCE

5 seconds of stillness
V-sit/shoulder stand/Arabesque
Y Balance/knee

EVALUATION



Advanced Skills

Headstand



Handstand



Bridge



Shoulder stand



Cartwheel



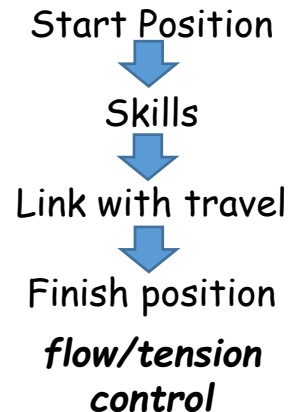
LEVELS

high
middle
low

PATHWAYS

straight
curved
zig zag

CREATING A ROUTINE



KEY WORDS

Travel	Sequence
Mirror	Match
Asymmetric	Symmetric
Shape	Roll
Jump	Landing (knees bent)
Speed	Balance
Level	Pathways

Knowledge Organiser

Y5 Orienteering

Definition: Orienteering is a competitive sport in which runners have to find their way across rough countryside with the aid of a map and compass.

Key Skills

Team Building skills

Answering tasks, acting on instructions.

Set challenges.

Listen and communicate with others

Know North, South, East, West.

Know a simple school map.

Verbal communication.

Photo Orienteering.

Mapwork tips and hints

Always orientate your map

Use the key to help.

Use landmarks to locate.

Stick with your team at all times.

Plan your route.



Y5: Aim to build upon any problem-solving skills learnt in First Schools.

Key Rules

1. Pupils should not give out or share answers of results.
2. No cones, controls or markers should be moved or hidden. Doing so is cheating.
3. Pupils must stay within the school grounds at all times.
Never go out of the school gates.

Teamwork

Team Building skills - see ideas booklet ("Team Building" from WH)

Listen and communicate effectively with your partner/group.

Answer tasks with care and accuracy.

Vocabulary:

Orienteer, directions, communicate, partner/group work, control point, map work, challenge.

Year 7 Gymnastics Knowledge Organiser



KEY SKILLS

MOVEMENT

Rotation	Turning	Twisting
Wheeling	Rolling	Spinning
Circling	Swinging	Jumping
Flight	Lifting	Traveling
Lowering	Balancing	

Advanced Skills

Headstand	Handstand
Bridge	Shoulder stand
Cartwheel	Walkover

LEVELS

high
middle
low

PATHWAYS

straight
curved
zig zag

BALANCE

V-sit/shoulder stand/Arabesque
Y Balance/knee

BODY SHAPE

Tuck	Star	Straddle
Pike	Dish	Arch
Front support	Back support	

CREATING A ROUTINE

Start Position



Skills



Link with travel



Finish position

flow/body tension
Transition/control

TIMING

Unison
Canon
Fast
Slow
Flowing
Stop/start
Fluency

ROLLS

forward/back/teddy/pencil
sideways/egg roll/ dish roll

JUMPS

Tuck/straddle/pike/split
180°(half)/360°(full)/stag leap

EVALUATION

Self-
assessment

Peer-
assessment

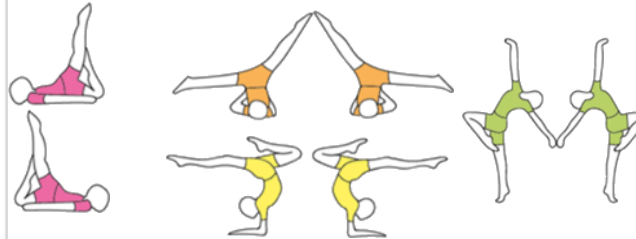
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& a
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MIRROR



MATCH



KEY WORDS

Travel	Sequence
Mirror	Match
Asymmetric	Symmetric
Unison	Canon
Jump	Landing (knees bent)
Speed	Balance
Level	Pathways

Knowledge Organiser

Y6 Orienteering

Orienteering is a competitive sport in which runners have to find their way across rough countryside with the aid of a map and compass.

Key Skills

Trust games eg Trust Falls, Lean Out.

Answering tasks, acting on instructions.

Listen and communicate.

Know directions of compass, including NE, NW, SE, SW.

Countries Orienteering.

Red Dot/ Nail Trail.

Understand /use simple school map.

Mapwork tips and hints

Always orientate your map.

Use the key to help.

Use landmarks to locate.

Stick with your team at all times.

Plan your route beforehand.

Y6: Aim to build upon any problem-solving skills learnt previously.



Key Rules

Pupils should not give out or share answers of results.

No controls or markers should be moved or hidden. Doing so is cheating.

Pupils must stay within the school grounds at all times. Never go out of the school gates.

Teamwork

Team Building skills.

Listen and communicate effectively with your partner/group.

Vocabulary:

Orienteering, control points, directions, clockwise, anti-clockwise, $\frac{1}{2}$ turn, forwards, backwards.

Knowledge Organiser

Y8 Table Tennis

Key Skills

Push shot over net.

Backhand push over net.

Backhand and Forehand drive.

Smash

Grip.

Recap serve.

Gameplay

Disguise of shot - Forehand and backhand shots to outwit opposition.

Start to use spin to beat opponent.

Selection of most suitable shot based on opponent's play and movement.

Perform the serve with control and accuracy.

Knowledge Organiser

Y8 Table Tennis

Key Rules

The server should:

- start with ball on open palm behind end of table.

- hit the ball to touch first his/her court, pass over the net, touching receiver's court

- after playing 2 points the server(s) becomes the receiver(s) and vice-versa. Continue this to end of game.

- set is won by first player to score 21 points

- do not put hands on table or volley the ball.

Teamwork

Understand the value of co-operation and teamwork in doubles play.

Further development of strategies to outwit opponent during play.

KS2 Table Tennis Knowledge Organiser



KEY SKILLS

Ready Position

The ready position is a key starting point when fielding. It provides you with the best opportunity to catch and/or stop the ball and allows you to move into position quickly. This is done by being on your toes with your body **weight slightly towards** where the ball is coming from with hands ready.



Forehand Drive

Hip to lip (start and finish points for the bat)

Finish with your **index finger pointing towards the target** (like a gun)

1. READY POSITION

- Crouched with left foot slightly forward
- Close to the table

2. BACKSWING

- Hip/shoulder turns the waist to the right
- Arm rotates back and downwards at the elbow

3. FORWARD MOVEMENT

- Arm moves forward and upwards as the body untwists from the waist
- Weight transfers from the right to the left foot
- Contact at top of the bounce

4. FOLLOW THROUGH

- Bat arm continues to move forward and upwards, finishing in line with the nose
- Recover to ready position



Backhand Push

Making an **L shape** with your elbow on the backswing and push your arm forwards to an **I** on the swing

Finish with your **index finger pointing towards the target**

1. READY POSITION

- Crouched facing the direction you would like the ball to travel
- Close to the table

2. BACKSWING

- Bat moves back towards the stomach with an open angle


3. FORWARD MOVEMENT

- Produced from the elbow as bat moves forward and slightly downwards
- Contact the ball underneath and early off the bounce

4. FOLLOW THROUGH

- Bat moves forwards and downwards
- Recover to ready position

KEY WORDS

Word	Definition
Serve	To strike the ball it must be on your own side of the table before your opponent's side
Grip	Hold the handle of the bat like you are going to shake its hand .
Table	Playing area divided by a net
Bat / Paddle	Equipment used for hitting the ball one side is red the other black
 Bat /paddle	 Grip
	 Table
Spin	Making the ball turn in different ways depending on how it is hit
Rally	Continuous shots over the net between 2 or more players
Footwork	Moving your feet early to get in line with the ball

Knowledge Organiser

Y7 Orienteering

Orienteering is a competitive sport in which runners have to find their way across rough countryside with the aid of a map and compass.

Key Skills

Fulfilling all tasks using instructions.

Basic compass work.

Skills to answer Student Brief/
Badminton Orienteering/ Double
Strides.

KS3 Photo Orienteering.

School map work.

Mapwork tips and hints

Always orientate your map.

Use the key to help.

Use landmarks to locate.

Stick with your team at all times.

Plan your route beforehand.



Y7: Aim to build upon problem- solving skills learnt in KS2

Key Rules

Pupils should not give out or share answers of results.

No controls or markers should be moved or hidden. To do so is to cheat.

Pupils must stay within the school grounds at all times. Never go out of the school gates.

Teamwork

Listen and communicate fully.

Trust games in larger groups.

Share ideas and motivate others.

Vocabulary:

Orienteering, control points, directions,

Double strides,



KS2 Rugby Knowledge Organiser



Skills

Tagging

To tag an opposing player with the ball:

1. Judge the speed and direction of opposition.
2. Run alongside opponents.
3. Remove tag from their waist and shout "TAG!" – then pass back the tag to the player you took it from.



If you have been tagged you must:

- A. Pass the ball to a teammate within 3 steps or 3 seconds of being tagged.
- B. If you are within 1m of the try line you can step forward and score the try.
- C. You must collect your tag and replace it before carrying on playing.



Passing

2 hands around the ball to grip it correctly.

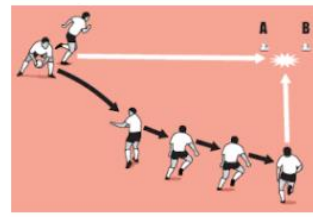
Gripping the ball



To pass:

- Keep the arms and knees bent.
- Push/Pull the ball **across your body from the waist.**

- Keep hands either side of the ball.
 - Swing arms and ball across your body.
 - **Point arms towards target** even after pass.
- Ball must go **sideways / backwards** from the passer.



Receive the ball with Target / W hands

Key Vocabulary

Passing – passes must be played level or backwards, the ball cannot travel forwards, this will result in possession turnover.

Offside – Attacking players must remain behind the ball when it is active.

Scoring – A try is scored when the ball is placed over the try line with both hands pushing the ball down.

Tag – To remove a tag of the opposition player who has the ball

Dodging – move passed the opponents with the ball.

Handling – 2 hands on the ball at all times.

Pitch -



Knowledge Organiser

Y8 Orienteering

Orienteering is a competitive sport in which runners have to find their way across rough countryside with the aid of a map and compass.

Key Skills

Fulfilling all tasks using instructions.

Compass work. Route Planning.

Tasks timed against the clock.

KS3 Photo Orienteering.

School map work.

Mapwork tips and hints

Always orientate your map.

Use the key to help.

Use landmarks to locate.

Stick with your team at all times.

Plan your route beforehand.



Y8: Aim to build upon problem- solving skills learnt in KS2 / Y7

Key Rules

Pupils should not give out or share answers of results.

No controls or markers should be moved or hidden. To do so is to cheat.

Pupils must stay within the school grounds at all times. Never go out of the school gates.

Teamwork

Prepare/plan well for challenges. Explain what you did.

Take on different roles and help others in the team. What strengths and skills did you contribute?

Solve problems collaboratively.

Adjust/change plans as necessary.

Enjoyment.

How to improve performance.

Vocabulary:

Orienteering, control points, directions,

Compass directions,

	Lake
	Ponds
	Uncrossable River
	Stream
	Major Ditch/Drain
	Minor Ditch/Drain
	Narrow Marsh
	Uncrossable Marsh
	Crossable Marsh
	Seasonal Marsh
	Waterhole
	Water Tank
	Well
	Special Water Feature

Knowledge Organiser

Y7 Table Tennis

Key Skills

Basic push shot over net.

Backhand push over net.

Forehand drive.

Grip.

Serve.

Gameplay

Forehand and backhand shots to outwit opposition.

Selection of most suitable shot based on opponent's play

Be able to serve with some accuracy.

Knowledge Organiser

Y7 Table Tennis

Key Rules

Server should:

- start with ball on open palm behind end of table.

- hit the ball to touch first his/her court, pass over the net, touching receiver's court

- after playing 2 points the server(s) becomes the receiver(s) and vice-versa. Continue this to end of game.

- set is won by first player to score 11 points

- do not put hands on table or volley the ball.

Teamwork

Understand the value of co-operation and teamwork in doubles play.

Strategies to outwit opponent during play.

Vocabulary:



KS2 Rugby Knowledge Organiser



Skills

Tagging

To tag an opposing player with the ball:

1. Judge the speed and direction of opposition.
2. Run alongside opponents.
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Passing

2 hands around the ball to grip it correctly.

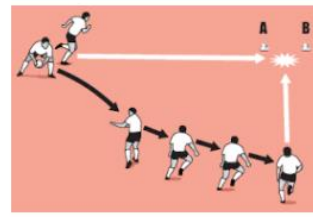
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 - Swing arms and ball across your body.
 - **Point arms towards target** even after pass.
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Receive the ball with Target / W hands

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Dodging – move passed the opponents with the ball.

Handling – 2 hands on the ball at all times.

Pitch -

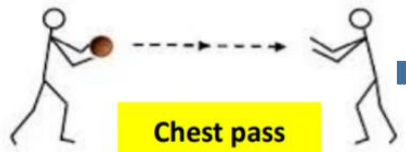




KS2 Basketball Knowledge Organiser



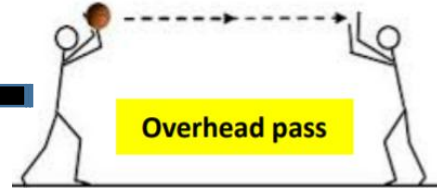
PASSING SKILLS



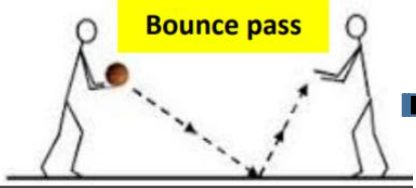
Chest pass

W grip/ Step/Chest to chest/
Follow through/ short distance

W grip/ Step/overhead to
overhead/ Follow through/
long distance



Overhead pass



Bounce pass

W grip/ Step/Chest to chest/
Follow through/ Bounce
before player/ short distance

KEY SKILLS

Dribbling - Head up/spread fingers and fingertips bounce the ball/waist height

Set Shot - Knees bent/dominant foot slightly in front of other/strong hand at bottom/supporting hand on side/elbow at 90 degrees

Lay up- Strong hand at bottom/supporting hand on side/keep it high - *right hand dribble, step right, jump left, aim for top right corner of box, - left hand dribble, step left, jump right, aim for top left corner of box*

Pivoting/Jump Shot- Landing 1,2 - can be used at the end of a dribble or when receiving a pass.

On the move - release ball before third step.

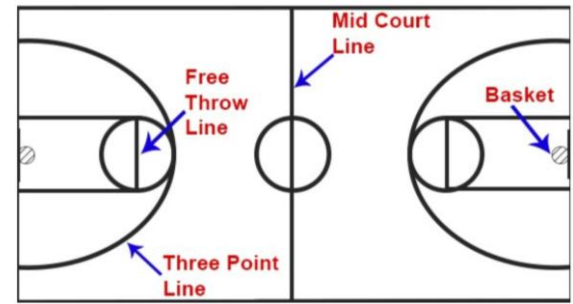
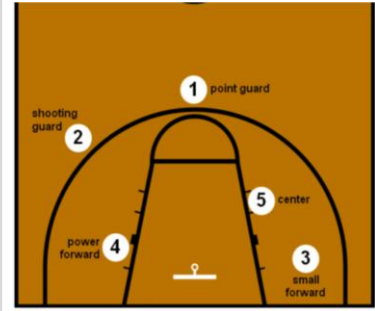
RULES

1. The games consists of 2 teams with 5 players on court.
2. **Aim to score as many hoops, shooting through the hoop, as you can in the time allocated.**
3. Players cannot travel with the ball or perform a double dribble
4. **Players cannot hold the ball for longer than 5 seconds**
5. If ball goes out of play then a side line ball is taken from the opposite team.
6. **Once the offense (attacking team) has brought the ball across the mid-court line, they cannot go back across the line during possession.**
7. Fouls are given for hitting, holding or pushing an opponent.
8. **If a player fouls the shooter, then 1-3 free throws can be awarded (each 1 point).**

KEY WORDS

Attack	Defence	Passing	Receiving
Dribbling	Set shot	Lay-up	Pivoting
Travelling	Double dribble		

COURT & PLAYING POSITIONS





KS3 Rugby Knowledge Organiser



Skills & Tactics

Ball Handling– Hold the ball in two hands. Spread your fingers around the seam, a W shape. Use your fingers to control the ball.

Passing– The ball must be passed backwards. W Shape grip around the ball. Ball should be close but in front of the body. Look over your shoulder for your teammates. Pass the ball diagonally across your body from a low to high position.

Receiving a Pass– Make a target for the ball with your hands evenly spaced in front of you. Watch the ball into your hands and then turn to look at a target.

Side Tackle– As opponent approaches, prepare to tackle ensuring your head is kept up with your chin of your chest and a flat back. Shoulders to take the impact of collision. When tackling your opponents, your head needs to be behind the opponents legs, wrapping your hands around them. Land on top of your opponents.

Front Tackle– Watch opponent running head up, back flat. Head and neck should be at one side of the opponent. Cheek to cheek position.

Drop Kick– Eyes on the ball, hold ball out at waist height, elbows slightly flexed, hold ball along seam with fingers positioning downwards, keep head over ball, drop ball up-right, as ball lands make contact with it, follow through.

Key Vocabulary

Scrum Half

Hooker

Winger

Line Out

Line Speed

Try



Rules & Regulations

The game is started by a place kick or a drop kick from the middle of the halfway line. The ball must travel forwards at least 10 metres from the kick-off. If this is unsuccessful then the opposing team decide upon a scrum or line out for them to take advantage. If a penalty or drop goal is scored during the game, play is restarted with a drop kick from the halfway line. The team that has conceded the points takes the kick.

Scoring System

Scoring System: A try - five points are awarded for touching the ball down in your opponent's goal area. A conversion - two points are added for a successful kick through the goalposts after a try. A drop kick - three points are awarded for a penalty kick or drop goal through the posts.





KS3 Rugby Knowledge Organiser



Skills & Tactics

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KS2 Handball Knowledge Organiser



Prior Learning: In Year 4 children recapped techniques including controlling and moving with the ball in various ways, catching and using a range of passing techniques including the chest and bounce pass. Children also recapped shooting while on the move. Children continued to play small sided games and were encouraged to embrace the rules, fair play and be gracious in victory and defeat.

Physical Me

Throw

Agility Power

Catch

Balance

Dodge

Co-ordination

Run

Jump

Social Me

- Teamwork
- Encouraging others

Dribble

Speed

Key Skills

Value Me

- Fair Play
- Determination

Thinking Me

- To make decisions in the game
- How can I improve

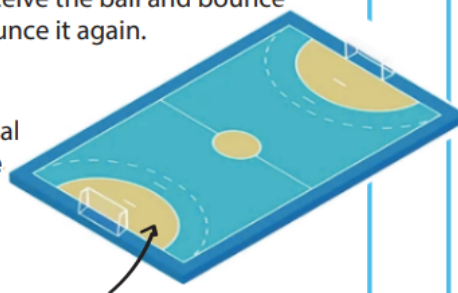


Key Knowledge

Dribbling- You can dribble the ball. However if you catch it you must pass or shoot

Double dribble- Handball players cannot receive the ball and bounce it, then hold the ball, and bounce it again.

Foot fault- When a player (other than the goal keeper) stands in the **semi circle**
- A free throw is awarded to the other team



Semi- circle

Our Handball Rules:

Number of players: 5v5

You have 5 seconds to hold the ball: then you must pass or shoot

Courts: Only allowed goal keeper inside the semi circle

Start of play: Game is started by a 'throw off'

Scoring a goal: A goal is scored by throwing the ball into the oppositions net

After a goal is scored play is restarted by the GK

If the goal keeper saves a ball, play is restarted by the GK

Players are allowed to take 3 steps with the ball.

Travelling - taking more than 3 steps. Free-throw given to the other team.

Dribbling - No double dribble

No Contact - can intercept or block

Key Vocabulary

Foot faults

Receiver

Overhead throw

Dribble

Techniques

Focus

Passive defender

Opposing

Double Dribble

KS3 Handball Knowledge Organiser



KEY SKILLS & TACTICS

Chest pass: This is a short and powerful pass, you have your hands in a W shape and push to extend your arms, you also step forward to give more power.

Shoulder pass: This is a long and powerful shot, you start with the ball in your strong hand next to your shoulder, you extend your arm and follow through with your body.

Bounce pass: This is a pass which is low to the ground, you use the same position as a chest pass but aim in $\frac{3}{4}$ of the way between you and the person you are bouncing to.

Overhead pass: This is a double handed throw, similar to a football throw in. This is for long distances and to get the ball over someone if they are trying to block.

Dribbling: Players may dribble the ball as in basketball but are allowed three steps before and after the dribble. You need to keep the ball close to your body to help.

KEY WORDS

- Dribble
- Shoulder pass
- Chest pass
- Bounce Pass
- Jump shot
- Defence
- Attack
- Penalty throw
- Team work
- Communication
- Speed
- Coordination
- Agility
- Power

COURT

Shooting



Jump shot



Blocking

BASIC RULES

- 7 players per team with 1 nominated goalkeeper
 - Substitutes may enter the game at any time
- The team must make an attempt to attack and to try to score. In other words, a team cannot slow down (free-throw awarded to the other team).
- No player except the GK is allowed in the goal area (unless both feet are off the floor)

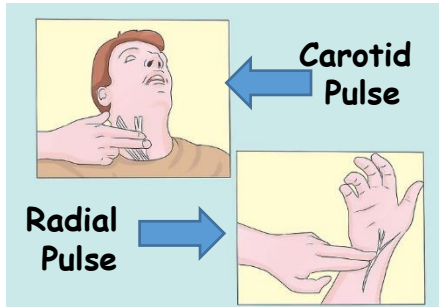
A player is allowed

- To run 3 steps with the ball
- To hold the ball for 3 seconds
- Perform unlimited dribble with 3 steps before and after dribbling (NO DOUBLE DRIBBLE) A player is not allowed:
 - To endanger an opponent with the ball. ☒ To pull, hit or punch the ball out of the hands of an opponent.
 - To go inside the goal area – penalty throw awarded ☒ To dive on the floor for a rolling or stationary ball.

KS3 Fitness Knowledge Organiser



Heart Rate



Working Out Target Zones (Use a calculator!)

1. Calculate HR Max (220-age)
2. Find the **lower training threshold**
 $HR\ Max \times 0.60$
3. Find the **upper training threshold**
 $HR\ Max \times 0.85$
4. Write down the target zone (lower threshold to the upper threshold)

Max Heart rate = 220 bpm - age

$$220 - 12 = 208\text{bpm}$$

$$60\% - \text{Lower training threshold} - 208 \times 0.60 = 125\text{bpm}$$

$$85\% - \text{Upper training threshold} - 208 \times 0.85 = 177\text{bpm}$$

Key Muscles

Biceps

Upper arm
at front



Tricep

Upper arm at back



Quadriceps

Top of legs
at front



Hamstrings

Top of legs
at back



Abdominals

Stomach muscles



Gluteals

Muscles of
the bottom



Components of Health & Fitness

Year 5 -

1) **Flexibility** - The amount or range of movement that you can have around a joint (Gymnastics- bridge/dance - twisting through levels/reaching for a pass/interception)

2) **Speed** - The ability of the body to move quickly (Sprint/ outrun opponent/ run-up in long jump/ moving to net for drop shot)

3) **Balance** - an even distribution of weight enabling someone to remain upright and steady - (Gymnastics - 1 point balance, reaching to receive a shot in tennis)

Year 6 -

4) **Cardiovascular endurance or stamina** - The ability of the cardiovascular system (heart & blood vessels) to work for a long period of time without becoming over tired (long distance running/cycling/swimming/playing for a full game of basketball etc)

5) **Strength** - to be physically strong (Dance/gymnastics/sit-up/press-up/Holding off an opponent)

6) **Agility** - The ability to change the position of the body quickly and control the movement (Dodging in basketball/netball/ moving around a defender tackling in football/ changing direction to meet n opponents shot in tennis)

Year 7 -

7) **Co-ordination** - The ability to use two or more body parts together (Hand-eye coordination in tennis & netball/ eye-foot coordination passing ball in football)

8) **Muscular endurance** - The ability of the muscle or group of muscles to repeatedly contract without rest (sit-ups/press-ups/ step-ups etc in 1 min)

Year 8 -

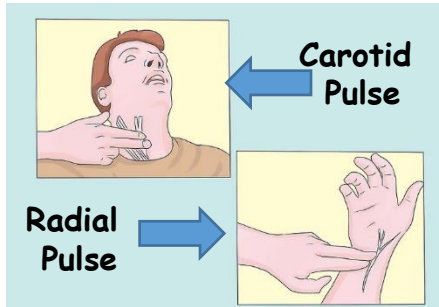
9) **Power** - The ability to perform strength performances quickly - (take-off in long jump, jumping for a ball, throwing a ball/ kicking a ball)

10) **Reaction** - The time taken to respond to a stimulus (reacting to the gun or 'Go' at the start of a race/ reacting to intercept a pass/ reacting to meet a shot in tennis)

KS3 Fitness Knowledge Organiser



Heart Rate



Working Out Target Zones
(Use a calculator!)

1. Calculate HR Max (220-age)
2. Find the **lower training threshold**
 $HR\ Max \times 0.60$
3. Find the **upper training threshold**
 $HR\ Max \times 0.85$
4. Write down the target zone (lower threshold to the upper threshold)

Max Heart rate = 220 bpm - age

$220 - 12 = 208\text{bpm}$

60% - Lower training threshold - $208 \times 0.60 = 125\text{bpm}$

85% - Upper training threshold - $208 \times 0.85 = 177\text{bpm}$

Key Muscles

Biceps

Upper arm
at front



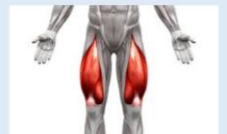
Tricep

Upper arm at back



Quadriceps

Top of legs
at front



Hamstrings

Top of legs
at back



Abdominals

Stomach muscles



Gluteals

Muscles of
the bottom



Components of Health & Fitness

Year 5 -

- 1) **Flexibility** - The amount or range of movement that you can have around a joint (Gymnastics- bridge/dance - twisting through levels/reaching for a pass/interception)
- 2) **Speed** - The ability of the body to move quickly (Sprint/ outrun opponent/ run-up in long jump/ moving to net for drop shot)
- 3) **Balance** - an even distribution of weight enabling someone to remain upright and steady - (Gymnastics - 1 point balance, reaching to receive a shot in tennis)

Year 6 -

- 4) **Cardiovascular endurance or stamina** - The ability of the cardiovascular system (heart & blood vessels) to work for a long period of time without becoming over tired (long distance running/cycling/swimming/playing for a full game of basketball etc)
- 5) **Strength** - to be physically strong (Dance/gymnastics/sit-up/press-up/Holding off an opponent)

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Year 7 -

- 7) **Co-ordination** - The ability to use two or more body parts together (Hand-eye coordination in tennis & netball/ eye-foot coordination passing ball in football)

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Year 8 -

- 9) **Power** - The ability to perform strength performances quickly - (take-off in long jump, jumping for a ball, throwing a ball/ kicking a ball)
- 10) **Reaction** - The time taken to respond to a stimulus (reacting to the gun or 'Go' at the start of a race/ reacting to intercept a pass/ reacting to meet a shot in tennis)



KS3 Basketball Knowledge Organiser



KNOWLEDGE

Sending & receiving:

Making quick decisions about when, how and who to pass to will help you to maintain possession.

Dribbling:

Choosing the appropriate skill for the situation under pressure will help you maintain possession.

Space:

Transitioning quickly between attack and defence will help your team to maintain or gain possession.

TACTICS

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

KEY RULES

Double dribble: cannot dribble the ball with two hands at the same time and or dribble the ball, catch it and then dribble again.

Travelling: cannot move with the ball without dribbling it.

Foul: cannot hold or push an opponent.

If any of the rules are broken, a free pass is awarded to the other team or if a foul occurs when a player is shooting, a free shot is awarded (three steps away from the post)

KEY WORDS

Attack	Defence	Turnover	Receiving
Dribbling	Set shot	Lay-up	Pivoting
Travelling	Double dribble	Rebound	Tactics

PLAYING POSITIONS

