



Co-op Academy
Priesthorpe



Y8 Rugby Knowledge Organiser



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Carrying

Ball in Two Hands (Strong Grip): Carry the ball firmly with both hands, ready to pass, fend, or change direction.

Run to Space (Not Players): Identify and run towards gaps or empty areas on the pitch, not directly at defenders.

Change of Pace & Angle: Vary your speed (accelerate, slow down) and run lines to evade defenders, making them guess.

Pump Fakes & Fends: Use a dummy pass or a strong fend to create separation and break free from tackles.

Line Passing

Run onto the Pass: Attack the ball by running *towards* the passer, not waiting flat-footed.

Aim for the Target: Pass so your teammate receives the ball in front of them, allowing them to keep running forward.

Soft Hands, Catch & Go: Absorb the pass with soft hands and be ready to immediately accelerate or pass again.

Communicate & Call: Use clear calls ("ball!", "my space!") to let the passer know where to pass.

Tackling

Angle of Approach: Adjust your run to cut off the ball carrier, aiming to meet them slightly ahead of their path.

Short Steps to Close: Take quick, small steps as you get close to maintain balance and adjust to their movement.

Head to Side, Eyes on Hips: Place your head firmly to one side of their body (away from their momentum), keeping your eyes focused on their hips/thighs to track their movement.

Drive Through Contact: Make firm shoulder contact on their thighs/hips, wrap your arms tightly, and drive forward with your legs to bring them to ground.

Rules / Safety

- 1) Wearing a Priesthorpe Rugby shirt with boots helps to provide further safety.
- 2) Passes must go backwards in Rugby, forward passing leads to a changeover in possession.
- 3) Tackles must take place below the neck, high tackles result in sin bins and penalties being awarded.
- 4) Dropping the ball resulting in it moving forwards is called a 'knock-on' and results in a scrum / changeover in possession.



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HRE Knowledge Organiser



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Methods of Training

Throughout the HRE scheme of work, students explore the different types of methods of training. This information is fundamental for understanding the training you need to complete for different fitness goals and training zones.

The methods we cover are:

- **Continuous**
- **Resistance**
- **Circuit**
- **Fartlek**
- **HIIT / Interval**
- **Plyometric / SAQ**

Physiological Benefits

Practical lessons are underpinned by theory linking to the physiological benefits of taking part in health related exercise. Some of the benefits we discuss are:

Muscular System

- Hypertrophy (the process of muscle growth)
- Muscular endurance

Respiratory system

- Breathing rate
- Oxygen debt

Cardiovascular system

- Heart rate (resting and working)
- Blood pressure

Fitness Testing

Every student in each year group takes part in a series of fitness tests. These fitness tests link directly to components of fitness and are completed under a strict protocol. This allows students to compare their fitness to normative data from across the country of students their age and gender.

- 12 Minute Cooper Run
- Anderson wall toss test
- Standing long jump / vertical jump
- Sit and reach test
- Handgrip dynamometer test
- Standing stork test
- 30m sprint test
- 60 second sit up test

Why HRE?

HRE is specifically designed to help students create a passion for health related exercise beyond school. Giving student access to lots of different methods of training, whilst teaching them the benefits allows them to find something which works for them. This block of work also acts as base knowledge for those wishing to study Sports Science in KS4. Students have access to specialised equipment such as weight machines, cardio machines, fitness testing equipment and much more. This aligns with equipment which is used in industry outside of school.



Y9 Football Knowledge Organiser



Pass & Move

Pass, Then Go: Immediately after passing, move quickly into an open area.

Anticipate Space: Look for gaps or areas your teammates can exploit *before* receiving the ball.

Support Angles: Create good passing options by moving to an angle that makes it easy for the passer.

Communication: Use verbal or visual cues (pointing) to show where you want the ball or where you're moving.

Dribbling with Skill

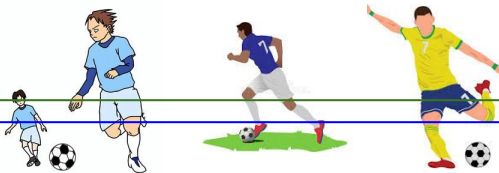
Close Control: Frequent, light touches keeping the ball near.

Head Up: Scan pitch for defenders and space, not just the ball.

Vary Pace & Direction: Use bursts and fakes to unbalance opponents.

Both Feet & Surfaces: Master dribbling with all parts of both feet.

Use of Stepovers - Use stepovers to be deceiving making it hard to predict the direction you will dribble.



Shooting from Distance

Laces Contact: Strike the ball with the hard, bony part of your instep (laces) for maximum power.

Lean Over Ball: Keep your body slightly over the ball at impact to drive it down and prevent it from going too high.

Non-Kicking Foot Alongside: Place your standing foot directly beside the ball, pointing towards the target for balance and direction.

Full Follow-Through (Towards Target): Drive your kicking leg through the ball and point your toes towards where you want the shot to go.

Rules / Safety

- 1) When an attacking player is positioned behind the defensive line and the ball is played to them, they are offside and the defensive team get a free kick.
- 2) You're allowed to shield the ball with your body, however, any contact without intention of playing or protecting the ball will result in a free kick.