

Year 8 PE Autumn Term 1: Football Knowledge Organiser

History of Sport	The contemporary history of the world's favourite game spans more than 100 years. It all began in 1863 in England, when rugby football and association football branched off on their different courses and the Football Association in England was formed - becoming the sport's first governing body. The world's oldest football clubs were founded in England from 1789 and, in the 1871–72 season, the FA Cup was founded as the world's first organised competition.
Cultural status	Today, football is recognised by many as the world most popular sport and is played by millions of both men and women around the globe. Many countries, football has ingrained itself into the national culture, and parts of life may revolve around it. Many countries have daily football newspapers, as well as football magazines. Football players, especially in the top levels of the game, have become role models for people.
Overview and objective	Two teams of eleven players each compete to get the ball into the other team's goal (between the posts and under the bar), thereby scoring a goal. The team that has scored more goals at the end of the game is the winner; if both teams have scored an equal number of goals then the game is a draw.
Rules	<ul style="list-style-type: none">● A football match is played by two teams, with each allowed no more than 11 players on the field at any one time, one of whom is a goalkeeper.● A match is played in two 45 minute halves.● The game begins with the toss of a coin, and the winning captain decides which goal to defend or to take the first kick off.● All players must use their feet head or chest to play the ball. Only the goalkeeper is allowed to use their hands, and only within their designated goal area.● The aim of the game is to score a goal, which is achieved by kicking or heading the ball into the opposition team's goal.● If the ball touches or crosses the sideline, it is thrown back in by the team that was not the last to touch the ball.● The game is controlled by a central referee, and two linesmen. They award free kicks and penalties when rules are broken. For continual breaking of rules or for a bad foul, the player may be sent off.
Skills:	Attacking: Passing, shooting, dribbling, creation of space, heading, attacking positioning and ball control (BBC GCSE Bitesize essentials skills https://www.bbc.com/bitesize/guides/zgqw7hv/revision/2) Defending looks like: a quick transition from attack to defence, tackling and defensive positioning.
Game Sense (Tactics)	Understand rules and positions, communicate clearly and positively with teammates, create or apply team defending or attacking tactics

Year 8 PE Autumn Term 1: Trampolining

History of Sport	<p>Developed in 1934, trampolines were originally used to train astronauts or were used as a training tool for other sports. They soon became popular in their own right and a sport was born.</p>
Cultural status	<p>In 1959 and 1960 it became very popular to have outdoor commercial "jump centres" or "trampoline parks" in many places in North America where people could enjoy recreational trampolining.</p>
Overview and objective	<p>On a modern competitive trampoline, a skilled athlete can bounce to a height of up to 10 metres (33 ft), performing multiple somersaults and twists. Trampolines also feature in the competitive sport of Slamball, a variant of basketball, and Bossaball, a variant of volleyball.</p>
Rules	<ul style="list-style-type: none"> ● A routine must always start and finish on feet. ● Competitors must start their routine within 60 seconds after presenting to the judges. ● Competitors are permitted up to one "out bounce", a straight jump to control their height at the end of a routine, before sticking the landing. ● The trampolinist must stop completely – this means that the bed must stop moving – and they have to hold still for a count of 3 seconds before moving. ● In competitions, moves must usually be performed in one of the following 3 basic shapes: Tucked, piked straight. 
Skills:	<p>Basic categories of skills:</p> <ul style="list-style-type: none"> ● Basic jumps: tuck jump; pike jump; straddle jump; half twist; full twists. ● Basic twists: seat drop, half twist to feet; half twist to seat drop; swivel hips. ● Basic landings: seat drop; front drop; back drop. ● Basic combinations: seat drop to front drop; front drop to seat drop; front drop, half twist to feet; half twist to front drop; back drop, half twist to feet; half twist to back drop. <p>Advanced categories of skills:</p> <ul style="list-style-type: none"> ● Advanced twists: one and a half twist jump; half turntable; full turntable. ● Advanced landings: back drop to front drop; front drop to back drop. ● Advanced landings, including twisting and rotation: back drop, full twist to feet; back drop, half twist to back drop (cradle); back drop, full twist to back drop (cat twist). ● Somersaults: three quarter front somersault to back, to feet; front somersault to feet; back somersault to feet.

**Game Sense
(Tactics)**

Understand rules and skills, create routines using a mixture of basic and advanced skills.