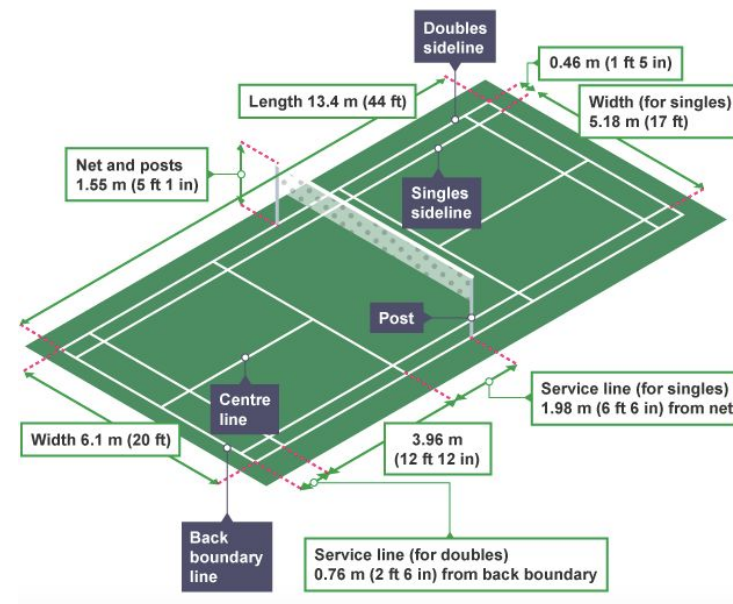


## Year 9 PE Spring Term 1: Badminton

<b>History of Sport</b>	<p>The beginnings of badminton can be traced to the mid-1800s, where it was created by British military officers stationed in British India. Originally called 'battledore' rather than badminton, its use of a shuttlecock, rather than a ball, has remained constant over the years. Since 1992, badminton has been an Olympic sport.</p>
<b>Cultural status</b>	<p>Badminton is a popular recreational sport in the UK and worldwide. Competitive badminton has traditionally been dominated in Europe by Denmark. Worldwide, Asian nations have become dominant in international competition. <a href="#">China</a>, <a href="#">Denmark</a>, <a href="#">India</a>, <a href="#">Indonesia</a>, <a href="#">Malaysia</a>, and <a href="#">South Korea</a> are the nations which have consistently produced world-class players in the past few decades, with China being the greatest force in men's and women's competition recently.</p>
<b>Overview and objective</b>	<p>Badminton is a recreational and competitive game played in singles (two opposing players) and doubles (two opposing pairs) formats. The aim of the game is to win points by hitting a shuttlecock across the net and into your opponent's court forcing your opponent to make an error and be unable to return the shuttlecock back.</p>
<b>Rules</b>	<ul style="list-style-type: none"> <li>• A match consists of the best of three games of 21 points.</li> <li>• A point is scored when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside of the court the player will lose the point.</li> <li>• At the start of the rally, the server and receiver stand in diagonally opposite service courts.</li> <li>• A legal serve must be hit diagonally over the net and across the court.</li> <li>• A badminton serve must be hit underarm and below the server's waist height with the racquet shaft pointing downwards, the shuttlecock is not allowed to bounce. After a point is won, the players will move to the opposite serving stations for the next point.</li> <li>• The rules do not allow second serves.</li> <li>• During a point a player can return the shuttlecock from inside and outside of the court.</li> <li>• A player is not able to touch the net with any part of their body or racket.</li> </ul>
<b>Skills:</b>	<p>Serving, drive, clear, smash, drop shot See detailed explanations and videos at <a href="https://www.bbc.com/bitesize/guides/zqfnycw/revision/1">https://www.bbc.com/bitesize/guides/zqfnycw/revision/1</a></p>
<b>Game Sense (Tactics)</b>	<p>Understand rules and positions, communicate clearly and positively with teammates, create or apply tactics</p>



## Year 9 PE Spring 1 Knowledge Organiser Handball

<b>History of Sport</b>	<p>Ancient Roman women and the medieval French played handball. By the 19th century, Handball had spread through many parts of Europe. It was originally an outdoor sport. Indoor handball was invented in the 1940s and developed quickly around the world and was added to the 1972 Summer Olympic Games for men and 1976 for women.</p>
<b>Cultural status</b>	<p>Today, handball is played around the world, but most popular in Europe and Asia where it is a professional sport for both men and women. There are many competitive handball clubs in the UK, catering for both beginners and more advanced players, including local clubs for juniors in Hackney.</p>
<b>Overview and objective</b>	<p>Handball is contested by two teams of seven players and involves one team invading another team's territory with the aim of throwing a ball into their opponent's goal. One reason handball is popular is because it is very fast flowing.</p>
<b>Rules</b>	<ul style="list-style-type: none"> <li>• A competitive game consists of 30-minute halves.</li> <li>• A match begins and restarts with a centre pass.</li> <li>• Goals are scored when the ball crosses the goal line.</li> <li>• A player can shoot, pass, run with the ball for <u>3 steps</u> maximum, hold a ball still for up to <u>3 seconds</u> maximum or choose to dribble.</li> <li>• A defender can block or make contact with an opposing attacker, but contact must be from “goalside” and must not endanger the opponent.</li> <li>• An attacking player is not allowed to charge into a defensive player.</li> <li>• A throw-in is awarded when the ball goes out of bounds and the thrower must place one foot on the sideline to execute the throw.</li> <li>• All minor fouls or violations are penalised with the awarding of a free-throw which is taken at the place of infringement.</li> <li>• All opposing players must stay 3 m away from a throw-in or free-throw</li> <li>• A seven-metre throw is awarded when a clear chance of scoring is illegally prevented</li> </ul>
<b>Skills:</b>	<p><b>Attacking:</b> Passing, catching, dribbling, pivoting and using 3 steps in possession, shooting (jump, wing, lob, dive, spin). (BBC GCSE Bitesize essentials skills <a href="https://www.bbc.com/education/guides/zctxhv4/revision/5">https://www.bbc.com/education/guides/zctxhv4/revision/5</a> )</p> <p><b>Defending looks like:</b> a quick transition from attack to defence, defending from 7m, defending with arms high and wide, being aggressive and anticipating attacks</p>
<b>Game Sense (Tactics)</b>	<p>Understand rules and positions, communicate clearly and positively with teammates, create or apply team defending or attacking tactics</p>

