

GRADE 7 JSS SIMPLIFIED NOTES

PHYSICAL EDUCATION & SPORTS

**THE PDF COMPRISES PART OF A SIMPLIFIED
VERSION OF THE NOTES FOR J.S.S.**



FOR COMPLETE TERM 1-3 SIMPLIFIED JSS NOTES:

CONTACT:

MR MACHUKI – 0724333200

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**COMPLETE SIMPLIFIED PHYSICAL
EDUCATION & SPORTS SCIENCE
NOTES
FOR JUNIOR SECONDARY
SCHOOLS (GRADE 7)**

About the book:

Education is a key for a country's development, but it becomes a hindrance when it is unequally distributed. This big problem of disparity in Education system can be solved through technology. Hence it's high time we embrace technology in Education sooner than later.

Teachers will therefore use the book in their laptops to teach and even give students notes to read online after revision.

Acknowledgment:

We would like to acknowledge K.L.B for using some of their examples and illustration. We would also like to acknowledge K.N.E.C for using their Examiners to prepare some revision questions at the end of each strand/topic.

BELOW IS A SAMPLE OF THE SIMPLIFIED VERSION OF THE NOTES FOR PHYSICAL EDUCATION & SPORTS GRADE 7 (JSS)

GRADE 7 PHYSICAL EDUCATION AND SPORTS LESSON NOTES

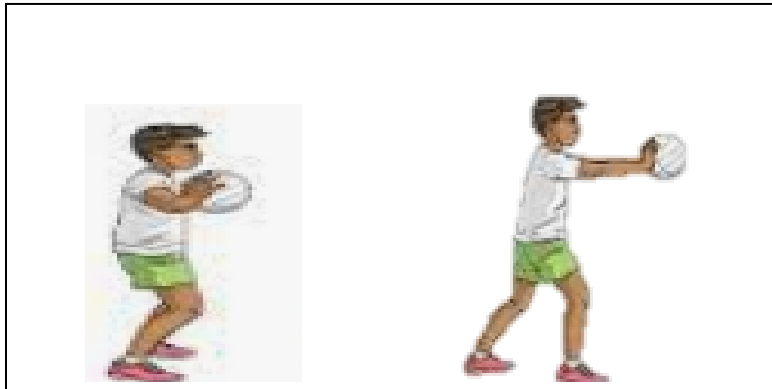
STRAND 1.0 GAMES

Netball is a team sport where the ball is played using hands. During the play the player runs to dodge an opponent or reach the ball, he / she may also jump to catch high ball or a rebound from the ring.

Chest pass in netball

This is a way of throwing the ball to team mate where the ball is released and received at the chest level. The pass is usually used when the teammates are not far from each other.

Making a chest pass



a. Grip

- Put your fingers on each side of the ball with your thumb behind the ball and your fingers spread in “W” formation.
- The ball should be at the chest level.

- Your elbow should be pointing out wards.



b. Stance

- Stand with your feet comfortably should- width apart facing the target.



c. Execution of the pass

- Extend the arms fully towards the direction of the pass
- Flick the wrist and the finger as you release the ball
- Step in the direction of the pass for a follow through
- Complete the action with the palm facing outwards and fingers spread.

Pupil's activities Pg. 3.

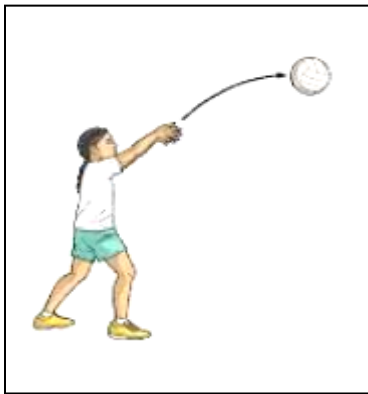
DRILL: Line and pass

- Resources needed

- An open area
- Age- appropriate netball or improvised ball
- Field markers or chalk.

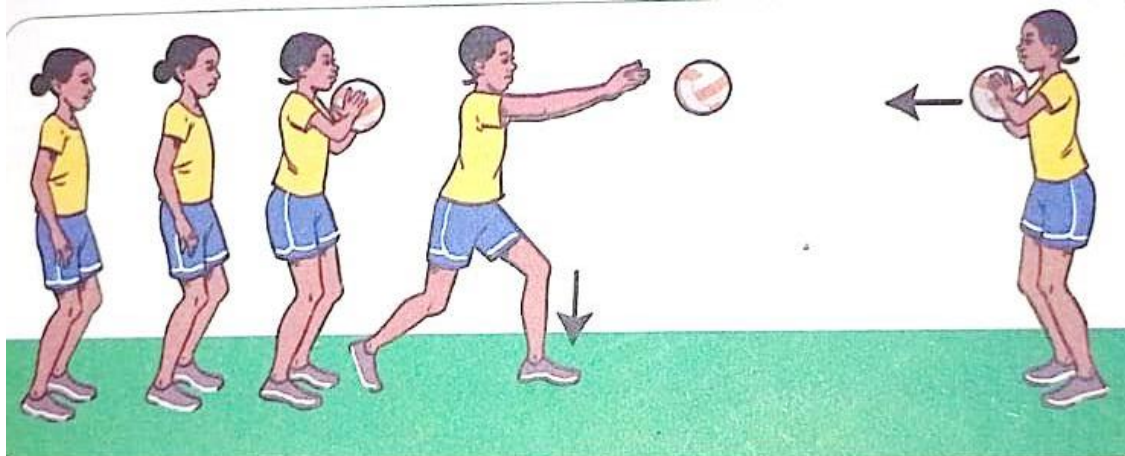
Making line and pass drill

- Make a line behind one another facing the team leader at a point 5m away from the learners passing the ball.
- The leading learner passes the ball to the leader and joins the line from the back.
- The team leader passes the ball to the next waiting the learner using the chest pass.
- Repeat until every learner gets a chance to perform a chest pass.



Execution of Pass.

Note: communicate with your peers when performing the task to enhance learning of English, Kiswahili or indigenous languages.



Line and pass drill

Chest pass in motion

- In pairs stand 3m apart facing the goal
- Pass the ball to your teammate using a chest pass
- After passing the ball to your teammate, jog to the point ahead to receive the ball
- Repeat the activity until you reach the goal end of the court .

DODGING AND MARKING IN NETBALL

Dodging – is a technique use to counter the marking attempt.

- It is applied by members of the team in control of the ball.
- The player being marked makes attempt to get free from the marker and move into space to receive pass. It may involve changing pace and use of deceptive body action to put the marking player of balance.

Marking

This is a technique used by the team that is not in possession of the ball to prevent an opponent from receiving a pass.

This intention is to obstruct passes made by the team in control of the ball. A player can mark an opponent in possession of the ball or an opponent without ball.

Body movement when marking an opponent

- Standing in front of the player being marked.
- Standing beside the player being marked.
- Raising hands up or to the side to reach the path of the ball.
- The hands should be on the side of the body.
- React quickly when the opponent being marked.
- Make any movement, move in the same direction using short steps, and shuffle sideways without crossing the feet.
- Focus on both the ball and player being marked.

Marking a player with the ball.

- Take a position in front of the opponent 0.9m apart
- Establish a basic stance with feet not more than shoulder-width apart
- Keep the body upright and eyes on the ball
- Hands should be straight up and moving with the position of the ball.



b. m

- Stand close to your opponent.
- Establish a basic stance with feet not more than shoulder-width apart
- Knees should be slightly bent and body weight on the balls of the feet for better response and ease in change of direction.
- Keep eyes focused on the player with the ball.
- Anticipate the movement of your opponent and move appropriately.



d. Making in space

Sometimes the ball is passed in space and not directly to the player.

Body movement to use when dodging an opponent

- Using bending or leaning movement with the body trunk to left or right or left
- Sprinting off from the marker
- Sprinting and stopping
- Extending the left or right arms away from the opponent

Ways of dodging used in netball game

a. Changing the speed

- Remain still and move at the same speed with our marker
- Suddenly sprint or slow down at once to displace your marker
- Receive the ball and land in readiness to attach



Single feign

Feign is a situation when one pretends to be affected by feeling in a netball game. It mainly happens when attacking an opponent with a ball in a netball court.

- Establish a basic dodging stance in front of you marker with the feet not more than shoulder- width apart and knees slightly bent and weight on the balls of the feet.
- Pretend to move to the left and then move to the right to receive the ball.

b. Double feign

- Stand in front of the marker
- Establish basic dodging stance with feet not more that should –width apart, knees slightly bent and weight on the balls of the feet.
- Pretend to move to the left then right and finally move to the left to receive the ball.

Sprint into a space

- Remain close to your marker
- Stand with feet shoulder – width apart, knees slightly bent and weight on the balls of the feet.
- Make an unexpected sprint into space and receive the ball.

Drills in marking

Mirror drill

- in mirror drill dodging and marking technique the defender stands a slight distance in front of the attacker, there defender therefore respond to the movement made by attacker.
- If the attacker moves to the right, the defender mirrors the same movement and moves to the right.

Four sphere drill

- Here five players draw four spheres in a rectangular formation and another circle at the Centre.
- The four circles are then numbered 1,2,3,4
- The player practicing the marking starts at the Centre of the circle.

- When the teachers call out the sphere number, the player at the Centre moves quickly to that sphere to mark and then move back to the Centre sphere.

Four sphere variation drill

- player take position 1,2,3,4
- the pass is from player 1 to player 1
- After a pass is made the player at the Centre sprint to mark the player receiving the ball then moves back to the Centre.
- Repeat the drill as the ball is passed around the circle.
- Keep substituting the Centre player to give others an opportunity to practice
- After marking, the learner goes back to the Centre circle. This is repeated until all learners get a chance to practice marking.



Drills for dodging

a. The dodging triad

- Place three cones to form an isosceles triangle with a height of 5m and a base of 4m.
- Two of you stand at the centre of the baseline and behind one behind the other. The learner with the ball stands at the furthest tip of the triangle.
- The leading learner at the base acts as the defender while the trailing learner acts as the attacker.

- The trailing learner performs a single feint to the left and dashes to receive the ball at the right edge of the triangular formation.
- The trailing learner performs a double feint to receive the ball at the right edge of the triangular formation.
- The trailing learner sprints to the center of the formation and receives the ball
- Learners keep changing roles until they all practice the single feint, double feign and sprint dodge.

Activity 5 page. 10

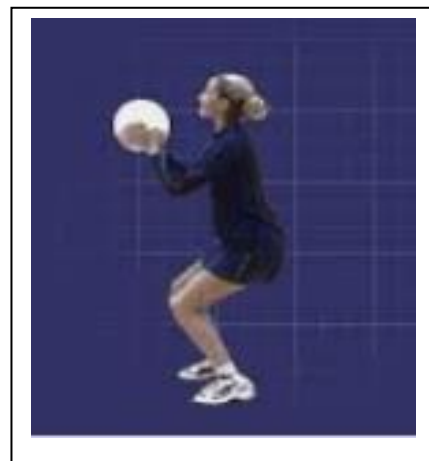
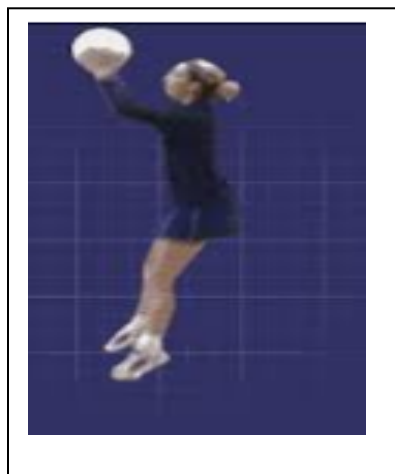
Footwork in netball

There are two landing techniques in netball

- **Double foot landing**
- **Single foot landing**

a. Making Double foot landing

- Start with a short run and take – off. Make a short run and spring off the floor with both feet into a jump.
- When making a double foot landing a player should :
 - Maintain an upright posture and keep the arms out for balance
 - Land with the feet shoulder- width apart and body weight equally distributed on both feet for balance
 - Land with knees slightly bent and knees, hips and ankles to cushion the landing impact.



b. Making single foot landing

- Take-off to make the body airborne. Make a short run and spring off the floor with one foot in to a jump
- If you take off on the right; land on your left foot.
- If you take off on the left; land on your right foot.
- Contact the floor with the balls of the foot first, with the knees, ankles and hips slightly bent.
- Place the other foot on the ground quickly to absorb the impact and help with balance
- Maintain a low body position for stability and safety.



c. Pivoting

Pivoting – is the act of turning with one foot on the ground while the other foot makes repeated short steps.

Pivoting;

- Helps the player develop balance after landing
- Helps the player turn away from the defender who may be marking
- Helps in locating teammates who may be well – positioned to receive the pass.

Drill 1; the beeline

Use an open safe playing area to perform the drill. Carry out the activity without using a ball.

- Form groups of five and stand in a line behind one another.
- Ensure you are well spaced in the line
- The leading learner in the line to take off from both feet and land on bot

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