## Quicksticks Knowledge Organiser - Year 3



**Prior Learning:** In Year KS1, children were introduced to invasion games. They learned some basic attacking and defending skills. They also moved a ball with a tennis racket and a throw down strip - these skills can be easily transferred to quicksticks.

Value Me

- Teamwork

### **Physical Me**

## **Key Skills**

**Passing Agility** 

Thinking Me

**Running Balance** 

**Speed Co-ordination** 

- Select and apply my skills

- Evaluate performance

Strength

Social Me

- Communication

- Encourage

Reaction

- Collaboration

## **Key Knowledge**

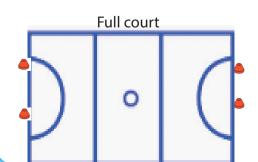
Flat side of the stick - refer to this as the STRONG side, when the stick is inverted it's called REVERSE - you must use the flat side to pass, dribble or score

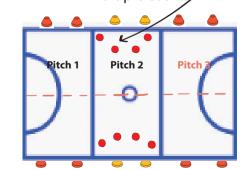
### Quicksticks pitch:

The field of play is rectangular, and based on the size of a standard netball court.

Areas referred to as 'shooting areas' can either be based on lines already in place (e.g the shooting circles on a netball court), or can be marked out using temporary markers (such as throw down markers).

Multiple courts





### **Quicksticks Rules:**

#### **Start of Game:**

One team is given a centre pass

### Restart the game:

Centre pass is taken by the team who has not scored

A free pass (the ball must be taken from where the offence took place)

If a ball crosses the sideline, a push-in is taken by the team that did not touch the ball last.

- You can pass or dribble onto the court from a sideline

#### FREE PASS to the other team:

- If a ball crosses the back line, off an attacker, a free push is taken by the defending team from the top of the shooting circle/area
- If a ball crosses the back line off a defender: the free pass shall be taken by the attacking team from the corner
- If a stick is raised above waist/knee height
- The rounded side of the hockey stick is used
- If you obstruct attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball

# **Key Vocabulary**

Control

**Passing** 

Dribble

**Tackle** 

**Push Pass** 

Sideline

Communication

Free Pass

Rules