

Essential knowledge reading

Year 7

Rules and Regulations

Handball <https://www.bbc.co.uk/bitesize/guides/zywwmnb/revision/3>

Basketball <https://www.bbc.co.uk/bitesize/guides/zwqw7hv/revision/1>

Football <https://www.bbc.co.uk/bitesize/guides/zqvf39q/revision/1>

Rugby Union <https://www.bbc.co.uk/bitesize/guides/zxcg4j6/revision/3>

Netball [Rules & Regulations - Play Netball \(play-netball.co.uk\)](https://www.play-netball.co.uk/rules-and-regulations)

Hockey [Hockey scoring, rules and officials - Hockey - factfile - GCSE Physical Education Revision - Eduqas - BBC Bitesize](https://www.bbc.co.uk/bitesize/guides/zqvf39q/revision/1)

Athletics [Rules of Athletics | How it is Played? - Sports Regulations](https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/1)

Fitness <https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/1>

Badminton <https://www.bbc.co.uk/bitesize/guides/z37j2p3/revision/3>

Table tennis

<https://www.bbc.co.uk/bitesize/guides/zqnhsg8/revision/3#:~:text=Players%20are%20allowed%20to%20hit,do%2C%20the%20point%20is%20conceded.>

Cricket <https://www.bbc.co.uk/bitesize/guides/ztg3rdm/revision/3>

Rounder's <https://simplerounders.co.uk/rules-of-the-game/>

Tennis <https://www.bbc.co.uk/bitesize/guides/zg22hv4/revision/3>

Year 8

Olympics

Handball <https://www.rookieroad.com/handball/is-handball-an-olympic-sport/>

Basketball [Basketball at the Summer Olympics - Wikipedia](#)

Football [History of football at the Olympics | Football Blog](#)

Rugby Union [Rugby Olympic history | World Rugby](#)

Netball

<https://www.bing.com/ck/a?!&p=a544820a1f7f3be4b3855e12aa3e882e99346482d901f29e4c4403a45ddb1908JmltdHM9MTY1MjcwOTI4MCZpZ3VpZD04MTFmZDI1Ni03NDIILTQyNDktOThkZi05MWQzZjk0MzFmMjcmaW5zaWQ9NTE4Nw&ptn=3&fclid=bac9555d-d51f-11ec-95cd-a8858167f010&u=a1aHR0cHM6Ly9uZXRiYWxsLnNwb3J0L2V2ZW50cy1hbmQtcmlVzdWx0cy9vbHltcGljLWdhbWVz&ntb=1>

Hockey [Field hockey at the Summer Olympics - Wikipedia](#)

Athletics [Athletics at the Summer Olympics - Wikipedia](#)

Fitness <https://www.bing.com/search?q=cross+fitness+olympics&qs=n&form=GEOTRI&sp=-1&pq=cross+fitness+olympics&sc=6-22&sk=&cvid=7EAF522408484A618E70F84425C73CFF&isRef=1&showTw=1&isAutoP=1>

Badminton

<https://www.bing.com/ck/a?!&p=ce07b36b597d154a1c9f92e38c5e4cf445c79e40773a02c5b6e9c20057ad82e9JmltdHM9MTY1MjcwOTQxNiZpZ3VpZD1mNDg2NDJjZi02MWU5LTQyNDktYTMwYy1hOTYxOTRiYWUyM2lmaW5zaWQ9NTMyMg&ptn=3&fclid=0be00847-d520-11ec-b2c6-fe5fcd6bf4a1&u=a1aHR0cHM6Ly93d3cubmF0aW9uYWxiYWRTaW50b25tdXNldW0uY29tL3RoZS1oaXN0b3J5LW9mLWJhZG1pbmRvbi1hdC10aGUtb2x5bXBpYy1nYW1lcy8&ntb=1>

Table tennis [Table tennis at the Summer Olympics - Wikipedia](#)

Cricket

<https://www.bing.com/search?q=cricket+at+olympics&cvid=05a9d1d927e941169aad3b8c1e93594f&aqs=edge.0.0l2j69i64.2322j0i4&FORM=GEOTRI&PC=ACTS&isRef=1&showTw=1&isAutoP=1>

Rounders [Get Inspired: How to get into rounders - BBC Sport](#)

Tennis <https://www.bing.com/search?q=tennis+olympics&qs=n&form=GEOTRI&sp=-1&ghc=1&pq=tennis+olympic&sc=6-14&sk=&cvid=2058072B5EEA4C89BB5CD3EDD01B9AC6&isRef=1&showTw=1&isAutoP=1>

Year 9

Origins of the sport

Handball [The Ancient Origins of Handball, And Its Popularity in Modern France \(theculturetrip.com\)](#)

Cricket

<https://www.bing.com/search?q=origin+of+cricket&cvid=1e92095316a44a1887899af026d98c8e&aqs=edge.0.0l4j69i64.2770j0j4&FORM=GEOTRI&PC=ACTS&isRef=1&showTw=1&isAut oP=1>

Basketball

<https://www.bing.com/ck/a?!&&p=c1fa2673a44817a1def92bd9ae78bc5032287bf0d36d8157077b17fe99fb57daJmItdHM9MTY1MjcxMTg2OCZpZ3VpZD1iN2VkNTQ4MCO1ZDVjLTRjMzEtYjJjOS1hMzFjNjMzZjA5OWMmaW5zaWQ9NTlwOQ&ptn=3&fclid=c18a9284-d525-11ec-bb9c-3aae6c81d9fa&u=a1aHR0cHM6Ly93d3cuYmFza2V0YmFsbC5vcmcvaGlzdG9yeS9pbmRleC8&ntb=1>

Football [The history of football \(soccer\) \(footballhistory.org\)](#)

Rugby Union [Rugby union - an overview and history of the sport - Rugby union - factfile - GCSE Physical Education Revision - Edexcel - BBC Bitesize](#)

Netball <https://www.bing.com/search?q=origin+of+netball&qs=n&form=QBRE&sp=-1&ghc=1&pq=origin+of+netba&sc=6-15&sk=&cvid=298C637D51954B6A93C9A9C29EAB8D7E>

Hockey [History of Hockey | FIH](#)

Athletics [The History and Origin of Athletics | by Harish Vijay | Medium](#)

Fitness [Physical Fitness: Its History, Evolution, and Future | The Art of Manliness](#)

Badminton

<https://www.bing.com/search?q=origin+of+badminton&qs=n&form=QBRE&sp=-1&ghc=1&pq=origin+of+badminton&sc=4-19&sk=&cvid=E55C5080FB774690A6DB74CF9D256617>

Table tennis

<https://www.bing.com/search?q=origin+of+table+tennis&qs=n&form=QBRE&sp=-1&ghc=1&pq=origin+of+table+tennis&sc=2-22&sk=&cvid=14A073DB1F2A43B3B4763884C1822520>

Rounders [Rounders - Wikipedia](#)

Tennis [HISTORY OF TENNIS: The origin, how was in invented and more. \(racketlounge.com\)](#)