



John Port Spencer Academy PE Department Knowledge Organiser



Activity: **Water Polo**

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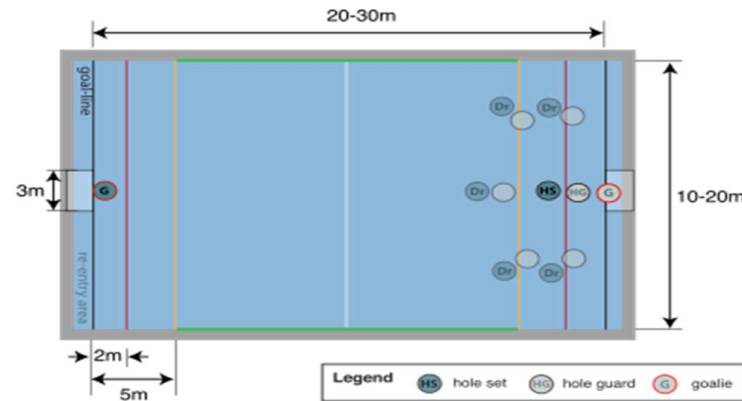
Key Skills:

Water Polo Strokes – Head up front crawl –short arm pull
Sitting back crawl – elbows enter first, spider kick

- Dribbling skills – not touching the ball, ensuring ball kept within your space
- Passing skills – everything one handed
- Shooting skills – dry pass, wet pass
- Game tactics
- Egg Beater leg kick – Treading water enables player to gain height out of the water

Basic Game Rules –
7 a side
4 x 6 minute quarters
One handed pass only
Ball cannot be submerged
Players can't move holding the ball
Players can't touch the bottom or sides of the pool

At the start of the game all players against the wall and swim to centre for possession.
After a goal, all players return to their own half and a pass back from centre to restart the game.



Stretch and Challenge Task:

Investigate the origins of the game
Find out about our Olympic Mens & Ladies Teams (London 2012)

Key Content and Terms to learn:

One handed pass
Egg beater leg kick
Dry pass and wet pass