Why is that “That” there?
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Sometimes, a “that” will be placed in the middle of a sentence for seemingly no apparent reason, like in the examples below:

To Conjoin Clauses

I know that some people don’t like chocolate, but I think it’s strange.

Kim said that Bobby and Jill dating now.

The reason for the placement of “that” is because it is conjoining two clauses. “I know” is a clause because it contains the lexical verb “know” and a subject “I.” Similarly, “some people don’t like chocolate” is a clause because it contains the lexical verb “like” and the subject “people.”

It is good to note that often times, the word “that” can be deleted and the sentence will still make sense:

I know some people don’t like chocolate, but I think it’s strange.

Kim said Bobby and Jill are dating now.

To Specify

However, there are some instances where the “that” is necessary:

I wonder if that guy should go to the party.

I know that girl from school.

The “that” is necessary in these sentences because it serves a different function than in the previous examples. In the last two examples, the word “that” is not conjoining two clauses. Instead, it is actually functioning like the articles “the” or “a/an.” It is specifying a particular person or object.