



7

Baseline Testing Practical Skills

Netball: Footwork, passing, positions (attacking & defending), court restrictions and marking the pass.

Football: Passing, dribbling, turning and outwitting the defender and shooting.

Basketball: Ball familiarisation, passing, receiving, dribbling and pivoting, shottng and lay-up.

Dance: Action, space, dynamics, space and relationship

Rugby: Ball familiarisation, passing and receiving, use of width, tackling and attacking

Handball: Grip/overarm throw, basic passing and receiving, dribbling, shottng and principles of defending.

Health related fitness: including continuous, HIT and circuit

Badminton: Serving, basic types of shot; doubles/singles game play.

Basketball: Extend skills in passing, dribbling, pivoting. Explore defending

Football: Advanced passing, dribbling, turning and outwitting the defender and shooting.

Netball: Advanced footwork, passing, positions; court restrictions and marking

Rounders and Cricket: Introduction to bowling and fielding

8

Dance: Extend knowledge on action, space, dynamics, space and relationship.

Badminton: Focus on grip, serving, movement around the court, and extending shot skills

Health related fitness: Including interval training, strength training, fartlek training,

Handball: Develop drip/overarm throw, basic passing and receiving, dribbling, shottng and principles of defending

Rugby: Advanced ball skills, passing and receiving, use of width, formations and outwitting opponents

Athletics: Track and Field Events

9

Athletics: Track and Field Events

Netball: Advanced footwork, passing, positions; court restrictions and marking

Football: Advanced passing, dribbling, turning and outwitting the defender and shooting.

Badminton: Focus on grip, serving, movement around the court, and extending shot skills

Rounders and Cricket: Catching, long barrier, directive batting,

Rugby: Advanced ball skills, passing and receiving, use of width, formations and outwitting opponents

Handball: Develop drip/overarm throw, basic passing and receiving, dribbling, shottng and principles of defending.

Health related fitness: Including interval training, strength training, fartlek training,

Dance: Consolidating action, space, dynamics, space and relationship.

Rounders and Cricket: Catching, long barrier, directive batting,

Football: understanding and using tactics to outwit opponents

Badminton: Advanced shot selection

Health related fitness: Including interval training, strength training, fartlek training,

10

Athletics: Track and Field Events

Athletics: Track and Field Events

Volleyball: Developing hand eye coordination and control in Volleyball

Rugby: Advanced ball skills, passing and receiving, use of width, formations and outwitting opponents

Volleyball: Developing hand eye coordination and control in Volleyball

11

Cricket and Rounders: Striking and fielding

Health related fitness: Development of types of training

Badminton: Advanced shot selection