

Key Skills End Points for Each Sport

	Tennis	Netball	Basketball	Football	Rugby	Athletics	Rounders	Cricket	Indoor Athletics	Handball
7	<ul style="list-style-type: none"> • Hold racket correctly • Coordinate swing to hit ball • Correct body position • Make contact with ball • Simply rallies • Basic serve 	<ul style="list-style-type: none"> • 4 different passes • Footwork • Timing • Dodging • Shooting • Positions for games • Pivot • 1st stage defending • Landing both feet • Rules – obstruction, footwork, offside 	<ul style="list-style-type: none"> • Dribbling/handling • Passing (short distance) • Marking (man to man) • Footwork (stopping) • Shooting (set shot) • Lay up 	<ul style="list-style-type: none"> • Control with different body parts • Passing • Dribbling • Tackling (block/slide) • Turns and stops • Shooting 	<ul style="list-style-type: none"> • Handling (basic) • Running with the ball • Basic passing • Tackling • Wrestling • Defensive alignment • Support play • Kicking 	<ul style="list-style-type: none"> • <u>Throws</u> – correct basic standing throws with full equipment (no discuss) • <u>Jumps</u> – link run & take offs, landing • <u>Sprints</u> – technique & link of sprint start • <u>Distance</u> – basic pacing • <u>Relay</u> - upsweep 	<ul style="list-style-type: none"> • Correct throwing & catching techniques • Batting techniques • Bowling • Basic fielding skills 	<ul style="list-style-type: none"> • <u>Fielding</u> – basic throws, stepping & throwing • <u>Bowling</u> – line & length • <u>Batting</u> – grip/ stance swing. Forward drive • <u>Accuracy</u> – throws to stumps 	<ul style="list-style-type: none"> • Throws – basic technique with indoor equipment • Jumps – take off/ flight & landing • Sprint starts 	<ul style="list-style-type: none"> • Basic rules of handball • Correct grip • 3 steps & bounce • Movement • Basic shooting • Individual defending • Blocking • Basic positions • Small sided – full sided games • Team defence (4=2, 5+1)
8	<ul style="list-style-type: none"> • Fire hand/ backhand drives • Volley • Serve (under or overarm) • Smash • Net drop • Rules for singles 	<ul style="list-style-type: none"> • Landing both feet • Pivot • Turning in the air • Positions of all players • Marking ball & player (2nd stage) • Interceptions • Advanced attack • Roles of all players • Rules for contact replaying 	<ul style="list-style-type: none"> • Stopping with pivot • Chest bounce/ pass; javelin pass; keeping possession • Crossover dribble/beating opponent/rules • Shooting – pressure & rules • Marking – pressure handler/ deny the pass 	<ul style="list-style-type: none"> • Choices of passing & shooting • Shooting (both feet/instep) • Marking (closing down the player) • Crossing • Movement • Keep possession • Rules of small sided games 	<ul style="list-style-type: none"> • Passing (option runners) • Support play • Running with the ball • Kicking drop & place • Tacking (add more contact) 	<ul style="list-style-type: none"> • <u>Throws</u> – develop basic run up. Discus grips & static • <u>Distance</u> – develop timed pacing • <u>Sprint</u> – stride length & technique • <u>Jumps</u> – Fosbury in HJ & Hang in LJ; Feet in TJ • <u>Relay</u> – upsweep speed of change 	<ul style="list-style-type: none"> • Throwing & catching over longer distance • Develop speed & accuracy of bowling • Long barrier & throws • Rules of variety of positions 	<ul style="list-style-type: none"> • Stopping barriers – throwing action • 1-handed pick up • Bowling – recap & spin • Batting – pull 	<ul style="list-style-type: none"> • Hurdles • Develop power in shot/javelin/discus – angles of release • Jumps develop links between flight & landing • Sprint technique linked to 	<ul style="list-style-type: none"> • Develop rules of handball • More advanced attacking (e.g. jump shot) • Positioning within the game and movement • Team attack – finding space • Small sided to full sided games
9	<ul style="list-style-type: none"> • Ground stroke revision • Net volley/ attacking approach • Lob & smash • Doubles play – tactics & rules • Tournament 	<ul style="list-style-type: none"> • Footwork when turning in the air • Patterns of play/ set play • Side lines • Basic officiating – footwork, offside, contact, obstruction • Develop footwork running step 	<ul style="list-style-type: none"> • Footwork – jab step • Dribbling (behind back/through legs/spins) • Shooting (lay up) non-dominant hand • Shooting jump shot • Possession to set up shooter • Marking – drop stop 	<ul style="list-style-type: none"> • Lofted/chipped passes • Shooting – ½ volley, volley & curling • Control under pressure • Tackling • Attacking with ball & movement off the ball • Keeping possession • Switching play • Rules & tactics 	<ul style="list-style-type: none"> • Passing – more options • Support play recap • Positional & rules knowledge • Kicking (run & kick) • Running with the ball 	<ul style="list-style-type: none"> • Competitive timed races • Measured competitive jumps & throws • Relay in tutorial teams 	<ul style="list-style-type: none"> • Recap fielding skills • Fielding ball as they move • Back-up drills for all positions • Hitting in variety of directions • Play variety of positions in games 	<ul style="list-style-type: none"> • Fielding – different positions • Wicket keeping • Bowling – leg/off spin/full toss • Batting – running between the wickets • Batting - defensive 	<ul style="list-style-type: none"> • <u>Hurdles</u> – develop lead & trail leg • <u>Throws</u> – peer & self evaluation. More roles. Competitions • <u>Jumps</u> – improvement on specific key areas – group dependent 	<ul style="list-style-type: none"> • Advanced rules in games • Attacking/ dribbling in games • Creating space in attacking situations • Small sided → full sided games • Tactics and advanced positioning • Team defensive tactics

	Tag rugby	Girls' Football	Orienteering	Gymnastics	Badminton	Hockey	Volleyball	Fitness
7	<ul style="list-style-type: none"> •Handling •Running with the ball •Passing •Defensive line •Rules •5-a-side games 	<ul style="list-style-type: none"> • Control of ball • Short passing • Long passing • Protecting the ball • Turning with the ball • Dribbling 	<ul style="list-style-type: none"> • Set a map • Read a map • Follow star course • Decision make to complete course quickly • Complete a competition using dippers • Design a course 	<ul style="list-style-type: none"> • Methods of travel • Rolls • Balance • Routine • Jumps • Fluency and movement • Body tension 	<ul style="list-style-type: none"> • Grip • Underarm clear • Serve (short/ high) • Movement • Basic singles scoring • Backhand contact 	<ul style="list-style-type: none"> • Grip • Dribbling • Right hand dodge • Control & stopping • Open stick tackle (block) • Aim of defence • Embed use of front stick/side/footwork • 3v3 • Reverse stick 		<ul style="list-style-type: none"> • Technique of stations. • Data collection • Normal resting heart rate (RHR) • Basic muscle names/locations • Lactic acid definition.
8	<ul style="list-style-type: none"> •Handling and carrying recap. •Passing and movement. •Catching high and low balls. •Running with the ball (evasive running) •Defensive line/strategies. •6-a-side tournament. 	<ul style="list-style-type: none"> • Passing & control – with feet • Variety of turns with ball • <u>Shooting</u> from distance across the GK • <u>Basic heading</u> up or down for attack/defence • closing down an opponent 		<ul style="list-style-type: none"> • Leap frog • Safety & apparatus • Tuck/straddle/pike/1/2/W jump/split jump • Through/side vault • Flight on/off vault • Apparatus & floor links from springboard. • Linking movements before and after vault 	<ul style="list-style-type: none"> • Recap Year 7 work • Smash • Drop shots • Net shots • Advanced movement • Singles rules & officiating 	<ul style="list-style-type: none"> • Dribbling with speed • Links, dribbles & passes (possible reverse stick) • V drag dodge • Sweeping the ball • Working in triangles • Long corners • Attacking/striking out goal • Jab tackle/push wide • 5-a-side tactics 		<ul style="list-style-type: none"> • F.I.T.T • Muscle gain • Use of time/overload
9	<ul style="list-style-type: none"> •Handling and carrying at speed. •Passing and moving more advanced. •Catching and moving. •Tactical play and strategies. •Defensive alignment. •7-a-side tournament. 	<ul style="list-style-type: none"> • Decision making in games • GK skills • Possession play (shield/hold up ball) • Heading (more power/direction) • Zonal defending 		<ul style="list-style-type: none"> • Safety get out all big equipment • Create routine using variety of equipment • Self & peer assessment • Sequencing & timing with music • Paired routine 	<ul style="list-style-type: none"> • Back court play • Front court play • Develop movement (crossover steps) • Scoring doubles games • Attacking/defensive formations 	<ul style="list-style-type: none"> • Recap passing/dribbling • Reverse stick tackles • Dink, scoop, tackles • Attacking play, set plays • Defensive set plays – penalty corners • Small sided games (7v7) 	<ul style="list-style-type: none"> • Ball familiarisation • Volley • Dug • Underarm serve • Block/spike • Small sided games 	<p>How to complete:</p> <ul style="list-style-type: none"> • Cooper test • 30m sprint • Illinois agility • Harvard Step test • 1 minute tests press ups/sits/squats • Bleep test • Stork test • Co-ordination