

## Key Skills End Points 10/11 (Core PE)

<p style="text-align: center;"><b><u>Rugby League</u></b></p> <ul style="list-style-type: none"> <li>• Passing depth/variety/timing.</li> <li>• Tackling – front/side/rear.</li> <li>• Defensive line/drift defence.</li> <li>• Kicks grubba &amp; place.</li> <li>• Larger sided games.</li> </ul>	<p style="text-align: center;"><b><u>Girls Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Dribbling.</li> <li>• Passing (chest/bounce).</li> <li>• Shooting (rebounds), lay ups.</li> <li>• Triple threat.</li> <li>• Basic rules.</li> </ul>	<p style="text-align: center;"><b><u>Badminton</u></b></p> <ul style="list-style-type: none"> <li>• Revisit scoring singles &amp; doubles.</li> <li>• Tournament organisation.</li> <li>• Revisit all shots.</li> <li>• Attack and defensive formations in doubles</li> <li>• Officiate games (singles/doubles).</li> </ul>	<p style="text-align: center;"><b><u>Netball</u></b></p> <ul style="list-style-type: none"> <li>• Revisit of basic passing &amp; footwork drills.</li> <li>• Attacking &amp; defensive strategies.</li> <li>• Scoring &amp; officiating.</li> <li>• Fully running a tournament</li> <li>• Timing of games</li> </ul>
<p style="text-align: center;"><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>• Advanced interceptions/retrieval of ball.</li> <li>• More variety of strokes (mid on/off drives, forward defensive).</li> <li>• Large sided games/positional awareness.</li> </ul>	<p style="text-align: center;"><b><u>Boys Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Reverse and left hand lay ups (weaker hand).</li> <li>• Strategies for attack (screens/blocks).</li> <li>• Development of jump/free throws.</li> <li>• Attacking/defensive rules.</li> <li>• Referee rules &amp; officiating practice.</li> </ul>	<p style="text-align: center;"><b><u>Volleyball</u></b></p> <ul style="list-style-type: none"> <li>• Revision of shots dig/volley/smash/serve.</li> <li>• Key shots linked in drills.</li> <li>• Patterns of play.</li> <li>• Positional play.</li> <li>• Rotation in full sided games.</li> <li>• Officiating skills.</li> </ul>	<p style="text-align: center;"><b><u>Handball</u></b></p> <ul style="list-style-type: none"> <li>• Revisit basic skills of passing (distance), shooting.</li> <li>• Develop team defence &amp; attack patterns.</li> <li>• Develop contact</li> <li>• Developed dribbling</li> <li>• Game play/tactics/set plays</li> </ul>
<p style="text-align: center;"><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Competitive team element.</li> <li>• Revisit sprint tech/pacing.</li> <li>• Complete races.</li> <li>• Revisit all throws &amp; jumps for technique.</li> <li>• Competitive jumps &amp; throws elements.</li> </ul>	<p style="text-align: center;"><b><u>Rounders</u></b></p> <ul style="list-style-type: none"> <li>• Revisit of key skills bowling, throwing, catching.</li> <li>• Batting to avoid fielders.</li> <li>• Technical switches of fielders.</li> <li>• Positional knowledge of many positions.</li> <li>• How to score a game.</li> </ul>	<p style="text-align: center;"><b><u>Table Tennis</u></b></p> <ul style="list-style-type: none"> <li>• How to play a variety of basic shots.</li> <li>• Develop spin on shots.</li> <li>• Singles rules to play.</li> <li>• Doubles rules to play.</li> <li>• Basic officiating rules.</li> </ul>	<p style="text-align: center;"><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>• Revisit dribbling, running with the ball.</li> <li>• Protecting the ball</li> <li>• Develop more advanced attacking skills of passing/shooting.</li> <li>• More advanced attacking patterns of play/formations.</li> <li>• Build ability to officiate in small-sided games.</li> <li>• Officiate and run a tournament.</li> </ul>
<p style="text-align: center;"><b><u>Climbing</u></b></p> <ul style="list-style-type: none"> <li>• Safety instructions.</li> <li>• 3 points of contact.</li> <li>• Route planning.</li> <li>• Harness checks.</li> <li>• Belaying.</li> <li>• Climbing skills (switch step, palm plant, lay back etc).</li> </ul>	<p style="text-align: center;"><b><u>Hockey</u></b></p> <ul style="list-style-type: none"> <li>• Passing as a pivot play.</li> <li>• Defence elimination as attackers.</li> <li>• Larger sided games.</li> <li>• Team defence.</li> <li>• Posting up</li> <li>• Channelling/shadowing</li> </ul>	<p style="text-align: center;"><b><u>Tag Rugby</u></b></p> <ul style="list-style-type: none"> <li>• Recap rules</li> <li>• Passing over increasing distances</li> <li>• Catching and moving</li> <li>• Tactical play and strategies.</li> <li>• Defensive alignment.</li> <li>• 7 a-s-side tournament</li> </ul>	<p style="text-align: center;"><b><u>Tennis</u></b></p> <ul style="list-style-type: none"> <li>• Ground stroke revision</li> <li>• Volley revision</li> <li>• Serve revision (overarm)</li> <li>• Doubles play – rules and tactics</li> <li>• Tournament</li> </ul>

