

HIGHAM LANE SCHOOL

BOYS CORE PE – PILLARS OF PROGRESSION



BADMINTON			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Grip • Stance (ready position) • Serving backhand • Serving forehand • Forehand return • Backhand return • Consistent rally • Net shot	• Service line • Court lines (in and out) – singles • How to score a point in badminton • Only able to hit the shuttle once • Win the serve, win the point • Serving diagonal	• How to warm up safely for badminton • Agility (movement) • Co-ordination (serving & returning) • Co-operation (social health) – scoring and umpiring
9	• Drop shot • Clear shot • Forehand/backhand drive • Footwork • Attacking net shot • Doubles play	• How to attack the net • How to attack the court • Court lines (in and out) – doubles • Doubles tactics attacking/defending formations	• Agility and balance (footwork) • Power (clear) • Social health - doubles

RUGBY			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Passing • Catching • Running onto the ball	• Basic rules - knock on, forward pass • Attacking line/formation • Timing the pass • Basic positioning	• How to warm up safely for rugby • Speed and Agility (running) • Co-ordination and timing (pass) • Reactions (catch)
8	• Passing on the move • Catching • Basic tackling	• Development of rules – off side, tackle • Alignment	• Strength (tackle) • Speed and agility
9	• Spin pass • Tackling • Rucking • Basic scrummaging	• Rules in the tackle and ruck • Realignment • Recycle the ball quickly	• Power • Strength (scrum) • Balance (ruck)

FOOTBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Passing over short distance • Control • Dribbling • Running with the ball • Basic turning (hook, stop)	• Fouls, handball • When to pass, when to dribble • Positions in a team	• How to warm up safely for football • Co-ordination (dribbling) • Speed (running with the ball) • Timing (passing and control)
8	• Passing over long distance • Control on the move • Turning (Cruyff) • Shooting • Dribbling tricks • Tackling	• Cover when defending • Support when attacking	• Power (passing & shooting) • Strength (tackling)
9	• Control on the half turn • Non-dominant foot passing • Shooting using curl • Shielding the ball	• Formations • Width in attack	• Periods of aerobic and anaerobic work in football

TABLE TENNIS			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
8	• Grip and ready position • Ball control • Forehand shot • Backhand push • Serving (basic technique)	• How to score a point in table tennis • Basic rules of serving (bounce on each side) • How to score a game of table tennis	• How to warm up safely for table tennis • Co-ordination (serving & returning) • Reaction time (to bounce of ball) • Co-operation (social health) – scoring and umpiring
9	• Serving (different serving techniques) • Backhand/forehand drive • Topspin/backspin • Doubles play	• Advanced rules of serving (present ball - no disguise, must be behind line, 6 inch throw up, diagonal in doubles) • Shot selection – use of spin • Doubles rules and strategies	• Social health – doubles • Perseverance and achievement in use of spin (mental health)

HANDBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Passing • Catching • Dribbling • Shooting • Movement	• Knowledge of basic rules - three seconds, three steps, no contact. • Only the goalkeeper is allowed in the shooting 'D'. • Basic defending formation (on the D) • Attacking in channels	• How to warm up safely for handball • Aerobic fitness (CVE) • Co-ordination (catching) • Teamwork (social health)
8	• Advanced passing – overarm, bounce, jump and wrist • Shooting techniques – overarm, hip and jumping • Pivoting	• Attacking formations – support play • Defensive formations • Positions	• Power (shooting) • Tactics and strategies (social health)

BASKETBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Passing – bounce, chest • Catching • Basic dribbling • Shooting – lay-up and set/jump shot • Defending position	• Basic rules – double dribble, travelling, fouls • Positions • Person to person marking	• How to warm up safely for basketball • Cardiovascular endurance (last game of basketball) • Balance (footwork/shooting)
8	• Shooting on the move • Dribbling skills • Passing – shoulder • Rebounding	• Transition basketball • Rules – back court, 3 sec • Zone defence • Attacking formations	• The role of agility in basketball • Mental benefits of participating in basketball

ATHLETICS			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Long jump • 100m • Shot put (basic technique) • Discus (basic technique) • Javelin (basic technique) • Pacing • Relay	• Health and safety rules for throwing events. • Pacing strategies – how do you last the whole race? • Staying in the lane on a relay • Rules for long jump take off and exiting the pit. • How to calculate long jump run up.	• How to warm up for different athletics events • Throwing and jumps (power & strength) • Pacing (CVE & aerobic exercise) • 100m (speed & anaerobic exercise)

8	• Sprint starts – 100m • High jump • 200m – running the bend • 800m – effective pacing • Shot put (throwing for distance – footwork) • Discus (throwing for distance – footwork) • Javelin (throwing for distance – footwork) • Relay – focus on changeover technique	• False starts • Use of different techniques to clear the bar in high jump – which is most effective? • Rules for clearing the bar/exiting the mat in high jump. • How to change running technique to run the bend • Pacing strategies for 800m • Rules on changeovers in relay • Rules for throwing events eg. Throwing line.	• 100m (reaction time) • High jump (flexibility) • Use of aerobic and anaerobic respiration in some athletic events • Importance of a cool down – removal of lactic acid (800m)
9	• Triple jump • 400m • Relay – running order • Shot put (competition throwing) • Discus (competition throwing) • Javelin (competition throwing)	• Tactical throwing in competitions – safe throw 1st. • Exiting out of the back of throwing areas • How to decide on an effective running order for relays.	• Triple jump (coordination, power) • 400m – removal of lactic acid (anaerobic exercise)

ROUNDERS			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Throwing • Catching • Bowling • Ground fielding • Batting	• Fielding positions • No ball rules • Backward hit rule • Scoring rules • Batter does not hit, throw to bowler in square	• How to warm up safely for rounders • Coordination • Speed • Agility
8	• Throwing – overarm for distance • Bowling – shuffle • Catching – high ball • Batting – distance • Ground fielding – long barrier	• Contact with the post • Recap scoring rules • Covering • Relaying ball in	• Power/strength • Coordination • Reaction time
9	• Batting – space/placing • Bowling – power and accuracy • Ground fielding – attacking pick up	• Player positioning in field to maximise strength • Tactics depending on nature of the game (getting players out, good balls)	• Power/strength • Coordination • Reaction time

CRICKET

Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Throwing • Catching • Bowling • Ground fielding – long barrier • Batting stance & technique • Batting – pull shot	• No ball rules • Scoring rules • Defending your wicket • When to hit attacking shots	• How to warm up safely for cricket • Coordination • Speed • Agility
8	• Throwing – overarm for distance • Bowling – run up • Catching – high ball • Batting – drive shot	• Recap scoring rules • Covering • Fielding positions • Batting calls	• Power/strength • Coordination • Reaction time
9	• Batting – space/placing • Bowling – line & length • Ground fielding – attacking pick up	• Player positioning in field to maximise strength • Tactics depending on nature of the game	• Power/strength • Coordination • Reaction time