

HIGHAM LANE SCHOOL

GIRLS CORE PE – PILLARS OF PROGRESSION



NETBALL

<i>Year</i>	Motor competence	Rules, strategies and tactics	Healthy participation (COF focus)
7	• Catching (stationary & on the move) • Throwing (shoulder, chest pass, bounce pass) • Footwork • Attacking skills – sprint dodge • Shooting – basics • 2nd stage defence	• Footwork rule • 3 second rule • How to start a game, how to win a game • Offside rule • Obstruction rule • Principles of attack • Positions on a netball court – areas allowed • Decision making – what type of throw to use	• How to warm up safely for netball • Balance (footwork/shooting) • Muscular endurance
8	• Attacking skills – feint, feint sprint, holding space • Defensive skills – marking the player, marking the space (1st and 2nd stage) • Shooting – with a defender	• Obstruction rule • Contact rule • Timing of movement • Positions on a netball court – roles	• Agility (dodging/defending)
9	• Defensive skills – moving from 1st and 2nd stage • Attacking skills to effectively bring ball down the court • 3rd stage defence	• Decision making – when to shoot, when to pass • Set plays – C pass, backline pass • Bringing the ball down the court effectively • Replay/repossession • Decision making – type of defence	• Reaction time • Flexibility
KS4	• Attacking skills for getting the ball closer to the post • Timing of movement	• Creating team set plays • Spatial awareness through the court • Playing triangles around the circle • When to use each stage of defence • Being able to umpire games	• Physical, mental, social benefits of playing team sports • Teamwork, communication, leadership • Self-evaluation – identifying areas of team weakness and making improvements

DANCE AND GYMNASTICS

<i>Year</i>	Motor competence	Rules, strategies and tactics	Healthy participation
7 (dance)	• Counterbalances • Turns and rotations • Jumps • Balances (freezeframes) • Travelling movements	• Choreograph routines • Understanding timing and synchronicity • Sequencing move and sections together to produce a fluid dance routine. • Producing individual and group motif sequences.	• How to warm up safely for dance • Flexibility • Balance

8 (gym)	• Rolls • Balance (individual and pair) • Transition moves • Jumps/leaps/twists	• Use of the mat • Choreographing routine • Use of control and body tension • Fluidity of routine	• How to warm up safely for gymnastics • Flexibility and Balance • How to improve your flexibility
9 (dance)	• Advanced rolls • Advanced jumps • Counterbalances • Use of props in dance	• Choreographing routines effectively as a group. • Sequencing moves and sections together using props. • Counting beats effectively to perform a fluid and well-rehearsed dance routine. • PFACE – predetermined, fluent, aesthetic, coordinated, efficient	• Coordination • Flexibility • Social health skills
KS4 (team gym and/or dance)	• Advanced counterbalances • Rhythmic equipment in gymnastics – advanced use • Combination of skills	• Choreographing routines effectively as a group. • Counting beats effectively to perform a fluid and well-rehearsed routine. • Effective use of canon, unison, call and response, levels, stillness.	• Physical, mental, social benefits of taking part in creative activities • Effective teamwork, communication and leadership

ATHLETICS

<i>Year</i>	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Long jump • 100m • Shot put (basic technique) • Javelin (basic technique) • Pacing	• Health and safety rules for throwing events. • Pacing strategies – how do you last the whole race? • Staying in the lane on a 100m • 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 • Cardiovascular endurance • Speed • Muscular strength
8	• High jump • 200m – sprint starts • 800m – effective pacing • 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 & order of team • Rules for throwing events eg. Throwing line.	• Power • 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 • 300m • 100m with sprint start	• Tactical throwing in competitions – safe throw 1st. • Exiting out of the back of throwing areas	• Muscular strength • Balance

	- Relay – running order - Shot put (competition throwing) - Discus (competition throwing) - Javelin (competition throwing)	How to decide on an effective running order for relays.	300m – removal of lactic acid (anaerobic exercise)
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ROUNDERS			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	- Throwing - Catching - Bowling - 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
8	- Throwing – overarm for distance - Bowling – step - Catching – high ball - Batting – distance - Ground fielding	- Contact with the post - Recap scoring rules - Covering - Relaying ball in	Strength Speed
9	- Batting – space/placing - Bowling – power and accuracy - Ground fielding – long barrier	- Player positioning in field to maximise strength - Tactics depending on nature of the game (getting players out, good balls)	Power
KS4	- Batting- continuation of placing ball into space - Bowling- variation of bowling e.g. donkey drop - Fielding- Combination of techniques to field the ball effectively.	- Umpiring - Tactical play as year 9	Physical, mental, social benefits of taking part in rounders

CRICKET			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
KS4	- Bowling - Ground fielding – long barrier - Batting stance & technique – into space	- No ball rules - Scoring rules - Defending your wicket - Communication - Batting tactics (in pairs) to maximise scoring opportunities e.g. via effective calling	- How to warm up safely for cricket - Coordination - Speed - Agility

		Covering wicket	
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BADMINTON			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	- Grip - Stance (ready position) - Serving backhand - Serving forehand - Forehand shot in rally - Backhand shot in rally - Consistent rally - Overhead 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 Co-ordination (serving & returning) Power - Co-operation (social health) – scoring and umpiring
8	- Clear shot for distance - Forehand drive - Footwork - Drop shot	- Hit into space - Moving opponents - Decision making on where to place shuttle (front/back)	Coordination - Social health - doubles
KS4	- Doubles play - Smash - Backhand drive - Different methods of play to sustain co-operative rally e.g. a selection of shots.	- Court lines (in and out) – doubles - Doubles tactics attacking/defending formations - How to serve in doubles, rules - Movement between different doubles formation - Selection of shots based on opponents and their formation - Umpiring games independently	Physical, mental, social benefits of taking part in badminton

TABLE TENNIS			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	- 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 Reaction time (to bounce of ball)

9	• Serving (different serving techniques) • Backhand drive • Forehand drive • Correct shot selection to sustain co-operative rally	• Advanced rules of serving (present ball - no disguise, must be behind line, 6 inch throw up) • Umpiring	• Speed • Perseverance and achievement in use of spin (mental health)
KS4	• Topspin/backspin • Doubles play	• Shot selection – use of spin • Doubles rules • Doubles strategies • Umpiring (doubles and singles)	• Physical, mental, social benefits of taking part in table tennis • Effective communication, teamwork

FOOTBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	• Ball control, shielding the ball • Dribbling • Short passing & receiving • Passing over long distance • Shooting on target • Closing down the player	• Fouls, handball • When to pass, when to dribble • 1 v 1 situations • Spatial awareness • How to play a small sided game • Rules of the game – corner kick, throw in, goal kick, restarting play	• How to warm up safely for football • Agility • Timing (passing and control)
8	• Passing to maintain possession (short and long) • Control on the move • Turning • Shooting placement • Basic tackling	• Positions in a team • Cover when defending • Support when attacking • Spatial awareness	• Power (passing & shooting) • Social benefits of participating in football -
KS4	• Shooting techniques • Dribbling tricks • Tackling	• Formations • Width in attack	• Periods of aerobic and anaerobic work in football • Physical, mental, social benefits of taking part in football

HANDBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
9 Handball	• Passing • Catching • Dribbling	• Knowledge of basic rules - three seconds, three steps, no contact. • Only the goalkeeper is allowed in the shooting 'D'.	• How to warm up safely for handball • Cardiovascular Endurance (CVE)

	• Shooting • Movement	• Basic defending formation (on the D) • Attacking in channels	• Teamwork (social health)
KS4	• Advanced passing – overarm, bounce, jump and wrist • Shooting techniques – overarm, hip and jumping • Pivoting	• Attacking formations – support play • Defensive formations • Positions	•

BASKETBALL

<i>Year</i>	Motor competence	Rules, strategies and tactics	Healthy participation
KS4	• Passing – bounce, chest, shoulder • Catching on the move • Dribbling • Shooting – lay-up and set/jump shot • Defending position	• Basic rules – double dribble, travelling, fouls • Different types of defence - Person to person marking, zonal marking • Attacking formations	• Physical, mental, social benefits of taking part in basketball • Cardiovascular endurance (last game of basketball) • Balance (footwork/shooting) • Agility • Power

VOLLEYBALL

<i>Year</i>	Motor competence	Rules, strategies and tactics	Healthy participation
Y10	• Ready position • Volley • Dig • Serve	• Amount of touches per team • How to score a point • Team formation – working to player strengths	• How to warm up safely for volleyball • Muscular endurance • Agility
Y11	• Receive - set – smash routine • Block • Overarm serve	• 3 touches per team • Attacking from front of court • How to defend an attack	• Physical, mental, social benefits of taking part in volleyball

Health

<i>Year</i>	Motor competence	Rules, strategies and tactics	Healthy participation
8 (Aerobics)	• Aerobic exercises & how to perform correctly eg. Box jump, grape vine, heel taps, hamstring curls, knee lifts	• Counting beats effectively to lead an aerobics routine • How to sequence moves to ensure effective transitions • Leading routines effectively as a group	• Cardiovascular endurance • Muscular endurance • How to complete an aerobic warm up & why

	Muscular exercises & how to perform correctly eg. Hip raises, squats, leg raises, crunches, reverse lunges	- Allocating rolls to lead routine effectively - Choreography of aerobics routine	- How to work at different intensities/training zones - Exercise to target different muscle groups - How to cool down effectively & why
9	- COF – fitness testing - Training methods – circuit, continuous, interval	- How to carry out fitness tests accurately - How to effectively train different COF using training methods	- Effects of exercise – short and long term on CV, resp and muscular system - Physical, social, mental well-being
KS4	- Correct technique for weight bearing exercises - Yoga positions to increase flexibility and improve core strength - Dance fitness (Zumba etc) - Circuit training	- How to use sets and reps - How to design training prog design to improve components of fitness - Training etiquette in the gym	- Physical, mental, social benefits of taking part in fitness based activities - How to safely train in a fitness centre - Improving CVE - Improving Muscular Endurance - Improving Muscular Strength

PICKLEBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
9	- Grip (handshake) - Serving underarm - Forehand stroke - Backhand stroke - Volley - Dink	- Court lines (in and out) - Kitchen – non-volley zone - How to score a point in pickleball - Serving diagonal from back of the court – straight over no bounce before the net – must clear non-volley. - A point can only be won by a serving player. - Double bounce rule	Muscular endurance
KS4	- Forehand lob - Backhand lob - Smash	- Odds and evens, left and right - Shouting the score before service - Partner rotation/movement	