

HIGHAM LANE SCHOOL

GIRLS CORE PE – PILLARS OF PROGRESSION



NETBALL

Year	Motor competence	Rules, strategies and tactics	Healthy participation (COF focus)
7	<ul style="list-style-type: none"> • Catching (stationary & on the move) • Throwing (shoulder, chest pass, bounce pass) • Footwork • Attacking skills – sprint dodge • Shooting – basics • 2nd stage defence 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • How to warm up safely for netball • Balance (footwork/shooting) • Muscular endurance
8	<ul style="list-style-type: none"> • Attacking skills – feint, feint sprint, holding space • Defensive skills – marking the player, marking the space (1st and 2nd stage) • Shooting – with a defender 	<ul style="list-style-type: none"> • Obstruction rule • Contact rule • Timing of movement • Positions on a netball court – roles 	<ul style="list-style-type: none"> • Agility (dodging/defending)
9	<ul style="list-style-type: none"> • Defensive skills – moving from 1st and 2nd stage • Attacking skills to effectively bring ball down the court • 3rd stage defence 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Reaction time • Flexibility
KS4	<ul style="list-style-type: none"> • Attacking skills for getting the ball closer to the post • Timing of movement 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Physical, mental, social benefits of playing team sports • Teamwork, communication, leadership • Self-evaluation – identifying areas of team weakness and making improvements

DANCE AND GYMNASTICS

Year	Motor competence	Rules, strategies and tactics	Healthy participation
7 (dance)	<ul style="list-style-type: none"> • Counterbalances • Turns and rotations • Jumps • Balances (freezeframes) • Travelling movements 	<ul style="list-style-type: none"> • Choreograph routines • Understanding timing and synchronicity • Sequencing move and sections together to produce a fluid dance routine. • Producing individual and group motif sequences. 	<ul style="list-style-type: none"> • How to warm up safely for dance • Flexibility • Balance

8 (gym)	<ul style="list-style-type: none"> • Rolls • Balance (individual and pair) • Transition moves • Jumps/leaps/twists 	<ul style="list-style-type: none"> • Use of the mat • Choreographing routine • Use of control and body tension • Fluidity of routine 	<ul style="list-style-type: none"> • How to warm up safely for gymnastics • Flexibility and Balance • How to improve your flexibility
9 (dance)	<ul style="list-style-type: none"> • Advanced rolls • Advanced jumps • Counterbalances • Use of props in dance 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Coordination • Flexibility • Social health skills
KS4 (team gym and/or dance)	<ul style="list-style-type: none"> • Advanced counterbalances • Rhythmic equipment in gymnastics – advanced use • Combination of skills 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Long jump • 100m • Shot put (basic technique) • Javelin (basic technique) • Pacing 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • How to warm up for different athletics events • Cardiovascular endurance • Speed • Muscular strength
8	<ul style="list-style-type: none"> • High jump • 200m – sprint starts • 800m – effective pacing • Discus (throwing for distance – footwork) • Javelin (throwing for distance – footwork) • Relay – focus on changeover technique 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Triple jump • 300m • 100m with sprint start 	<ul style="list-style-type: none"> • Tactical throwing in competitions – safe throw 1st. • Exiting out of the back of throwing areas 	<ul style="list-style-type: none"> • Muscular strength • Balance

	<ul style="list-style-type: none"> Relay – running order Shot put (competition throwing) Discus (competition throwing) Javelin (competition throwing) 	<ul style="list-style-type: none"> How to decide on an effective running order for relays. 	<ul style="list-style-type: none"> 300m – removal of lactic acid (anaerobic exercise)
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ROUNDERS			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> Throwing Catching Bowling Batting 	<ul style="list-style-type: none"> Fielding positions No ball rules Backward hit rule Scoring rules Batter does not hit, throw to bowler in square 	<ul style="list-style-type: none"> How to warm up safely for rounders Coordination
8	<ul style="list-style-type: none"> Throwing – overarm for distance Bowling – step Catching – high ball Batting – distance Ground fielding 	<ul style="list-style-type: none"> Contact with the post Recap scoring rules Covering Relaying ball in 	<ul style="list-style-type: none"> Strength Speed
9	<ul style="list-style-type: none"> Batting – space/placing Bowling – power and accuracy Ground fielding – long barrier 	<ul style="list-style-type: none"> Player positioning in field to maximise strength Tactics depending on nature of the game (getting players out, good balls) 	<ul style="list-style-type: none"> Power
KS4	<ul style="list-style-type: none"> Batting- continuation of placing ball into space Bowling- variation of bowling e.g. donkey drop Fielding- Combination of techniques to field the ball effectively. 	<ul style="list-style-type: none"> Umpiring Tactical play as year 9 	<ul style="list-style-type: none"> Physical, mental, social benefits of taking part in rounders

CRICKET			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
9	<ul style="list-style-type: none"> Bowling Ground fielding – long barrier Batting stance & technique – into space 	<ul style="list-style-type: none"> No ball rules Scoring rules Defending your wicket Communication Batting tactics (in pairs) to maximise scoring opportunities e.g. via effective calling 	<ul style="list-style-type: none"> How to warm up safely for cricket Coordination Speed Agility

		<ul style="list-style-type: none"> • Covering wicket 	
KS4	<ul style="list-style-type: none"> • Batting – space/placing • Bowling – line & length and spin 	<ul style="list-style-type: none"> • Player positioning in field to maximise strength • Tactics depending on nature of the game • Placement of field to get a batter out. 	<ul style="list-style-type: none"> • Physical, mental, social benefits of taking part in cricket

BADMINTON			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Grip • Stance (ready position) • Serving backhand • Serving forehand • Forehand shot in rally • Backhand shot in rally • Consistent rally • Overhead shot 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • How to warm up safely for badminton • Co-ordination (serving & returning) • Power • Co-operation (social health) – scoring and umpiring
8	<ul style="list-style-type: none"> • Clear shot for distance • Forehand drive • Footwork • Drop shot 	<ul style="list-style-type: none"> • Hit into space • Moving opponents • Decision making on where to place shuttle (front/back) 	<ul style="list-style-type: none"> • Coordination • Social health - doubles
KS4	<ul style="list-style-type: none"> • Doubles play • Smash • Backhand drive • Different methods of play to sustain co-operative rally e.g. a selection of shots. 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Physical, mental, social benefits of taking part in badminton

TABLE TENNIS			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Grip and ready position • Ball control • Forehand shot • Backhand push 	<ul style="list-style-type: none"> • How to score a point in table tennis • Basic rules of serving (bounce on each side) • How to score a game of table tennis 	<ul style="list-style-type: none"> • How to warm up safely for table tennis • Reaction time (to bounce of ball)

	<ul style="list-style-type: none"> • Serving (basic technique) 		
9	<ul style="list-style-type: none"> • Serving (different serving techniques) • Backhand drive • Forehand drive • Correct shot selection to sustain co-operative rally 	<ul style="list-style-type: none"> • Advanced rules of serving (present ball - no disguise, must be behind line, 6 inch throw up) • Umpiring 	<ul style="list-style-type: none"> • Speed • Perseverance and achievement in use of spin (mental health)
KS4	<ul style="list-style-type: none"> • Topspin/backspin • Doubles play 	<ul style="list-style-type: none"> • Shot selection – use of spin • Doubles rules • Doubles strategies • Umpiring (doubles and singles) 	<ul style="list-style-type: none"> • Physical, mental, social benefits of taking part in table tennis • Effective communication, teamwork

FOOTBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Ball control, shielding the ball • Dribbling • Short passing & receiving • Passing over long distance • Shooting on target • Closing down the player 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • How to warm up safely for football • Agility • Timing (passing and control)
8	<ul style="list-style-type: none"> • Passing to maintain possession (short and long) • Control on the move • Turning • Shooting placement • Basic tackling 	<ul style="list-style-type: none"> • Positions in a team • Cover when defending • Support when attacking • Spatial awareness 	<ul style="list-style-type: none"> • Power (passing & shooting) • Social benefits of participating in football -
KS4	<ul style="list-style-type: none"> • Shooting techniques • Dribbling tricks • Tackling 	<ul style="list-style-type: none"> • Formations • Width in attack 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Passing • Catching 	<ul style="list-style-type: none"> • Knowledge of basic rules - three seconds, three steps, no contact. 	<ul style="list-style-type: none"> • How to warm up safely for handball

	<ul style="list-style-type: none"> • Dribbling • Shooting • Movement 	<ul style="list-style-type: none"> • Only the goalkeeper is allowed in the shooting 'D'. • Basic defending formation (on the D) • Attacking in channels 	<ul style="list-style-type: none"> • Cardiovascular Endurance (CVE) • Teamwork (social health)
KS4	<ul style="list-style-type: none"> • Advanced passing – overarm, bounce, jump and wrist • Shooting techniques – overarm, hip and jumping • Pivoting 	<ul style="list-style-type: none"> • Attacking formations – support play • Defensive formations • Positions 	<ul style="list-style-type: none"> •

BASKETBALL

<i>Year</i>	Motor competence	Rules, strategies and tactics	Healthy participation
KS4	<ul style="list-style-type: none"> • Passing – bounce, chest, shoulder • Catching on the move • Dribbling • Shooting – lay-up and set/jump shot • Defending position 	<ul style="list-style-type: none"> • Basic rules – double dribble, travelling, fouls • Different types of defence - Person to person marking, zonal marking • Attacking formations 	<ul style="list-style-type: none"> • 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
9	<ul style="list-style-type: none"> • Ready position • Volley • Dig • Serve 	<ul style="list-style-type: none"> • Amount of touches per team • How to score a point • Team formation – working to player strengths 	<ul style="list-style-type: none"> • How to warm up safely for volleyball • Muscular endurance • Agility
KS4	<ul style="list-style-type: none"> • Receive - set – smash routine • Block • Overarm serve 	<ul style="list-style-type: none"> • 3 touches per team • Attacking from front of court • How to defend an attack 	<ul style="list-style-type: none"> • Physical, mental, social benefits of taking part in volleyball

Health

<i>Year</i>	Motor competence	Rules, strategies and tactics	Healthy participation
8 (Aerobics)	<ul style="list-style-type: none"> • Aerobic exercises & how to perform correctly eg. Box jump, grape vine, heel taps, hamstring curls, knee lifts 	<ul style="list-style-type: none"> • Counting beats effectively to lead an aerobics routine • How to sequence moves to ensure effective transitions 	<ul style="list-style-type: none"> • Cardiovascular endurance • Muscular endurance • How to complete an aerobic warm up & why

	<ul style="list-style-type: none"> • Muscular exercises & how to perform correctly eg. Hip raises, squats, leg raises, crunches, reverse lunges 	<ul style="list-style-type: none"> • Leading routines effectively as a group • Allocating rolls to lead routine effectively • Choreography of aerobics routine 	<ul style="list-style-type: none"> • How to work at different intensities/training zones • Exercise to target different muscle groups • How to cool down effective & why
9	<ul style="list-style-type: none"> • COF – fitness testing • Training methods – circuit, continuous, interval 	<ul style="list-style-type: none"> • How to carry out fitness tests accurately • How to effectively train different COF using training methods 	<ul style="list-style-type: none"> • Effects of exercise – short and long term on CV, resp and muscular system • Physical, social, mental well-being
KS4	<ul style="list-style-type: none"> • Correct technique for weight bearing exercises • Yoga positions to increase flexibility and improve core strength • Dance fitness (Zumba etc) • Circuit training 	<ul style="list-style-type: none"> • How to use sets and reps • How to design training prog design to improve components of fitness • Training etiquette in the gym 	<ul style="list-style-type: none"> • 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