

Skill Names and Coaching Points

Rule Names and Description

Aspect	Main aspect Knowledge Points
1 Unison/canon	Performers to move at the same time/take it in turns
2 Matching/mirroring	Perform the same movement/the same movement mirrored
3 Levels	Distance from the ground: Low, medium, high
4 Theme	Topic for a dance theme e.g. sport, school. Informs choreography.
5 Travel and formation	Travel from point 'A to B' including performers arrangements and positions; line, circle, square

Rule Name	Rule Description
1 Aesthetic	Performed skill looks good
2 Co-ordinated	Skills are performed with control
3 Fluent	Individual skills link together smoothly

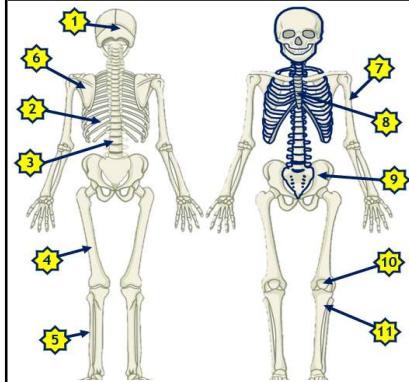
Key Term	Key Term Definition
1 Choreography	Art of creating dance.
2 Beat	A beat at regular intervals, pulse. Counted in 8's.
3 Expressing emotion	Moves, tempo & facial expressions that support the theme
4 Balance	Ability to maintain centre of mass, over a base of support.

Performance Analysis

Group dance performance	What to look at when analysing
	Unison During group dances choreographic aspects of the performance should be included.
	Matching
	Levels A description of these aspects is how we analysis of the performance
	Formation

PE THEORY

Bones of the Skeletal System



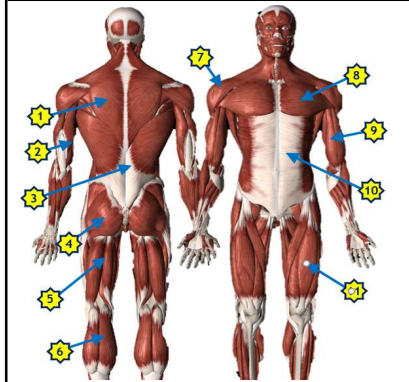
1 Cranium	7 Humerus
2 Ribs	8 Sternum
3 Vertebral Column	9 Pelvic Girdle
4 Femur	10 Patella
5 Fibula	11 Tibia
6 Scapula	

Some of these **bones** you may already know and there are more, however these are what we want you to learn for PE

Warm Up (Exercises that prepare the body & mind for physical activity) & Playing Area

Components	Description & Examples
1 Pulse Raiser	Important to slowly increase heart rate prior to exercise
2 Mobility Exercises	Moving joints through their full range of motion
3 Stretches	Stretching muscles to temporarily improve muscle flexibility
4 Dynamic Movements	Copy sport actions to prepare muscles/joints for explosive actions
5 Skill Rehearsal	Takes you to close to full intensity; allows skills to be practised

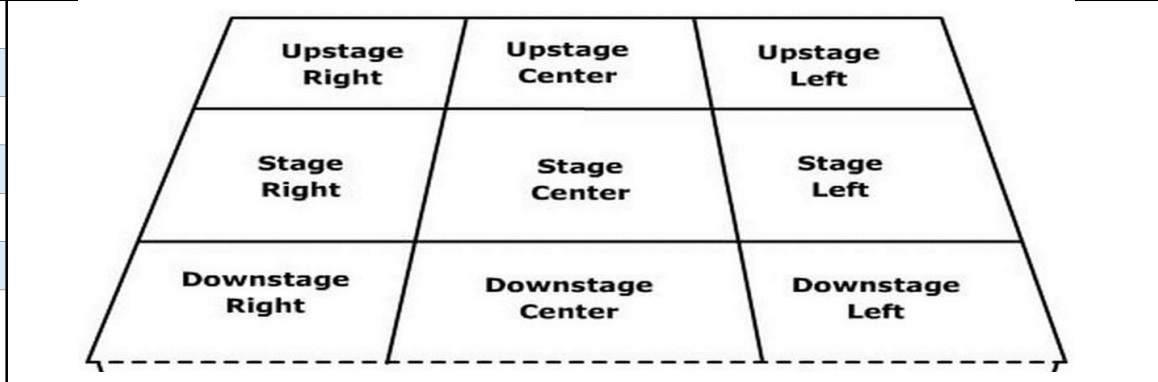
Muscles of the Body



1 Trapezius	7 Deltoid
2 Triceps	8 Pectorals
3 Latissimus Dorsi	9 Biceps
4 Gluteals	10 Abdominals
5 Hamstrings	11 Quadriceps
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Stage directions



Skill Names and Coaching Points

Rule Names and Description

Skill	Main Skill Knowledge Points
1 Passing: Chest	Elbows in, two hands on the ball, extend arms
2 Footwork	Jump and land, step forward with non-landing foot
3 Dodging	On balls of feet, drop shoulder, quick movement to the side
4 Shooting	Feet shoulder width, hands above head, follow through
5 Stage 1 Defending	Marking opponent, follow, stand in front, able to see the ball

Rule Name	Rule Description
1 Footwork	Cannot move with the ball, must pivot using non-landing foot - Free pass
2 Obstruction	A player within 3 feet of an opponent using arm movement - Penalty pass
3 Offside	Cannot move into area of court which position is not allowed in - Free pass

Key Term	Key Term Definition
1 Possession	To be holding or in control of the ball
2 Intercept	A pass for a teammate is caught by an opponent
3 Pivot	Rotate with the ball on their landing foot
4 Dominant	The hand you are more likely to use to pass the netball

Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing					
<h4>Shoulder Pass</h4>		<table border="1"> <tr> <td>Elbow</td> <td rowspan="4">During both phases of the skill what SHOULD be happening for each element and what IS happening. A description of this difference is how we analysis of the performance</td> </tr> <tr> <td>Knee</td> </tr> <tr> <td>Wrist</td> </tr> <tr> <td>Hips</td> </tr> </table>	Elbow	During both phases of the skill what SHOULD be happening for each element and what IS happening. A description of this difference is how we analysis of the performance	Knee	Wrist	Hips
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Playing Area

Labels for the playing area include: Goal Thirds, Transverse Line, Centre Third, Goal Line, Goal Circle, Side Line, and court zones (GS, GA, WA, WD, GD, GK, C).

Skill Names and Coaching Points

Rule Names and Description

Skill	Main Skill Knowledge Points
1 Tagging	Side on to the opponent, a low crouched body position
2 Passing	Rugby ball point to end of rugby ball, two hands out in front
3 Support Running	Hands out, fingers pointing up, thumbs make a W together
4 Defence	Defensive line should be straight and moves up together
5 Attacking phases	Attacking space, offloading and dropping the shoulder

Rule Name	Rule Description
1 Knock On	When a player loses control of the ball as a ball carrier or catching a pass
2 Foul	When a player commits an offence of the rules of Tag Rugby.
3 Offside	An offence in rugby that leads to a free pass being awarded.

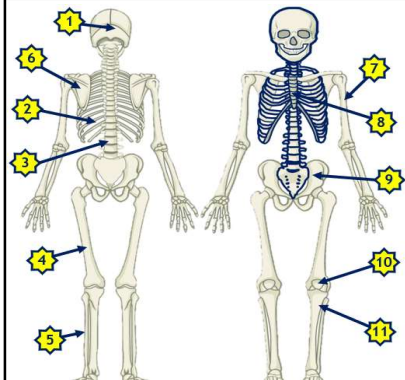
Key Term	Key Term Definition
1 Ball Carrier	The person on the attacking team holding the ball
2 Turnover	Possession changes from the attacking team to the defending team
3 Attacking Team	The team who has possession of the ball during the game
4 Tag Belt	A belt worn by each player, each belt has 2 tags, 1 on each hip.

Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing	
Tagging			
		Arms	During both phases of the skill what SHOULD be happening for each element and what IS happening. A description of this difference is how we analysis of the performance
		Legs	
		Head	
		Shoulder	

PE THEORY

Bones of the Skeletal System



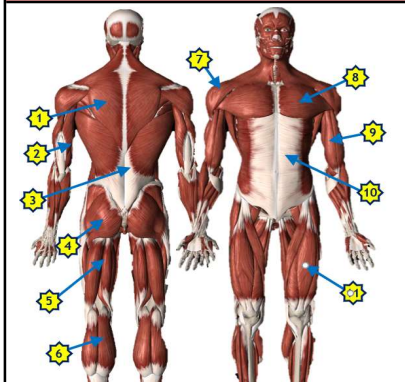
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Playing Area

