

Skill Names and Coaching Points

Rule Names and Description

Skill	Main Skill Knowledge Points
1 Backhand Serve	Thumb pointing down, high elbow, shuttle in thumb & and forefinger, short movement from wrist
2 Downward Hitting	Shuttle in front of body, arm straight during contact, hit shuttle at highest point.
3 Net Shot	Forehand grip, racket head high, play shuttle softly (underarm), step towards shuttle with racket leg.
4 Defence (Lift)	Lunge towards shuttle on racket leg, flick wrist upwards and follow through. Use forehand grip for both sides.
5 Footwork	Lunge forward on racket leg, Chasse step when moving backwards.

Rule Name	Rule Description
1 Service	Racket must be pointing down, with the racket head below 1.15m
2 Service	Shuttle must land on or past the service line when serving.
3 Service	The player that wins the rally, gets to serve next.

Performance Analysis

Key Term	Key Term Definition
1 Trajectory	The path followed by a moving object
2 Shuttle cock	Natural or synthetic feathers attached to a cork and hit with a racket.
3 Tape	Narrow, white strip of material at the top of the net
4 Lunge	A forward movement with one leg outstretched in front of you.

Skill Preparation	Skill Execution	What to look at when analysing	
Short Backhand Serve			
		Grip	During both phases of the skill what SHOULD be happening for each element and what IS happening.
		Elbow	
		Wrist	
		Shuttle	A description of this difference is how we analysis of the performance

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	

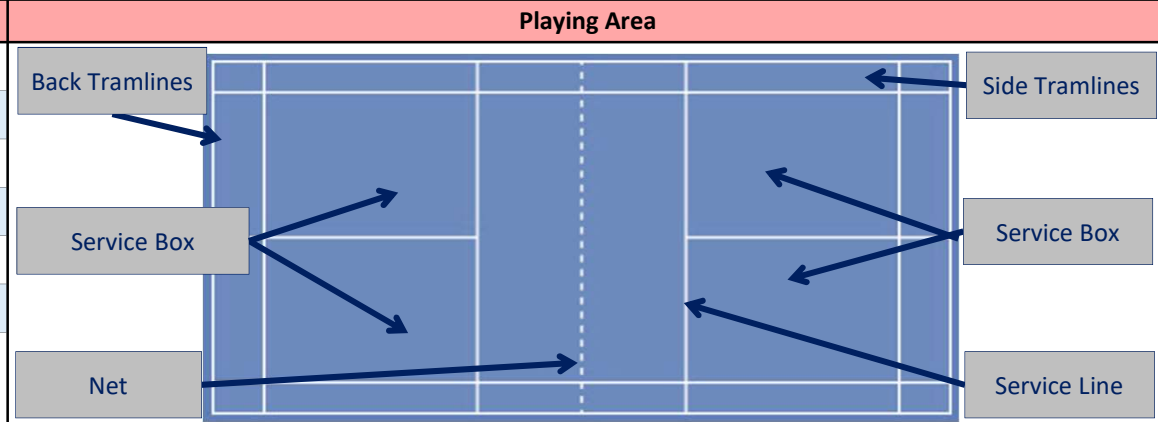
Some of these **bones** you may already know and there are more, however these are what we want you to learn for PE

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
	6 Gastrocnemius	

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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

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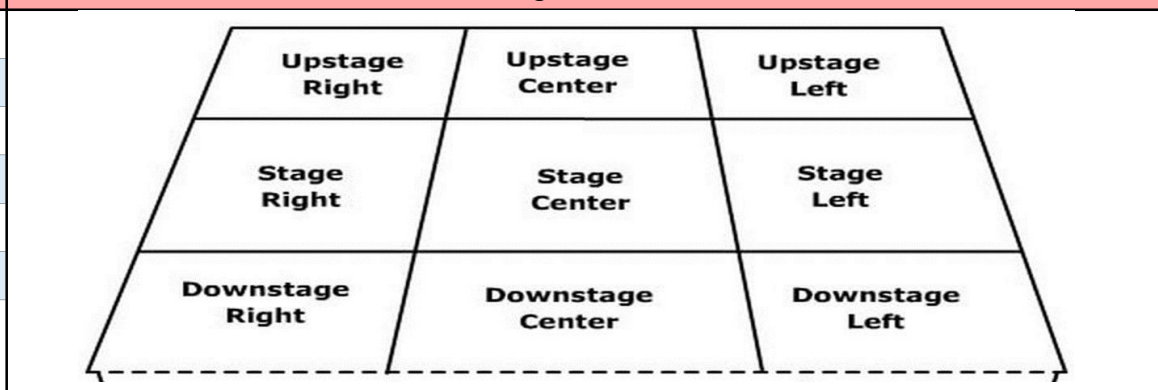
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Stage directions



Skill Names and Coaching Points

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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.

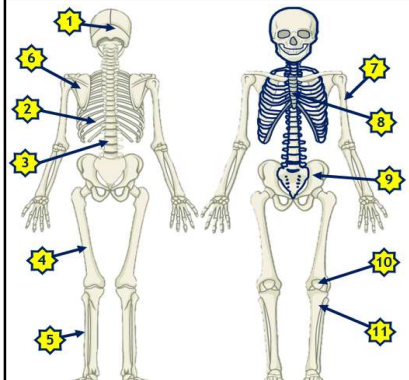
Key Term	Key Term Definition
1 Ball Carrier	The person on the attacking team holding the ball
2 Turnover	Possession changes from the attacking team to the defending team
3 Attacking Team	The team who has possession of the ball during the game
4 Tag Belt	A belt worn by each player, each belt has 2 tags,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

Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing
Tagging		
		Arms
		Legs
		Head
		Shoulder
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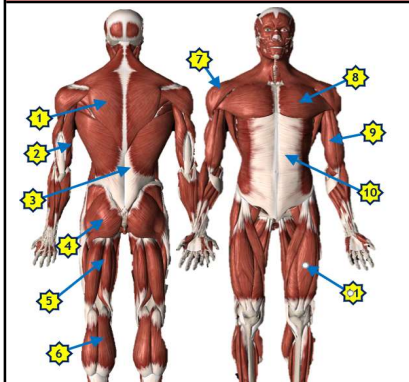
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Playing Area

