



Skill Names and Coaching Points

Rule Names and Description

Skill	Main Skill Knowledge Points
1 Shapes: Incl jumps	Tuck (knees to chest), straddle (extend legs to the side), pike (extend legs in front), pencil (extend arms above head).
2 Matching/Mirroring	Perform the same movement/same movement mirrored
3 Unison/canon	Same movement at the same time/one after another
4 Partner balance	Counter balance - pushing against partner / Counter tension - pulling against partner.
5 Flight	Completely in the air without support. Perform shapes from apparatus.

Rule Name	Rule Description
1 Control	The ability to coordinate movements with precision
2 Fluent	Individual skills link together smoothly
3 Tension	The tightening of muscles to control the action of their body

Key Term	Key Term Definition
1 Balance	Ability to maintain centre of mass, over a base of support.
2 Sequence	Two or more skills which are performed together.
3 Routine	Choreographed combination of skill elements.
4 Aesthetically pleasing	The performed skill looks good.

Shape - Pike - Performance Analysis

SKILL PREPARATION	SKILL EXECUTION	What to look at when analysing	
		Arms	During both phases of the skill what SHOULD be happening for each element and what IS happening.
		Legs	
		Feet	
		Back	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		

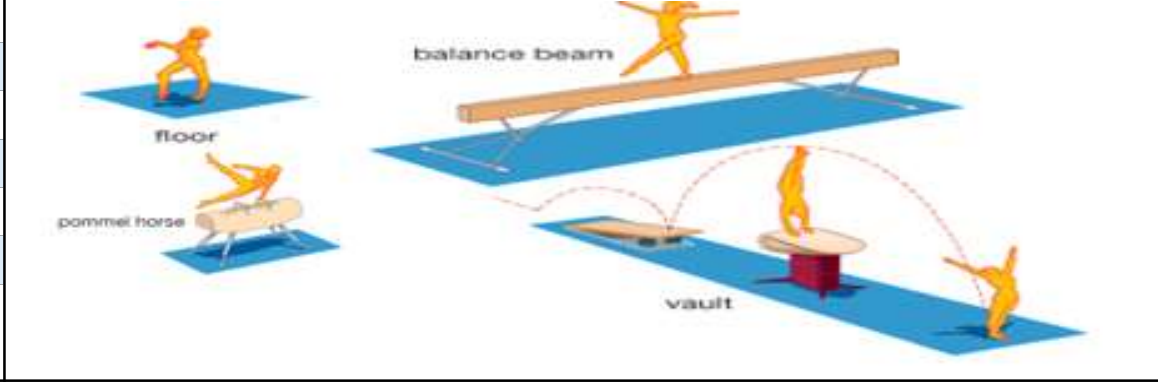
Warm Up (Exercises that prepare the body & mind for physical activity) & Playing Area

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 Dymanic 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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Playing Area



Skill	Main Skill Knowledge Points
1 Passing: Shoulder	Ball in 1 hand above shoulder, opposite foot forward, extend arm & follow through
2 Footwork	Jump and land on 1 foot, keep landing foot still, pivot on other
3 Dodging	On balls of feet, drop shoulder, quick movement to the side
4 Stage 1 & 2 defending	Follow your opponent (1), mark the ball with arms up and lean (2)
5 Shooting	Feet shoulder width, hands above head, follow through

Rule Names and Description	
Rule Name	Rule Description
1 Held ball	A player has possession for longer than 3 seconds - Free pass
2 Contact	Opposing player comes into physical contact with each other - Penalty pass
3 Centre pass	Start game with 1 foot in centre circle & ball must be received in centre 3rd

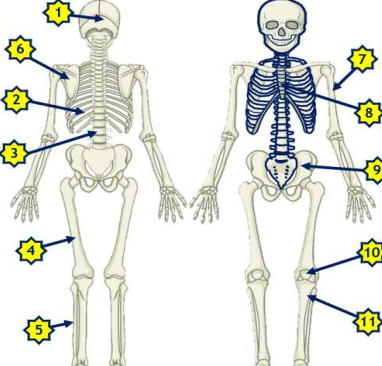
Key Term	Key Term Definition
1 Possession	To be holding or in control of the ball
2 Intercept	A pass for a teammate is caught by an opponent
3 Pivot	Rotate with the ball on their landing foot
4 Dominant	The hand you are more likely to use to pass the netball

Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing					
		<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>Wrist</td> </tr> <tr> <td>Knees</td> </tr> <tr> <td>Ankles</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	Wrist	Knees	Ankles
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PE Theory

Bones of the Skeletal System



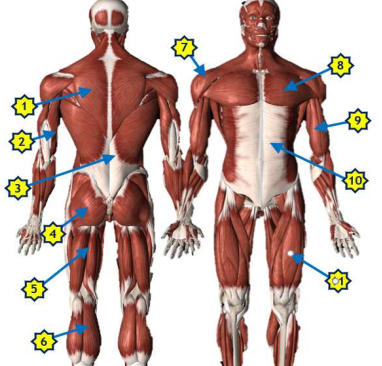
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4 Dynamic Movements	Copy sport actions to prepare muscles/joints for explosive actions
5 Skill Rehearsal	Takes you to close to full intensity; allows skills to be practised

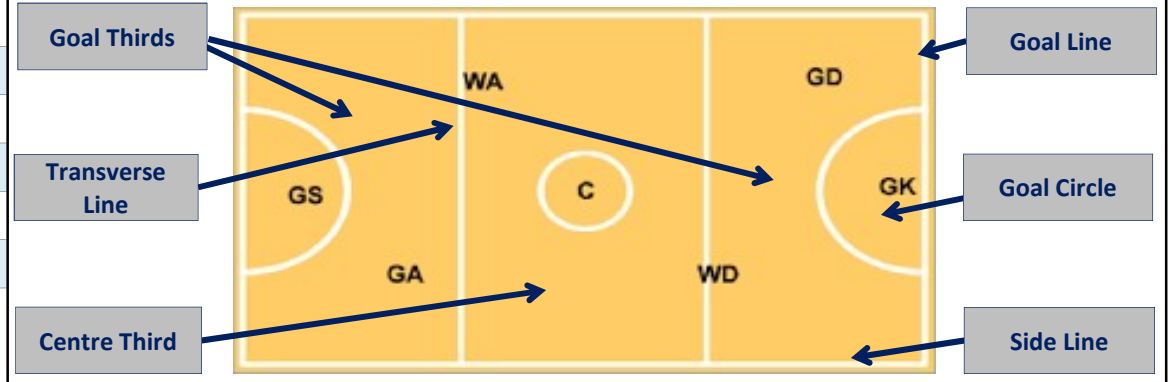
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Playing Area



Skill Names and Coaching Points

Rule Names and Description

Skill	Main Skill Knowledge Points
1 Frontcrawl (FC)	Body position and legs action
2 Frontcrawl	Arms stroke technique & Breathing
3 Backstroke (BS)	Body position and leg action
4 Backstroke	Backstroke arms and stroke timing
5 Breaststroke (BR)	Legs wedge kick & Arm technique

Rule Name	Rule Description
1 Starts	Long whistle to get to position, 'Take your marks' about to start, Go on whistle
2 Finishes	Breaststroke: Touch the wall with both hands at the same time.
3 Turns	FC: Feet on wall, BC must be on your back, BR 2 hands must touch wall

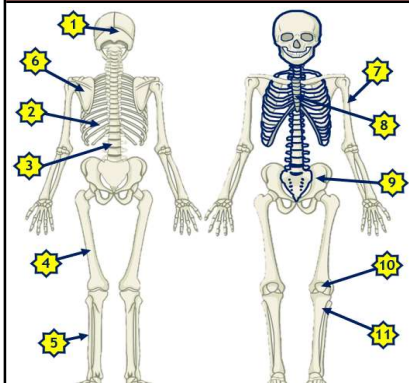
Key Term	Key Term Definition
1 Glide	Travelling with no movement from head/arms/legs
2 Extension	The angle of the bones that are moved is increased
3 Rotation	Bone turns around its longitudinal axis
4 Streamlined	Body is in a position of least resistance in the water

Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing
		1 Catch: Arm extended forward, fingers closed, palm backwards
		2 Pull: Palm backwards, correct hand position, high elbow position in water
		3 Finish: Push from hip past thigh, keep palm backwards
		4 Recovery: High elbow, streamlined to reduce drag

PE THEORY

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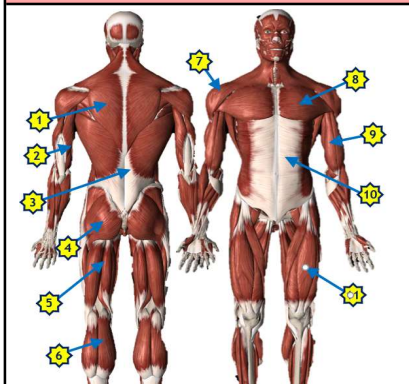
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