

Skill Names and Coaching Points

Rule Names and Description

Skill	Main Skill Knowledge Points
1 Passing: Chest	Elbows in; Extend the arms; palms facing out; thumb down
2 Dribbling	Head up; finger tips; use body; Low=control; High=speed
3 Defending	Bum low; balls of feet; hands&head up; Knees/hips flex
4 Shooting: Set	Feet wide; high elbow, head up; extend elbows/knees
5 Team Defence M2M	Match based on height, speed & position

Rule Name	Rule Description
1 Travelling	Only allowed 2 steps without bouncing the ball
2 Double Dribble	Hold or let the ball rest in one/both hands, can't start dribbling
3 Personal Fouls	Illegal contact with opponent; hit, push, slap, hold, block

Key Term	Key Term Definition
1 Dominant	The hand you're more likely to use to dribble the basketball
2 Intercept	A pass for a teammate is caught by an opponent
3 Peripheral	The outer limits or edge of an area or object
4 Possession	To be holding or in control of the ball

Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing					
SET SHOT							
		<table border="1"> <tr> <td>Knees</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>Elbow</td> </tr> <tr> <td>Wrist</td> </tr> <tr> <td>Eyes</td> </tr> </table>	Knees	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	Elbow	Wrist	Eyes
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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		

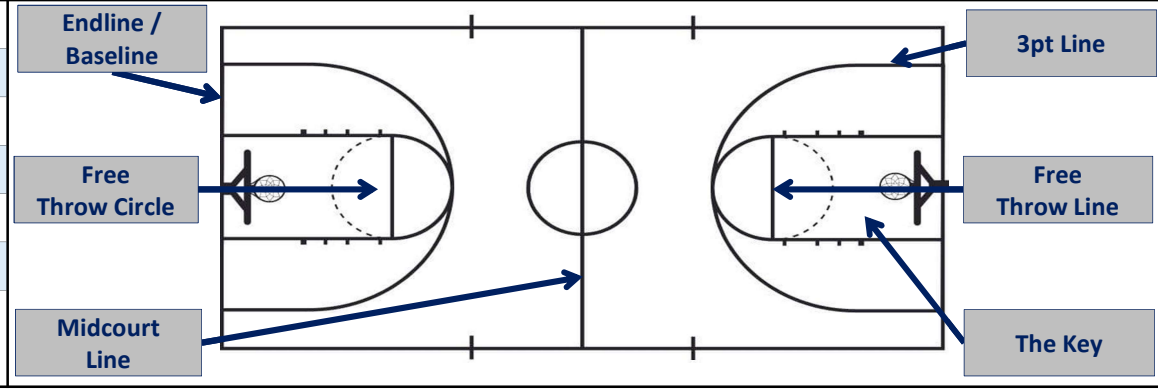
Warm Up (Exercises that prepare the body & mind for physical activity) & Playing Area

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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Playing Area



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1 CATCHING	On toes; Eyes on ball; Fingers spread; Flex elbows on impact
2 PASSING	Hip: Side on; Fingers spread; Swing arm across body & extend arm towards target Shoulder: Side on; Fingers spread; Elbow high, ball above shoulder; Follow through
3 DRIBBLING	Fingertips; Bend knees; Grip ball in one hand after bouncing; Head up
4 SHOOTING: STANDING	Side on, feet spread; Fingers spread; Elbow high, ball above shoulder; Throw through the ball, transfer weight forward
5 DEFENDING	Extend arms out; Open palm; Front on; Bend knees; Short steps

Rule Name	Rule Description
1 3 Step / 3 Sec Rule	Player with ball can take max. 3 steps before pass/dribble/shoot; Can hold ball max. 3 secs
2 Illegal Dribble	Must bounce ball with 1 hand / cannot put 2 hands on ball & then dribble again
3 Goal Area	Only GK's allowed inside goal area (DF enters = penalty; ATT. enters = GK ball)

Key Term	Key Term Definition
1 POSSESSION	To be holding or in control of the ball
2 TRAVELLING	Taking more than 3 steps without bouncing the ball
3 INTERCEPTION	To stop a pass reaching its intended target.
4 CHARGING	An offensive player runs into or over a stationary defensive player

Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing					
Shoulder Pass							
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Warm Up (Exercises that prepare the body & mind for physical activity) & Playing Area

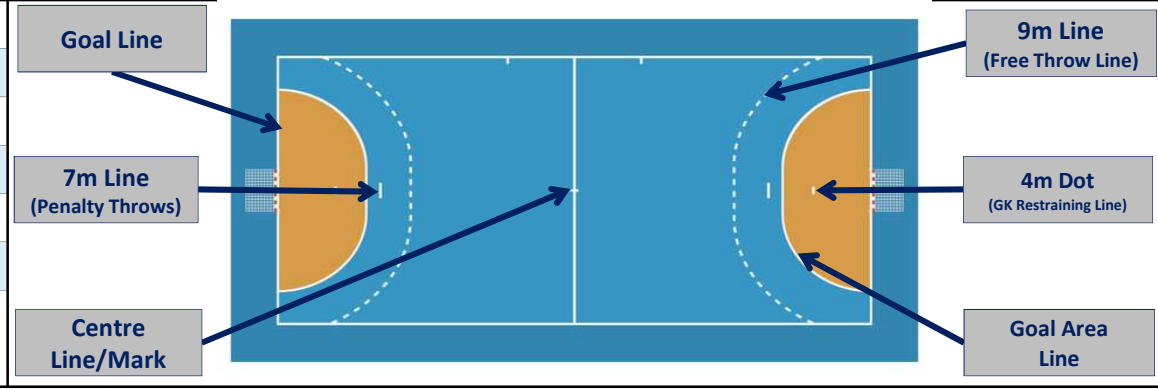
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Playing Area



PHYSICAL EDUCATION

INTRODUCE

TABLE TENNIS



Skill Names and Coaching Points

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Skill	Main Skill Knowledge Points
1 Grip + Control	Shake hands, crocodile jaw made with finger and thumb
2 Ball Striking	Angle closed, hips and shoulders rotates towards the ball
3 Serve	Flat palm, ball is hit behind the back white line, 16cm up
4 Push Shots	Contact underneath the ball in front of the body
5 Doubles Play	Serving to be diagonal, games to 21 shots must alternate

Rule Name	Rule Description
1 Serving	Each person serves twice. After tied 10-10 service alternates
2 Scoring	A game is played to 11 points. Must be won by two clear points.
3 Volleys	A point for your opponent. The ball must always bounce once

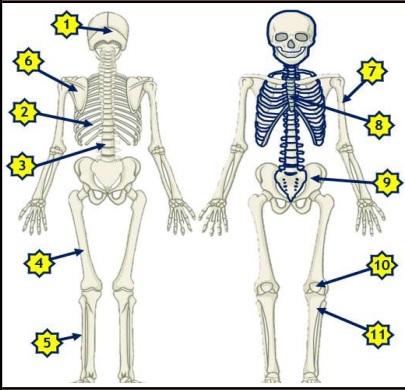
Key Term	Key Term Definition
1 Let	Stoppage in play- serve hitting the net or interference
2 Dead Ball	A ball that is returned without any spin
3 Topspin	Type of spin on the ball that rotates towards the opponent
4 Closed	Paddle angle that allows the top of the ball to be struck

Performance Analysis

Skill Preparation	Skill Execution	What to look at when analysing
Forehand Push		
		Feet During both phases of the skill what SHOULD be happening for each element and what IS happening.
		Head
		Wrist A description of this difference is how we analysis of the performance
		Eyes

PE THEORY

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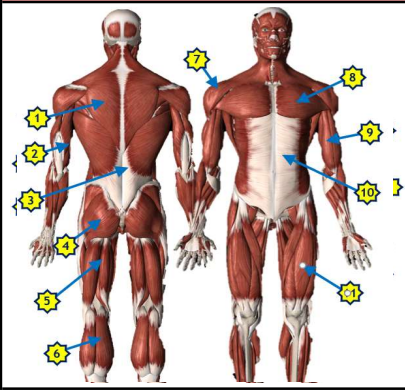
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