

## Handball (Core and GCSE)

### Students will learn:-

- Handball – Core, and Advanced skills as well as decision making covered over 6-8 single lessons
- GCSE – 3 to 4 double lessons

### What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

### Knowledge, understanding & Skills

#### Core Skills:

- Two handed catches from front, side and back – successful on nearly all occasions
- Passing (overhead, bounce and wrist pass) from standing position and on the move – VERY GOOD accuracy on nearly all occasions from standing, VERY GOOD accuracy on nearly all occasions
- Dribbling using dominant hand – VERY GOOD control on nearly all occasions
- Shot from standing – VERY GOOD power and accuracy on nearly all occasions
- Feint with the body, feint to shoot and feint to pass – performed successfully on nearly all occasions

#### Advanced Skills:

- One handed catches on both sides – successful most of time
- Dribbling with non-dominant hand – successful most of time
- Passing and shooting whilst jumping – successful most of time
- Stealing the ball, screening an opponent with/without the ball – successful most of the time

### How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

### How will students be assessed?

Assessment at the end of each unit of work.  
Teacher to use GCSE assessment criteria.

## Netball (Core and GCSE)

### Students will learn:-

- Netball – Core, and Advanced skills as well as decision making covered over 6-8 single lessons
- GCSE- 3 to 4 double lessons

### What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the game.

### Knowledge, understanding & Skills

#### Core Skills:

- Passing (chest, bounce, shoulder) over varying distances – VERY GOOD accuracy over short distance on nearly all occasions, GOOD accuracy over long distances most of the time
- Catching – successful on nearly all occasions
- Footwork – successful on nearly all occasions
- Attacking – Getting free from an opponent – n.o.a
- Defending/Marking Opponent – successful on n.o.a
- Shooting – VERY GOOD accuracy on nearly all occasions

#### Advanced Skills:

- Passing over long distances using their non-dominant hand – GOOD accuracy most of the time
- Catching over long distances, one handed, in the air and on the move – successful most of the time
- Getting free of marker when attacking, whilst on the run. – successful most of the time

#### Decision Making:

- Communication/Signalling – used successfully on n.o.a
- Tactics and strategies (man to man/zonal marking/Set plays from side line/backline/centre pass) – used successfully on n.o.a

### How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

### How will students be assessed?

Assessment at the end of each unit of work.  
Teacher to use GCSE assessment criteria.

## Rounders (Core only)

### Students will learn:-

- Rounders– Core, and Advanced skills as well as decision making covered over 8-12 single lessons

### What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the game.

### Knowledge, understanding & Skills

#### Core Skills:

- Batting (Forehand) – Able to make VERY GOOD contact and direct it away from fielders on nearly all occasions
- Bowling (Rhythmic stepping with regular no balls) – n.o.a
- Fielding
- Close catches – Successful on nearly all occasions
- underarm throws over short distance- V.GOOD accuracy n.o.a

#### Advanced Skills:

- Batting (Offside forehand and backhand shots) – hit with GOOD contact and directed away from fielders most of the time
- Bowling (Rhythmic stepping with a variety of speed, height and spin. Very few no balls.) – successful most of the time
- Fielding (Close catches and catches in deep field, underarm and overarm throws over short and long distances, as well as fielding a fast moving ball using the long barrier and one handed pick up) – GOOD accuracy of throws and catches successful most of the time

#### Decision Making:

- Communication –used effectively most of the time
- Tactics and strategies (when to run, what base to throw to/fielding positions) – used effectively most of the time

### How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

### How will students be assessed?

Assessment at the end of each unit of work.  
Teacher to use GCSE assessment criteria.