

# Handball

## Students will learn:-

- Handball – Core, and Advanced skills as well as decision making covered over 6 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 event.

### Core Skills:

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

### Advanced Skills:

- One handed catches on both sides – **RARELY** successful
- Dribbling with non-dominant hand – **RARELY** performed with control
- Passing and shooting whilst jumping – **RARELY** performed with power and accuracy
- Stealing the ball, screening an opponent with/without the ball – **RARELY** used successfully

### Decision Making:

- Communication – **RARELY** used effectively
- Tactics and strategies (man to man/zonal marking, positioning in attack and defence, screening) – **RARELY** used successfully
- Choose when to apply appropriate skills - **RARELY**

## 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

## Students will learn:-

- Netball – Core, and Advanced skills as well as decision making covered over 14 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.

### Knowledge, Understanding & Skills

#### Core Skills:

- Passing (chest, bounce, shoulder) over varying distances – **SOME** accuracy over short distance, **RARELY** accurate over long distances
- Catching – **SOMETIMES** successful
- Footwork – **RARELY** successful
- Attacking – Getting free from an opponent – **RARELY** successful
- Defending/Marking Opponent – **RARELY** successful
- Shooting – **RARELY** accurate and successful

#### Advanced Skills:

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

#### Decision Making:

- Communication/Signalling – **RARELY** used successfully **Career link: Leadership and teamwork skills**
- Tactics and strategies (man to man/zonal marking/Set plays from side line/backline/centre pass) – **RARELY** used successfully
- Choose when to apply appropriate skills - **RARELY**

## 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

## 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.

### Core Skills:

- Batting (Forehand) – **SOMETIMES** able to make good contact and direct it away from fielders
- Bowling (Rhythmic stepping with regular no balls) – **SOME** accuracy
- Fielding
  - Close catches – **SOME** success
  - underarm throws over short distance- **SOME** accuracy

### Advanced Skills:

- Batting (Offside forehand and backhand shots) – **RARELY** hit with good contact and directed away from fielders
- Bowling (Rhythmic stepping with a variety of speed, height and spin. Very few no balls.) – **RARELY**
- 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) - **RARELY**

### Decision Making:

- Communication – **RARELY** used effectively
- Tactics and strategies (when to run, what base to throw to/fielding positions) – **RARELY** used effectively **Career link: Communication with teammates over fielding positions and decision making**
- Choose when to apply appropriate skills and where to place the ball according to field placement – **RARELY** used effectively

## 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.