

HIGHAM LANE SCHOOL

KS3 BOYS CORE PE – PILLARS OF PROGRESSION



BADMINTON			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Grip • Stance (ready position) • Serving backhand • Serving forehand • Forehand return • Backhand return • Consistent rally • Net shot 	<ul style="list-style-type: none"> • Service line • Court lines (in and out) – singles • How to score a point in badminton • Only able to hit the shuttle once • Win the serve, win the point • Serving diagonal 	<ul style="list-style-type: none"> • How to warm up safely for badminton • Agility (movement) • Co-ordination (serving & returning) • Co-operation (social health) – scoring and umpiring
9	<ul style="list-style-type: none"> • Drop shot • Clear shot • Forehand/backhand drive • Footwork • Attacking net shot • Doubles play 	<ul style="list-style-type: none"> • How to attack the net • How to attack the court • Court lines (in and out) – doubles • Doubles tactics attacking/defending formations 	<ul style="list-style-type: none"> • Agility and balance (footwork) • Power (clear) • Social health - doubles

RUGBY			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Passing • Catching • Running onto the ball 	<ul style="list-style-type: none"> • Basic rules - knock on, forward pass • Attacking line/formation • Timing the pass • Basic positioning 	<ul style="list-style-type: none"> • How to warm up safely for rugby • Speed and Agility (running) • Co-ordination and timing (pass) • Reactions (catch)
8	<ul style="list-style-type: none"> • Passing on the move • Catching • Basic tackling 	<ul style="list-style-type: none"> • Development of rules – off side, tackle • Alignment 	<ul style="list-style-type: none"> • Strength (tackle) • Speed and agility
9	<ul style="list-style-type: none"> • Spin pass • Tackling • Rucking • Basic scrummaging 	<ul style="list-style-type: none"> • Rules in the tackle and ruck • Realignment • Recycle the ball quickly 	<ul style="list-style-type: none"> • Power • Strength (scrum) • Balance (ruck)

FOOTBALL

Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Passing over short distance • Control • Dribbling • Running with the ball • Basic turning (hook, stop) 	<ul style="list-style-type: none"> • Fouls, handball • When to pass, when to dribble • Positions in a team 	<ul style="list-style-type: none"> • How to warm up safely for football • Co-ordination (dribbling) • Speed (running with the ball) • Timing (passing and control)
8	<ul style="list-style-type: none"> • Passing over long distance • Control on the move • Turning (Cruyff) • Shooting • Dribbling tricks • Tackling 	<ul style="list-style-type: none"> • Cover when defending • Support when attacking 	<ul style="list-style-type: none"> • Power (passing & shooting) • Strength (tackling)
9	<ul style="list-style-type: none"> • Control on the half turn • Non-dominant foot passing • Shooting using curl • Shielding the ball 	<ul style="list-style-type: none"> • Formations • Width in attack 	<ul style="list-style-type: none"> • Periods of aerobic and anaerobic work in football

TABLE TENNIS

Year	Motor competence	Rules, strategies and tactics	Healthy participation
8	<ul style="list-style-type: none"> • Grip and ready position • Ball control • Forehand shot • Backhand push • Serving (basic technique) 	<ul style="list-style-type: none"> • How to score a point in table tennis • Basic rules of serving (bounce on each side) • How to score a game of table tennis 	<ul style="list-style-type: none"> • How to warm up safely for table tennis • Co-ordination (serving & returning) • Reaction time (to bounce of ball) • Co-operation (social health) – scoring and umpiring
9	<ul style="list-style-type: none"> • Serving (different serving techniques) • Backhand/forehand drive • Topspin/backspin • Doubles play 	<ul style="list-style-type: none"> • Advanced rules of serving (present ball - no disguise, must be behind line, 6 inch throw up, diagonal in doubles) • Shot selection – use of spin • Doubles rules and strategies 	<ul style="list-style-type: none"> • Social health – doubles • Perseverance and achievement in use of spin (mental health)

HANDBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Passing • Catching • Dribbling • Shooting • Movement 	<ul style="list-style-type: none"> • Knowledge of basic rules - three seconds, three steps, no contact. • Only the goalkeeper is allowed in the shooting 'D'. • Basic defending formation (on the D) • Attacking in channels 	<ul style="list-style-type: none"> • How to warm up safely for handball • Aerobic fitness (CVE) • Co-ordination (catching) • Teamwork (social health)

NETBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Catching (stationary & on the move) • Throwing (shoulder, chest pass, bounce pass) • Footwork • Attacking skills – sprint dodge • Shooting – basics • 2nd stage defence 	<ul style="list-style-type: none"> • Footwork rule • 3 second rule • How to start a game, how to win a game • Offside rule • Obstruction rule • Principles of attack • Positions on a netball court – areas allowed • Decision making – what type of throw to use 	<ul style="list-style-type: none"> • How to warm up safely for netball • Balance (footwork/shooting) • Muscular endurance

BASKETBALL			
Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Passing – bounce, chest • Catching • Basic dribbling • Shooting – lay-up and set/jump shot • Defending position 	<ul style="list-style-type: none"> • Basic rules – double dribble, travelling, fouls • Positions • Person to person marking 	<ul style="list-style-type: none"> • How to warm up safely for basketball • Cardiovascular endurance (last game of basketball) • Balance (footwork/shooting)
8	<ul style="list-style-type: none"> • Shooting on the move • Dribbling skills • Passing – shoulder • Rebounding 	<ul style="list-style-type: none"> • Transition basketball • Rules – back court, 3 sec • Zone defence • Attacking formations 	<ul style="list-style-type: none"> • The role of agility in basketball • Mental benefits of participating in basketball

ATHLETICS

Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Long jump • 100m • Shot put (basic technique) • Discus (basic technique) • Javelin (basic technique) • Pacing • Relay 	<ul style="list-style-type: none"> • Health and safety rules for throwing events. • Pacing strategies – how do you last the whole race? • Staying in the lane on a relay • Rules for long jump take off and exiting the pit. • How to calculate long jump run up. 	<ul style="list-style-type: none"> • How to warm up for different athletics events • Throwing and jumps (power & strength) • Pacing (CVE & aerobic exercise) • 100m (speed & anaerobic exercise)
8	<ul style="list-style-type: none"> • Sprint starts – 100m • High jump • 200m – running the bend • 800m – effective pacing • Shot put (throwing for distance – footwork) • Discus (throwing for distance – footwork) • Javelin (throwing for distance – footwork) • Relay – focus on changeover technique 	<ul style="list-style-type: none"> • False starts • Use of different techniques to clear the bar in high jump – which is most effective? • Rules for clearing the bar/exiting the mat in high jump. • How to change running technique to run the bend • Pacing strategies for 800m • Rules on changeovers in relay • Rules for throwing events eg. Throwing line. 	<ul style="list-style-type: none"> • 100m (reaction time) • High jump (flexibility) • Use of aerobic and anaerobic respiration in some athletic events • Importance of a cool down – removal of lactic acid (800m)
9	<ul style="list-style-type: none"> • Triple jump • 400m • Relay – running order • Shot put (competition throwing) • Discus (competition throwing) • Javelin (competition throwing) 	<ul style="list-style-type: none"> • Tactical throwing in competitions – safe throw 1st. • Exiting out of the back of throwing areas • How to decide on an effective running order for relays. 	<ul style="list-style-type: none"> • Triple jump (coordination, power) • 400m – removal of lactic acid (anaerobic exercise)

ROUNDERS

Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Throwing • Catching • Bowling • Ground fielding • Batting 	<ul style="list-style-type: none"> • Fielding positions • No ball rules • Backward hit rule • Scoring rules • Batter does not hit, throw to bowler in square 	<ul style="list-style-type: none"> • How to warm up safely for rounders • Coordination • Speed • Agility

8	<ul style="list-style-type: none"> • Throwing – overarm for distance • Bowling – shuffle • Catching – high ball • Batting – distance • Ground fielding – long barrier 	<ul style="list-style-type: none"> • Contact with the post • Recap scoring rules • Covering • Relaying ball in 	<ul style="list-style-type: none"> • Power/strength • Coordination • Reaction time
9	<ul style="list-style-type: none"> • Batting – space/placing • Bowling – power and accuracy • Ground fielding – attacking pick up 	<ul style="list-style-type: none"> • Player positioning in field to maximise strength • Tactics depending on nature of the game (getting players out, good balls) 	<ul style="list-style-type: none"> • Power/strength • Coordination • Reaction time

CRICKET

Year	Motor competence	Rules, strategies and tactics	Healthy participation
7	<ul style="list-style-type: none"> • Throwing • Catching • Bowling • Ground fielding – long barrier • Batting stance & technique • Batting – pull shot 	<ul style="list-style-type: none"> • No ball rules • Scoring rules • Defending your wicket • When to hit attacking shots 	<ul style="list-style-type: none"> • How to warm up safely for cricket • Coordination • Speed • Agility
8	<ul style="list-style-type: none"> • Throwing – overarm for distance • Bowling – run up • Catching – high ball • Batting – drive shot 	<ul style="list-style-type: none"> • Recap scoring rules • Covering • Fielding positions • Batting calls 	<ul style="list-style-type: none"> • Power/strength • Coordination • Reaction time
9	<ul style="list-style-type: none"> • Batting – space/placing • Bowling – line & length • Ground fielding – attacking pick up 	<ul style="list-style-type: none"> • Player positioning in field to maximise strength • Tactics depending on nature of the game 	<ul style="list-style-type: none"> • Power/strength • Coordination • Reaction time

NETBALL

Year	Motor competence	Rules, strategies and tactics	Healthy participation (COF focus)
9	<ul style="list-style-type: none"> • Catching (stationary & on the move) • Throwing (shoulder, chest pass, bounce pass) • Footwork • Attacking skills – sprint dodge • Shooting – basics • 2nd stage defence 	<ul style="list-style-type: none"> • Footwork rule • 3 second rule • How to start a game, how to win a game • Offside /obstruction rule • Principles of attack • Positions on a netball court – areas allowed 	<ul style="list-style-type: none"> • Balance (footwork/shooting) • Muscular endurance