



FOOTBALL

Dribbling. Passing and receiving
Marking - movement off the ball – Defence and attack.
Control the ball (both feet)
Pass the ball (short and long with dominant)
Marking (player with the ball)
Tackling (block tackle)
Shooting (short range, dominant)

BASKETBALL

Passing, Dribbling
Shooting- free throw, jump shot and layup
Defending (zonal and man marking)
Rebounding

FITNESS

Beating a defender 2 v 1
Develop passing backwards
Tackling at speed
Dribbling
Passing and receiving
Handling

ROUNDERS

Catching
Throwing (deep field and base), Fielding. Bowling
(donkey drop, spin, fast)
Batting
Umpiring, Ground Fielding
Bowling- cricket technique

GYMNASTICS

Tuck , Straddle, Pike
Landing , Jumps
Dish, Arc, Pencil
Balances- 1/2/3 point
Types of rolls
Vault, Beam

NETBALL

Stage 1, 2 and 3 of Defence
Footwork
Timing
Interceptions
Use signalling for the ball
Use a variety of passes in a game

ATHLETICS

Long jump, Triple jump
Javelin, Discus, Shot put
100m, 200m, 300m, 400m 800m, 1000m, 1500m,
Relay, Hurdles

CRICKET

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RUGBY

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