

ASSESSMENT IN PE

What is a core skill and what is an advanced skill in each sport?

ASSOCIATION FOOTBALL	
CORE SKILLS	ADVANCED SKILLS
Control with both feet	Control with chest and thigh
Short and long dominant foot passing	Short and long non-dominant foot passing
Short and long range dominant foot shooting	Short and long range non-dominant foot passing
Dribbling – use of both feet and close control	Dominant foot shooting – use of swerve and volleys
Basic heading	Dribbling – ability to beat opponents
Tackling – block tackle and jockeying	Heading – defensive and attacking
Marking player with the ball	Marking player without the ball

BADMINTON	
CORE SKILLS	ADVANCED SKILLS
Serving – short and long	Serving – flick
Return of serve	Net shots
Forehand: overhead clear	Backhand: Overhead clear
Forehand: Drop shot	Backhand: Drop shot
Forehand: Lift/underarm clear	Backhand: Lift/underarm clear
Forehand: Smash	Backhand: Smash
Forehand: Drive	Backhand: Drive
Team work and communication with a partner (doubles only)	Footwork and court positioning

BASKETBALL	
CORE SKILLS	ADVANCED SKILLS
Stance and footwork: Triple threat and pivoting	Shooting: non-dominant hand lay up, hook shot
Passing: chest, bounce and javelin	Rebounding
Shooting: set shot, jump shot and dominant hand lay up	Dribbling: either hand
Dribbling: dominant hand	Beating opponents (individual): fake and drive, cross over step
Marking player with the ball	Beating opponents (team): cutting
	Marking: Intercepting passes

CRICKET	
CORE SKILLS	ADVANCED SKILLS
Batting: Footwork, defensive shots off front foot, drives, cut, pull, running between wickets	Batting: defensive shots off back foot, square cut, hook shots, off or on drive, sweep
Bowling: Repetition on action for one style of bowling	Bowling: variation in delivery
Fielding: stopping the ball, catching, pick up and throw	Fielding: Run out pick up and throw, pick up and throw on the run
Wicket keeping: positioning, stance, catches	Wicket keeping: leg side takes and catches, stumping

HOCKEY	
CORE SKILLS	ADVANCED SKILLS
Passing: push, drive, slap hit	Passing: hit, reverse stick pass. Flick or scoop.
Receiving and stopping the ball whilst stationary	Receiving and stopping the ball whilst on the move
Dribbling: push, tap	Dribbling: ability to beat opponents, Indian dribble and close control
Shooting: open side technique	Marking the player without the ball (shadowing)
Tackling: block and jab	
Marking the player with the ball	

LACROSSE	
CORE SKILLS	ADVANCED SKILLS
Possession: Cradling the stick and carrying the ball	Ground balls: position and action for all possible angles of pick up
Ground balls: position and angle for pick up	Receiving the ball from the left and right and on the run
Receiving the ball: from the front, cradle action, stationary	Shooting: longer range and bounce shots
Passing: overarm throw	Dodging: rolling dodge
Shooting: short shots	Marking the player without the ball
Dodging: moving to either side of a defender	
Marking the player with the ball	

NETBALL	
CORE SKILLS	ADVANCED SKILLS
Footwork: stopping/landing, pivoting	Footwork: in awkward situations, running pass, stepping in
Dodging	Variety of different ways of dodging
Catching whilst stationary	Catching on the run and in the air
Passing over short distances: chest, overhead, bounce, shoulder pass	Defence: marking the player without the ball, intercepting, defending the shot
Shooting: Basic technique	
Rebounds	
Marking the player with the ball	

RUGBY	
CORE SKILLS	ADVANCED SKILLS
Handling and carrying skills: Picking up the ball: stationary, moving and falling on the ball	Handling and carrying skills: Passing: spin, both ways
Passing: Both hands in either direction, off-loading, kicking	Beating opponents: feint, swerve, dummying, switching
Receiving: on the move, stationary, ground pick-up	Contact skills: Jackal, counter ruck
Running with the ball	Tackling: basic technique from rear, smothering
Beating opponents: hand off, side step, change of pace or direction	
Try scoring: Grounding the ball with downward pressure, when and when not to use one/two hands	
Contact skills: Tackling: basic technique from front and side, close contact tackling Ruck: going to ground, placing ball behind, support roles, clear out Maul: staying on feet, body positioning, support roles, rolling maul, tactics	

TENNIS	
CORE SKILLS	ADVANCED SKILLS
Basic serve	Serve with use of slice or topspin and second serve
Return of serve	Forehand/backhand groundstrokes with spin and slice
Forehand/backhand ground strokes	Drop shot/volley
Forehand/backhand volley	Overhead/smash
Forehand lob	Footwork and court positioning

VOLLEYBALL	
CORE SKILLS	ADVANCED SKILLS
Basic serve	Jump serve
Volley	Block
Set	Net play
Spike	Anticipation and reactions
Dig	Footwork and court positioning
Receiving serve	
Team work and communication	

ATHLETICS	
CORE SKILLS	ADVANCED SKILLS
Track events: Starting, finishing, posture, leg action, arm action, head carriage	Track events: Use of blocks, foot strike, cadence, bend running, stride pattern/pacing, hurdling technique
Jumping events: Approach, arm and leg action, take off, flight, landing	Jumping events: Appropriate speed at take off, efficient transition between phases, appropriate elevation, movement of the body beyond the initial point of contact on landing.
Throwing events: Stance, grip, throwing action, release phase, recovery/follow through	Throwing events: Travel, angle of release, efficient transition between phases

GYMNASTICS	
CORE SKILLS	ADVANCED SKILLS
Rolls: forward and backwards (to straddle)	Rolls to and from handstand
Balances using different parts of the body	Hand spring
Cartwheels	Walkover
Round offs	Tumbling
Jumps/leaps	Vaulting: handspring, handspring with half on/off, round off over vault
Twists, pivots, steps	
Dance elements	
Basic vaulting: squat and straddle	
Use of springboard and trampette	

TRAMPOLINING	
CORE SKILLS	ADVANCED SKILLS
Shapes: tuck, pike, straddle	Back to front
Twists: half and full	Front to back
Seat drop	Half turntable
Front landing	Cradle
Back landing	Front somersault (tucked)
Combined movements: swivel hips, half/full twist in/out of front and back landings, seat to front, front to seat	Back somersault (tucked)