

## **Year 7 HT1** **Football**

### **Skills required**

passing (short passes - push pass, instep)

control

running with the ball (dribbling, feints, step overs)

### **Use of skills in game situations**

demonstrating communication and influence on team performance

contributing to strategy and tactics

applying the team strategy in open play and set play

decision making

ability to adapt to the environment

### **Heart**

Ability to influence the performance and motivation of self and others

Impact of communication during the game

## **Hockey**

### **Skills required**

Push pass, receiving the ball (from right, left), running with the ball (open stick dribble, Indian dribble , feints, close control)

Tackling, evasion (stick side, non-stick side) defending (man to man)

### **Use of skills in game situations**

Consistency of skills and techniques

Ability to influence the performance and motivation of self and others

Impact of communication during the game

Responds to environmental conditions with some success., Tactical awareness.

Ability to adapt to changes in a competitive situation to dominate opponents.

### **Heart**

Ability to influence the performance and motivation of self and others

Impact of communication during the game

Adhere to health and safety guidelines