

Hockey

Hands

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)

Head

Use of skills in game situations

Consistency of skills and techniques

Impact of communication during the game

Tactical awareness.

Heart

Ability to influence the performance and motivation of self and others

Impact of communication during the game



Table Tennis



grip and ready position

movement at and around the table

push – forehand and backhand

topspin drives – forehand and backhand

serve – top spin and side spin

return of serve

block.

Head

Playing by the rules

appropriate shot selection with length, height, speed and angle

taking into account a range of factors that impact on success such as strengths and weaknesses of opponent(s), playing conditions (such as space around the table)

applying own strategy in competitive play

Heart

demonstrating communication and influence on performance in doubles

accountability – scoring fairly

- adhering to rules, health and safety guidelines