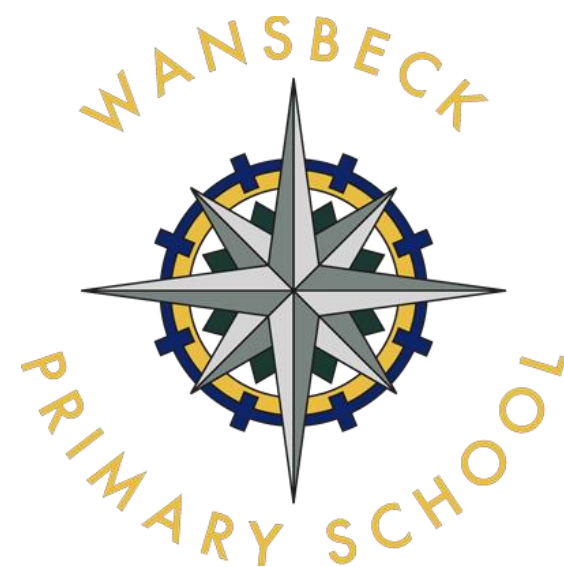


Wansbeck Primary School

Knowledge and skills progression

P.E.



Wansbeck Primary School Progression in P.E

In P.E knowledge is developed through:

Motor Competence - accurate movements, movement patterns, movement techniques and sequences

Rules, Strategies and Tactics - conventions, regulations strategies that are specific to participation in an activity / sport

Healthy participation - safe practice, how to participate, short - long term impacts of participation.

The national curriculum and other P.E education literature presents this through

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Foundation Stage - Fundamental Movements (Isolated)			
Year	3-4	4-5	FS
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)			Movement - I can move in different directions and at different paces. Hopping - I can hop. Jumping - I can jump and land on two feet safely. Leaping - I can leap from one foot to the other.
Skills developed through curriculum learning			I can walk forwards, backwards and sideways with confidence. I can run forwards at pace. I can side-step with some success. I can move forwards, backwards and sideways at a quicker pace. I can change direction. I can hop on my stronger foot with confidence. I can hop on my weaker foot. I can jump up and land on two feet with confidence. I can jump in different directions with confidence. I can leap from one foot onto the other foot with confidence. I can perform hop, jump, hop, jump movements.
Vocab			Walk Run Jump Skip Hop Leap Side-step Forwards Backwards Sideways Balance Feet Knees

			Spring
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Foundation Stage - Throwing and Catching (soft balls)

Year	FS		
<p>Curriculum intent (What will the children be able to do at the end of the sequence of learning?)</p>	<p>Handling - I can hold and squeeze a ball. Individual - I can throw and catch a ball to myself. Bouncing - I can bounce and catch a ball to myself. Throwing - I can throw a ball to a target or partner.</p>		
<p>Skills developed through curriculum learning</p>	<p>I can grasp a ball in my hand. I can hold a ball whilst moving. I can squeeze a ball. I can squeeze a ball whilst moving. I can roll the ball on the floor. I can track the ball on the floor. I can attempt to stop the ball using either my feet or hands. I can throw the ball upwards and catch in two hands (small throws). I can use the bucket technique to catch the ball. I can bounce the ball on the floor. I can bounce the ball on the floor and catch using the bucket technique. I can throw the ball towards a specific direction. I can pass the ball to a partner with some success. I can attempt to catch the ball from a partner using the correct technique.</p>		
<p>Vocab</p>	<p>Ball Throw Catch Target Aim Send Power Speed Accuracy Forwards</p>		

Foundation Stage - Kicking and passing (soft balls)

Year	FS		
<p>Curriculum intent (What will the children be able to do at the end of the sequence of learning?)</p>	<p>Dribbling - I can dribble the ball using my feet.</p> <p>Passing - I can pass the ball towards a target placing my standing foot next to the ball.</p> <p>Striking - I can kick the ball towards a target/partner.</p>		
<p>Skills developed through curriculum learning</p>	<p>I can touch the ball with my foot when stationary.</p> <p>I can walk with the ball in a forward's direction with confidence.</p> <p>I can walk with the ball and stop the ball using my hands with confidence.</p> <p>I can walk with the ball and stop the ball using my foot with some confidence.</p> <p>I can place my standing foot next to the ball when stationary.</p> <p>I can balance on one foot to kick the ball.</p> <p>I can kick the ball.</p> <p>I can kick the ball towards a target or specific direction.</p> <p>I can kick the ball towards a partner.</p> <p>I can stop my partners kick using my hands or feet with some success.</p>		
<p>Vocab</p>	<p>Ball Kick Stop Rolling Moving Passing Foot Forwards Backwards Dribble Touches Passer Receiver Partner Target</p>		

Foundation Stage - Batting and aiming (soft balls)

Year	FS		
<p>Curriculum intent (What will the children be able to do at the end of the sequence of learning?)</p>	<p>Safety - I can hold a bat or racket safely. Throwing - I can throw and aim towards a target. Striking - I can strike a stationary ball with a bat or racket.</p>		
<p>Skills developed through curriculum learning</p>	<p>I can aim a ball towards a target by throwing. I can aim a ball towards different targets in different positions by throwing. I can aim a ball towards different heights by throwing. I can use my weaker arm as a guide (aim). I can hold a ball in one hand. I can hold a racket or bat safely. I can hold a racket or bat and maintain my balance. I can strike a ball using a racket or a bat when the ball is stationary. I can strike a ball using a racket or bat when the ball is stationary towards a target. I can strike a ball using a racket or bat when the ball is stationary in different directions. I can strike a ball using a racket or bat when the ball is stationary with consistency. I can position my body to help me strike the ball with more control. I can attempt to strike a ball using a racket or bat when the ball is moving at a slow pace.</p>		
<p>Vocab</p>	<p>Aim Target Ball Throw Balance Power Accuracy Weight Guide Strike Position 'Sweet spot' Directions Control</p>		

KS1 - Fundamental skills

Year	KS1		
<p>Curriculum intent (What will the children be able to do at the end of the sequence of learning?)</p>	<p>Movement - I can move in different directions; at different speeds.</p> <p>Hopping - I can hop.</p> <p>Jumping - I can jump and land on two feet safely.</p> <p>Leap - I can leap from one foot to another.</p> <p>Throwing - I can throw an object towards a partner / target.</p> <p>Stopping - I can stop and collect a ball whilst rolling.</p>		
<p>Skills developed through curriculum learning</p>	<p>I can move forwards, backwards and sideways with confidence.</p> <p>I can change the pace of my movements with success and precision.</p> <p>I can side-step with success.</p> <p>I can change direction smoothly and quickly.</p> <p>I can hop in different directions on my stronger foot with confidence.</p> <p>I can hop on my weaker foot with confidence</p> <p>I can jump up and land on two feet in different directions with confidence.</p> <p>I can leap from one foot onto the other foot in different directions with confidence.</p> <p>I can perform hop, jump, hop, jump movements with confidence.</p> <p>I can skip with confidence.</p> <p>I can throw and catch a ball to myself.</p> <p>I can bounce and catch a ball to myself.</p> <p>I can throw and catch a ball to a partner.</p> <p>I can throw a ball towards a target with some accuracy.</p> <p>I can throw a ball towards a target using an underarm throw with an aiming arm.</p> <p>I can throw a ball towards a target with consistency and correct technique.</p> <p>I can stop a rolling ball using my feet.</p> <p>I can stop a rolling ball using my hands.</p>		
<p>Vocab</p>	<p>Walk Run Jump Skip Hop Leap Side-step Forwards Backwards Sideways Balance Feet Knees Spring Throw Catch</p>		

	Aim Technique Send Receive Stop Collect Pass Rolling / Moving ball Balance		
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Football			
Year	KS1	LKS2	UPKS2
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)	<p>Dribbling - To know what dribbling is and be able to dribble a football using different parts of the foot.</p> <p>Passing - To know what a pass is and be able to pass the ball towards a player or target.</p> <p>Striking - To know how to strike the ball towards a target or goal.</p>	<p>Dribbling - To be able to dribble using different parts of the foot in different directions.</p> <p>Passing - To be able to pass the ball using different parts of the foot.</p> <p>Striking - To be able to strike the ball towards goal using different parts of the foot.</p> <p>Game - To be able to take part in a small game knowing some basic rules.</p>	<p>Dribbling - To be able to dribble using different parts of the foot, in different directions against opponents.</p> <p>Passing - To be able to pass the ball using a variety of techniques and be able to pass over larger distances.</p> <p>Striking - To be able to strike the ball towards goal and use different techniques to score.</p> <p>Game - To be able to take part in a small game knowing some of the rules of football and some basic positions.</p>
Skills developed through curriculum learning	<p>I can touch the ball with different parts of my foot (insides, soles, toes, laces, outsides).</p> <p>I can stop the ball using different parts of my foot (inside, sole).</p> <p>I can take a touch when receiving the ball.</p> <p>I can dribble the ball towards a specific direction (forwards, sideways, backwards).</p> <p>I can place my standing foot correctly next to the ball when striking the ball.</p> <p>I can maintain my balance when striking the ball.</p> <p>I can strike the ball towards a target (goal or player).</p> <p>I know how to score a goal.</p> <p>I know how to save a goal.</p> <p>I know that a goalkeeper can use their hands to stop the ball.</p> <p>I know that a goal scorer cannot use their hands.</p> <p>I understand the difference between a goalkeeper and a goal scorer.</p>	<p>I can use different parts of my foot to manipulate the ball into different directions and spaces.</p> <p>I can dribble with the ball using different parts of my foot (inside, outside, laces, sole) with close control.</p> <p>I can take a touch using different parts of my foot when receiving the ball.</p> <p>I can strike the ball using different parts of my foot (inside, outside, laces).</p> <p>I can pass the ball towards a target or teammate with accuracy.</p> <p>I can shoot the ball towards a goal using different parts of my foot (inside, laces, outside).</p> <p>I can stop the ball from going into a goal using my hands and body (goalkeeper).</p> <p>I can position myself inside the goal to reduce the chances of scoring (goalkeeper).</p> <p>I can tackle in a safe manner.</p> <p>I can use skills in a small-sided game (up to 5v5).</p> <p>I understand the difference between attackers and defenders.</p> <p>I understand the difference between outfield players and goalkeepers.</p>	<p>I can use different parts of my foot to manipulate the ball away from opponents.</p> <p>I can keep my body in between the ball and opponents to maintain possession (safe side).</p> <p>I can dribble with the ball using different parts of the foot to either keep the ball close (inside, sole) or to run with the ball over larger distances (laces, outside).</p> <p>I can perform some basic skills with success (drag-back, Cruyff turn, chop, step-over).</p> <p>I can take a touch using different body parts (feet, chest, thigh).</p> <p>I can strike the ball using different parts of my foot and understand when and where to use the different technique (inside for accuracy, outside for reverse curve, instep for inwards curve, laces for power, toe-poke for surprise).</p> <p>I can pass the ball towards a target or teammate over varied distances and angles.</p> <p>I can score past a goalkeeper by aiming for specific spaces.</p> <p>I can shoot the ball towards the goal using specific techniques depending on the situation (inside, outside, laces, chip, driven, placement).</p> <p>I can position myself in a suitable position in the goal based on the position of the striker - between the line of the ball and the middle of the goal (goalkeeper).</p> <p>I understand the goalkeeper's area and that the goalkeeper can only use their hands inside this area.</p> <p>I can 'jockey' an opponent before attempting to tackle.</p> <p>I can use skills in a small-sided game (up to 9v9).</p> <p>I understand some of the basic positions (goalkeeper, defender, midfielder, striker).</p>
Vocab	<p>Football</p> <p>Inside</p> <p>Outside</p> <p>Sole (bottom)</p> <p>Laces</p> <p>Touch</p> <p>Dribble</p> <p>Control</p> <p>Balance</p> <p>Pass</p> <p>Shoot</p> <p>Goal</p>	<p>Space</p> <p>Turns</p> <p>Ball manipulation</p> <p>Change of direction</p> <p>Change of speed</p> <p>Accelerate</p> <p>Decelerate</p> <p>Close control</p> <p>Accuracy</p> <p>Precision</p> <p>Weight of pass / shot</p> <p>Penalty area</p>	<p>Pressure</p> <p>Safe side</p> <p>Close Control</p> <p>Running with the ball</p> <p>Drag back</p> <p>Cruyff Turn</p> <p>Chop</p> <p>Step-over</p> <p>Curve</p> <p>Driven</p> <p>Chip</p> <p>Loft</p>

Save
Football Goal
Goalkeeper
Goal Scorer

Positioning
Tackling
Small-sided game
Match
Kick-off
Throw-in
Corner
Freekick
Penalty
Attackers
Defenders
Outfield
Handball

Toe-poke
Movement
Angles
Corners
First touch
Middle of the goal
Penalty area
Centre-circle
Penalty spot
Jockey
Goal-side
Midfielders

Basketball			
Year	KS1	LKS2	UPKS2
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)	<p>Handling - To know how to grasp the basketball and hold the basketball in one and two hands.</p> <p>Dribbling - To be able to dribble with the basketball in different directions.</p> <p>Passing - To be able to pass and receive a basketball.</p>	<p>Dribbling - To be able to dribble with the basketball in different directions using one hand.</p> <p>Passing - To be able to perform different types of passes.</p> <p>Shooting - To be able to shoot the basketball towards a target.</p> <p>Game - To be able to take part in a small game knowing some basic rules.</p>	<p>Dribbling - To be able to dribble against opponents.</p> <p>Passing - To perform a variety of different passes against opponents.</p> <p>Shooting - To be able to shoot from different positions against opponents.</p> <p>Game - To be able to take part in a small game knowing some of the rules of basketball and some basic positions.</p>
Skills developed through curriculum learning	<p>I can pick up a stationary basketball from the floor.</p> <p>I can stop a rolling basketball from the floor.</p> <p>I can hold the basketball correctly (w-grip).</p> <p>I can bounce the basketball towards the floor with some success.</p> <p>I can move whilst bouncing a basketball in specific directions (forwards, backwards, sideways).</p> <p>I can throw the basketball towards a target / partner with some success.</p> <p>I can catch the basketball after bounces.</p> <p>I can catch a basketball directly from a partner.</p>	<p>I can dribble with a basketball using one hand when bouncing.</p> <p>I can dribble in different directions with a basketball.</p> <p>I can pivot with the ball once stationary.</p> <p>I can perform different types of passes (bounce, chest, overhead, javelin).</p> <p>I can find space to receive the ball.</p> <p>I can shoot towards a target / hoop using the correct technique.</p> <p>I can defend by tracking opponents.</p> <p>I know what an interception is.</p> <p>I can participate in a small-sided basketball game (up to 5v5).</p>	<p>I can dribble the basketball in small spaces.</p> <p>I can dribble the basketball whilst under some pressure.</p> <p>I can pass and receive in a variety of ways in order to maintain possession for my team.</p> <p>I can perform different passes whilst under some pressure.</p> <p>I understand how to make space by using opposite movements.</p> <p>I can shoot towards a basketball hoop with some consistency and can use the backboard/rim as a guide.</p> <p>I can shoot from various positions on the court.</p> <p>I can recognise when best to pass or shoot.</p> <p>I can intercept passes.</p> <p>I can track opponents.</p> <p>I can mark opponents.</p> <p>I understand being 'basket-side'.</p> <p>I can participate in a small-sided basketball game (up to 7v7) and can perform skills with some consistency.</p>
Vocab	<p>Basketball</p> <p>Pick-up</p> <p>Rolling</p> <p>Bounce / Bouncing</p> <p>Hold</p> <p>Grip</p> <p>W-Grip</p> <p>Moving</p> <p>Dribbling</p> <p>Forwards</p> <p>Backwards</p> <p>Sideways</p> <p>Throw</p> <p>Shoot</p> <p>Pass</p> <p>Receive</p> <p>Catch</p>	<p>Travelling</p> <p>Turns</p> <p>Acceleration</p> <p>Deceleration</p> <p>Pivot</p> <p>Stationary</p> <p>Bounce pass</p> <p>Chest pass</p> <p>Overhead pass</p> <p>Javelin pass</p> <p>Movement</p> <p>Space</p> <p>Awareness</p> <p>Hoop</p> <p>Net</p> <p>Backboard</p> <p>Defending</p> <p>Attacking</p> <p>Tracking / Jockeying</p> <p>Intercept</p> <p>Court</p> <p>Side-line</p> <p>Baseline</p>	<p>Small / Tight spaces</p> <p>Pressure</p> <p>Possession</p> <p>Decision Making</p> <p>Opposite movements</p> <p>Distances</p> <p>Angles</p> <p>Positioning</p> <p>Marking</p> <p>'Basket-side'</p> <p>Offence</p> <p>Defence</p> <p>Tip-Off</p> <p>Three-point line</p>

Gymnastics			
Year	KS1	LKS2	UPKS2
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)	<p>Movement - To be able to move in different ways.</p> <p>Balance - To be able to perform individual balances with success.</p> <p>Rolls - To be able to perform egg, pencil and teddy bear rolls.</p> <p>Sequence - To perform a small sequence in front of a class.</p>	<p>Movement - To be able to move in different ways transferring from high to low stances.</p> <p>Balance - To be able to perform individual and partner balances.</p> <p>Rolls - To be able to perform egg, pencil, teddy bear, forward and backward rolls.</p> <p>Jumps - To be able to perform pencil, star and tuck jumps using suitable apparatus.</p> <p>Sequence - To perform a sequence using a variety of skills to the class.</p>	<p>Movement - To be able to move at different speeds and heights during a sequence.</p> <p>Balance - To be able to perform individual and partner balances at different levels (low to high or high to low).</p> <p>Rolls - To be able to perform egg, pencil, teddy bear, forward, backward rolls and cartwheels.</p> <p>Jumps - To be able to perform pencil, star, tuck, straddle, pike, half turn and full turn jumps off apparatus.</p> <p>Sequence - To perform a sequence using a variety of skills and edit and adapt the sequence to improve.</p>
Skills developed through curriculum learning	<p>I can move confidently in a variety of ways (walk, jog, skip, hop).</p> <p>I can control my movements maintaining my balance at different paces.</p> <p>I can copy and explore different movements with some control and coordination.</p> <p>I can perform different body shapes (curled, tense, stretched and relaxed).</p> <p>I can perform movements at different levels (low, high)</p> <p>I can perform two footed jumps over variety of distances.</p> <p>I can use equipment safely.</p> <p>I can perform individual balances with some control.</p> <p>I can perform partner balances with some control.</p> <p>I can perform basic rolls (egg, pencil, teddy bear) with success.</p> <p>I can transfer my bodyweight with some success (needed for forward rolls / handstands / cartwheels).</p> <p>I can perform different skilled movements into a sequence.</p> <p>I can add equipment into my sequence.</p> <p>I can adapt and improve my sequence based on feedback.</p>	<p>I can copy and explore different movements with control and coordination.</p> <p>I can copy, explore and remember a variety of movements and use these to create my own sequence.</p> <p>I can perform different movements in a sequence moving from high to low or low to high.</p> <p>I can perform two footed and/or single-footed jumps (hops and leaps) during a sequence.</p> <p>I can use a variety of equipment independently and safely within a group.</p> <p>I can perform individual and partner balances with control.</p> <p>I can perform a variety of rolls with some confidence (egg, pencil, teddy bear, dish/arch, forward, backward).</p> <p>I can use equipment/assistance to perform cartwheels.</p> <p>I can use apparatus to perform basic jumps (pencil, star and tuck)</p> <p>I can perform a variety of movements into a sequence and use mirroring/reflecting with a partner or group.</p> <p>I can perform a sequence in front of a class/peers and receive feedback to improve.</p> <p>I can combine movement and equipment into my sequence.</p>	<p>I can copy, explore, remember, adapt and change different movements to create my own sequence.</p> <p>Apply combined skills accurately and appropriately, consistently showing precision, control and fluency.</p> <p>I can perform a variety of movements during a sequence, ranging between different levels (low and high).</p> <p>I can perform a variety of two footed or single-footed (jumps, hops and leaps) during a sequence.</p> <p>I can use more complex equipment independently and safely within a group.</p> <p>I can perform individual, partner and group balances with control.</p> <p>I can perform individual, partner and group balances within a sequence.</p> <p>I can perform a variety of rolls with confidence (egg, pencil, teddy bear, dish/arch, forward, backward).</p> <p>I can perform more complex gymnastic techniques (cartwheels, handstands, walk-overs etc.) within a sequence.</p> <p>I can perform a variety of movements into a longer sequence, using floor mats and apparatus with consistency in movement and control.</p> <p>I can use apparatus to perform a variety of jumps from different levels safely (pencil, star, tuck, straddle, pike, half turn, full turn)</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</p> <p>Able to create and perform a routine independently with peers.</p>
Vocab	<p>Points</p> <p>Patches</p> <p>High</p> <p>Low</p> <p>Travel</p> <p>Strong (tension)</p> <p>Stretch (extension)</p> <p>control</p> <p>Flight</p> <p>Bounce</p> <p>Jump</p> <p>Flexible</p> <p>Balance</p> <p>Stretch</p>	<p>Pathway</p> <p>Flexible</p> <p>Direct</p> <p>Travel</p> <p>Stretch</p> <p>Wide Thin</p> <p>Long Short</p> <p>Curled</p> <p>Roll</p> <p>Jump</p> <p>Levels / Speeds</p> <p>Sequence</p> <p>Contrasting</p> <p>Acceleration</p>	<p>Bridges</p> <p>Balance</p> <p>Travel</p> <p>Shape</p> <p>Roll</p> <p>Turn</p> <p>Jump</p> <p>Slide</p> <p>Levels</p> <p>Speed</p> <p>Direction</p> <p>Sequence</p> <p>Extension</p> <p>Tension</p>

	<p>Spin Shape Land Wide Narrow Curled High Low Sequence Rolling Leap Direction Technique Routine</p>	<p>Deceleration Direction forwards Backwards sideways Co-ordination Leap Take off/land Spin Sidestep Tension Extension Even Uneven Symmetrical Asymmetrical Balance Mirroring Reflecting Pencil Star Tuck</p>	<p>Strong Contrasting Communication Leadership Spin Rotate Flight Wheel Spring Leap Take-off/ land Clockwise & anti clockwise Straddle Pike Half turn Full turn Analyse Technique Matching Mirroring Reflecting</p>
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Cricket			
Year	KS1	LKS2	UPKS2
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)	<p>Bowling - To be able to aim for the stumps with a under arm bowl.</p> <p>Fielding - To be able to track and collect a ball from the floor.</p> <p>Batting - To be able to strike the ball from a stationary position.</p>	<p>Bowling - To be able to aim for the stumps with an over arm bowl.</p> <p>Fielding - To be able to use the short and long barrier techniques to stop the ball.</p> <p>Batting - To be able to strike the ball from a bowler.</p> <p>Game - I can take part in a small game a know some of the basic rules of cricket.</p>	<p>Bowling - To be able to hit the stumps with some consistency using a moving over arm bowl.</p> <p>Fielding - To be able to use the short and long barrier techniques to stop the ball and select the correct technique depending on the situation.</p> <p>Batting - To be able to strike the ball in different directions from a bowler.</p> <p>Game - I can take part in a small game using the techniques with confidence and know some of the basic rules of cricket.</p>
Skills developed through curriculum learning	<p>I can throw and catch a ball independently with two hands.</p> <p>I can throw and catch a ball with some success (one hand).</p> <p>I can throw and catch with a partner.</p> <p>I can use the bucket catch from different heights with success.</p> <p>I can aim towards a target (cricket wickets).</p> <p>I can use an under arm throw with the correct technique (aiming arm and release point).</p> <p>I can vary the power (weight) of my throw for my ball to bounce in different places.</p> <p>I can track the ball when rolling on the floor.</p> <p>I can stop the ball using either my feet or hands.</p> <p>I can hold a cricket bat safely and correctly.</p> <p>I can strike the ball from a stationary position.</p> <p>I can strike the ball towards different directions from a stationary direction.</p> <p>I can attempt to strike a moving ball with a bat.</p>	<p>I can throw and catch a ball with confidence independently using two hands.</p> <p>I can throw and catch a ball with one hand.</p> <p>I can throw and catch a ball with a partner over varied distances and using different techniques with some success.</p> <p>I can use the bucket; claw catches independently and with a partner with some success.</p> <p>I can perform an over-arm bowl with some success towards a wicket.</p> <p>I can maintain a fluid motion with my bowling arm.</p> <p>I can use my non-bowling arm as a guide (aim) for the stumps.</p> <p>I can bounce the ball in different areas when bowling.</p> <p>I can hit the wickets with some success.</p> <p>I can use the short barrier technique to stop the ball.</p> <p>I can use the long barrier technique to stop the ball.</p> <p>I can throw using an under-arm technique towards a wicket keeper.</p> <p>I can throw using an over-arm technique to a wicket keeper.</p> <p>I can strike a ball in different directions with confidence when the ball is stationary.</p> <p>I can keep my eye on the ball when batting.</p> <p>I can track and strike the ball from a bowler.</p> <p>I can get myself into the 'stance' position before a bowl.</p> <p>I can use cricket skills within a small activity / game.</p>	<p>I can throw and catch independently with two and one hands with flair.</p> <p>I can throw and catch with a partner using two and one hands with confidence.</p> <p>I can throw and catch a ball over varied distances using different throwing and catching techniques with success.</p> <p>I can decide whether to use the bucket or claw catches with a partner with success.</p> <p>I can perform a moving over-arm bowl towards a wicket.</p> <p>I can maintain my motion throughout the bowl and my bowling arm will continuously be moving.</p> <p>I can use my non-bowling arm to hide the ball during my run-up.</p> <p>I can use my non-bowling arm as a guide (aim) as I release the ball.</p> <p>I can perform different types of delivery and understand why they may be used (line & length, bouncer, yorker).</p> <p>I can hit the wickets with success.</p> <p>I can decide whether to use the short or longer barrier technique depending on the situation.</p> <p>I can throw towards a wicket keeper using the under-arm or over-arm techniques with accuracy and the correct weight.</p> <p>I understand where to aim the ball when throwing towards a wicket keeper.</p> <p>I can strike the ball with confidence.</p> <p>I can strike the ball in different directions.</p> <p>I know the names of some of the different shots in cricket.</p> <p>I can take part in a cricket game using the skills with some success.</p> <p>I can make decisions during a cricket game with some success.</p> <p>I can support my teammates during a cricket game by offering them help or encouragement.</p>
Vocab	<p>Ball</p> <p>Throw</p> <p>Catch</p> <p>Bounce</p> <p>Pass</p> <p>Receive</p> <p>Send</p> <p>Bucket catch</p> <p>Under arm throw</p> <p>Accuracy</p> <p>Power</p> <p>Weight</p> <p>Balance</p> <p>Track</p> <p>Stop</p>	<p>Catch</p> <p>Bucket</p> <p>Claw</p> <p>Under-arm</p> <p>Over-arm</p> <p>Circular motion</p> <p>Non-bowling arm</p> <p>Aim</p> <p>Release</p> <p>Wickets / Stumps</p> <p>Crease</p> <p>Bouncer</p> <p>Yorker</p> <p>Wicket Keeper</p> <p>Fielding</p>	<p>Over-arm</p> <p>Under-arm</p> <p>Claw</p> <p>Bucket</p> <p>Run-up</p> <p>Non-bowling arm</p> <p>Hidden</p> <p>Circular motion</p> <p>Release</p> <p>Wickets/ Stumps</p> <p>Crease</p> <p>Bouncer</p> <p>Yorker</p> <p>Line & Length</p> <p>Off stump</p>

	Strike Direction Bowler Batter	Run-out Strike Head position Stance Runs Wickets	Middle Stump Leg Stump Wicket Keeper Batting Fielding Bowling Run-out Wicket Accuracy Weight Distance Angle Block (defence) Strike Drive Hook Cut Pull
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Badminton			
Year	KS1	LKS2	UPKS2
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)		Positioning - I know and can get into the 'set' position Striking - I can strike the shuttlecock towards a target/area. Serve - I can perform a backhand serve. Game - I can take part in a small rally.	Positioning - I can get into the 'set' position after each shot during a rally or game. Striking - I can strike the shuttlecock over the net and into different areas on the court. Serve - I can perform a backhand serve over a net and into the correct area of the court. Game - I can take part in a small game against a partner and I know some of the basic rules.
Skills developed through curriculum learning		I can become familiar with the shuttlecock. I can hold my racket correctly. I can get set in the 'set' position. I can balance the shuttlecock on my racket. I can strike the shuttlecock towards a target. I can strike the shuttlecock in different directions / angles. I can keep the shuttlecock up using 'taps' individually with some consistency. I can take part in a small rally with a partner. I can take part in a small rally over a net with a partner. I can perform a badminton serve over a net (backhand). I can perform a 'clear' shot over a net. I can perform a 'smash' shot over a net.	I can balance the shuttlecock on my racket with consistency. I can be set in the 'set' position during rallies and matches with consistency. I can strike the shuttle cock over a net and towards specific areas of the court with some consistency. I can strike the shuttlecock in different directions / angles / weights with some consistency during a rally or game. I can keep the shuttlecock up in the air using different techniques with some consistency. I can take part in a rally with a partner for a longer period of time. I can take part in a rally over a net with a partner for a longer period of time. I can use a variety of shots / techniques in a rally with a partner. I can take part in a scored match with a partner. I can perform a 'drive' shot over a net. I can perform a 'drop' shot over a net. I can perform a 'lift' shot over a net. I understand why there are different shot types in badminton and can explain why you might use a particular shot. I can perform a serve correctly using a backhand shot. I can aim my serve towards different areas of the court (far and near). I can perform a serve that goes over a net with consistency.
Vocab		Shuttlecock Net Serve Return Clear Smash Forehand Backhand Rally Movement Lunge Jump Balance In Out	Service boxes Drive Drop Lift Disguise Footwork 21 points Win by 2 Best of 3 games Point Game Match Positioning Flight Timing

		Fault	
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Netball			
Year	KS1	LKS2	UPKS2
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)	<p>Handling - To know how to grasp the netball and hold the netball in one and two hands.</p> <p>Receiving - I can receive the netball from a partner using the W grip.</p> <p>Passing - I can perform a bounce and chest pass.</p>	<p>Receiving - I can use the pivot technique correctly.</p> <p>Passing - I can perform a bounce, chest, overhead and javelin pass.</p> <p>Shooting - I can shoot the netball towards the net / target.</p> <p>Game - To be able to take part in a small game knowing some basic rules.</p>	<p>Receiving - I can move to find space to receive a pass.</p> <p>Passing - To perform a variety of different passes against opponents.</p> <p>Shooting - To be able to shoot from different positions against opponents.</p> <p>Game - To be able to take part in a small game knowing some of the rules of netball and some basic positions.</p>
Skills developed through curriculum learning	<p>I can pick up a stationary netball from the floor.</p> <p>I can stop a rolling netball from the floor.</p> <p>I can collect a rolling netball from the floor.</p> <p>I can hold the netball correctly (w-grip).</p> <p>I can throw and catch the netball independently.</p> <p>I can throw the netball towards a target / partner with some success.</p> <p>I can catch the netball after a bounce.</p> <p>I can catch a netball directly from a partner.</p> <p>I can attempt to perform a chest pass with some success.</p> <p>I can attempt to perform a bounce pass with some success.</p> <p>I can work with a partner or small group towards a target.</p>	<p>I can pivot with the ball once stationary.</p> <p>I can perform different types of passes (bounce, chest, overhead, javelin) with success when stationary.</p> <p>I can find space to receive the ball.</p> <p>I can shoot towards a target / hoop using the correct technique.</p> <p>I can defend by tracking opponents.</p> <p>I know what an interception is.</p> <p>I understand the difference between attack and defence.</p> <p>I understand what a goal-shooter and goal-attacker is.</p> <p>I understand what a goalkeeper and goal defender is.</p> <p>I can participate in a small-sided netball game (up to 5v5).</p>	<p>I can pass and receive in a variety of ways in order to maintain possession for my team.</p> <p>I can perform different passes whilst under some pressure.</p> <p>I understand how to make space by using opposite movements.</p> <p>I can shoot towards a netball hoop or a target with some consistency.</p> <p>I can shoot from various positions inside the area.</p> <p>I can recognise when best to pass or shoot.</p> <p>I can intercept passes.</p> <p>I can track opponents.</p> <p>I can mark opponents.</p> <p>I understand being 'basket-side'.</p> <p>I can participate in a small-sided netball game (up to 7v7) and can perform skills with some consistency.</p> <p>I understand some of the basic rules of positioning on the court.</p> <p>I can take part in a variety of different positions with some understanding.</p>
Vocab	<p>Netball</p> <p>Pick-up</p> <p>Rolling</p> <p>Bounce / Bouncing</p> <p>Hold</p> <p>Grip</p> <p>W-Grip</p> <p>Moving</p> <p>Forwards</p> <p>Backwards</p> <p>Sideways</p> <p>Throw</p> <p>Shoot</p> <p>Pass</p> <p>Receive</p> <p>Catch</p>	<p>Pivot</p> <p>Stationary</p> <p>Bounce pass</p> <p>Chest pass</p> <p>Overhead pass</p> <p>Javelin pass</p> <p>Movement</p> <p>Space</p> <p>Awareness</p> <p>Hoop</p> <p>Net</p> <p>Backboard</p> <p>Defending</p> <p>Attacking</p> <p>Tracking / Jockeying</p> <p>Intercept</p> <p>Court</p> <p>Side-line</p> <p>Baseline</p> <p>Goal-shooter</p> <p>Goal-attack</p> <p>Goalkeeper</p> <p>Goal-defender</p>	<p>Small / Tight spaces</p> <p>Pressure</p> <p>Possession</p> <p>Decision Making</p> <p>Opposite movements</p> <p>Distances</p> <p>Angles</p> <p>Positioning</p> <p>Marking</p> <p>'Basket-side'</p> <p>Attack</p> <p>Defence</p> <p>Centre pass</p> <p>Goal-shooter</p> <p>Goal-attack</p> <p>Goalkeeper</p> <p>Goal-defence</p> <p>Centre</p> <p>Wing-Attack</p> <p>Wing-Defence</p>

Tennis / Short Tennis (KS1)			
Year	KS1 - Use soft (sponge balls)	LKS2 - Tennis balls (sponge if needed for LA)	UPKS2 - Tennis balls
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)	Positioning - I know and can get into the 'set' position. Balance - I can balance a tennis ball on my racket. Striking - I can strike a ball. Game - I know what a rally is and can attempt to participate in one.	Positioning - I know and can get into the 'set' position with consistency. Striking - I can strike the ball to a partner with some consistency. Serve - I can serve the ball over a net. Game - I can take part in a small game and understand some basic rules.	Positioning - I can get into the 'ready' position after each shot during a rally or game. Striking - I can strike the ball over the net and into different areas on the court. Serve - I can perform a 'smash' serve over a net. Game - I can take part in a small game against a partner and I know some of the basic rules and scoring systems.
Skills developed through curriculum learning	I can throw and catch a ball independently with two hands. I can throw and catch a ball with some success (one hand). I can hold a tennis racket correctly and safely. I can be in a form of a 'set' position I can balance a ball on a tennis racket. I can attempt to keep the ball up whilst using my racket (with a bounce, without a bounce etc.) independently I can roll the ball in different on a tennis racket. I can strike a ball towards a target whilst it is on the floor (stationary). I can strike a ball towards a target whilst it is moving on the floor. I can strike a ball towards a target whilst the ball is stationary in my hands. I can strike a ball towards a target whilst the ball is bouncing in the air. I can hit the ball towards a partner. I can return a ball from a partner. I can attempt to take part in a small rally. I can take part in a small tennis-based game.	I can throw and catch a ball independently with two hands. I can throw and catch a ball with some success (one hand). I can hold a tennis racket correctly and safely. I can be on a 'set' position with some consistency. I can balance a ball on a tennis racket. I can attempt to keep the ball up whilst using my racket (with a bounce, without a bounce etc.) I can roll the ball in different directions on a tennis racket. I can strike a ball towards a target whilst it is on the floor (stationary). I can strike a ball towards a target whilst it is moving on the floor. I can strike a ball towards a target whilst the ball is stationary in my hands. I can strike a ball towards a target whilst the ball is bouncing in the air. I can hit the ball towards a partner. I can return a ball from a partner. I can take part in a small rally. I can hit the ball over a net with some consistency. I can take part in a small tennis-based game.	I can balance the ball on my racket with consistency. I can be set in the 'set' position during rallies and matches with consistency. I can strike the ball over a net and towards specific areas of the court with some consistency. I can strike the ball in different directions / angles / weights with some consistency during a rally or game. I can keep the ball up in the air using different techniques with some consistency. I can take part in a rally with a partner for a longer period of time. I can take part in a rally over a net with a partner for a longer period of time. I can use a variety of shots / techniques in a rally with a partner. I can take part in a scored match with a partner. I can perform a serve over a net. I can attempt to play different shots in a rally / match I know how to score a simple game of tennis.
Vocab	Ball Sponge Net Catch Throw Bounce Send Receive Racket Balance Sweet spot Target Accuracy Aim Power Net Strike Direction Rally Court Boundaries 'Set position'	Tennis Ball Racket Balance Accuracy Power Weight Control Footwork Forehand Backhand Court Boundaries Serve Return Rally Point Game Match 'Set position' In Out	Service Line Volley Lob Serve Disguise Footwork Rally Match Point Game Set Match Deuce Advantage Love / 15 / 30 / 40 Techniques Angles 'Set position' Decision Making

Rugby			
Year	KS1	LKS2	UPKS2
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)	<p>Handling - To know how to grasp the rugby ball and hold the rugby ball in one and two hands.</p> <p>Receiving - I can receive the ball from a partner using the W grip.</p> <p>Passing - I can pass the rugby ball to a partner.</p>	<p>Handling - I can run with the rugby ball in different directions.</p> <p>Receiving - I can stand behind a passer to receive the ball.</p> <p>Passing - I can pass the rugby ball to a partner's chest with consistency.</p> <p>Game - To be able to take part in a small game knowing some basic rules.</p>	<p>Handling - I can run with the rugby ball in different directions, speeds and target 'gaps' or spaces to attack.</p> <p>Receiving - I can stand behind a passer and maintain my distance to create space.</p> <p>Passing - I can pass the rugby ball to a partner during a game with consistency.</p> <p>Game - To be able to take part in a small game knowing the rules of tag rugby.</p>
Skills developed through curriculum learning	<p>I can pick up a rugby ball from the floor.</p> <p>I can grip the rugby ball with two hands.</p> <p>I can squeeze the rugby ball with two hands.</p> <p>I can hold the rugby ball in the W shape.</p> <p>I can move with the rugby ball in different directions.</p> <p>I can keep hold of the rugby ball (without dropping) whilst moving at pace.</p> <p>I can throw and catch the rugby ball independently with some success.</p> <p>I can pass the rugby ball towards a partner.</p> <p>I can catch the rugby ball from a partner with some success.</p> <p>I can throw and pass the ball with a partner (or small group) towards an end-zone.</p>	<p>I can pick up the rugby ball from the floor (play of the ball technique).</p> <p>I can place the ball down and roll the ball backwards using my sole (play of the ball technique).</p> <p>I can grip the rugby ball in a variety of ways from different angles.</p> <p>I can catch the ball using the W shape consistently.</p> <p>I can travel, at pace, moving in different directions with the rugby ball.</p> <p>I can throw and catch the ball independently with success.</p> <p>I understand to aim for my partners chest when passing them the ball.</p> <p>I can pass and receive the rugby ball with a partner (when stationary) with success.</p> <p>I can pass and receive the rugby ball with a partner when moving (with some success).</p> <p>I understand the idea and rule of a 'forwards' pass.</p> <p>I can try to get into a position so I can receive the ball so that it is not a 'forwards' pass.</p> <p>I can throw and pass the ball within a small group towards a target area.</p> <p>I understand the idea of a try.</p> <p>I can score a try (unopposed).</p> <p>I understand how to fasten a tag belt.</p> <p>I understand how to tackle an opponent using the tag belt.</p> <p>I can take part in a small-sided tag rugby activity / game (up to 5v5).</p>	<p>I can use the play of the ball technique at pace.</p> <p>I can quickly and effectively play the ball using the sole of my foot.</p> <p>I can grip the ball with one and two hands with success.</p> <p>I can hold onto the ball with one and two hands whilst moving.</p> <p>I catch the ball using a variety of techniques from different angles and heights.</p> <p>I can quickly establish the ball into the W position.</p> <p>I can move quickly and fluidly at pace whilst carrying the ball.</p> <p>I can dodge and weave between opponents with some success.</p> <p>I can spot space to move into when carrying the ball.</p> <p>I can pass the ball to my partner using the correct technique.</p> <p>I can pass the ball to my partner with accuracy and correct weight of pass.</p> <p>I understand the rule of a forwards pass and recognise when I can and cannot pass the ball to a teammate.</p> <p>I can adjust my angle to receive the ball from a partner so it is not a forward pass.</p> <p>I can throw and pass the ball with success against an opponent(s).</p> <p>I can score a try when under pressure from an opponent(s).</p> <p>I can put on my tag belt independently and adjust the width, if necessary,</p> <p>I can tackle an opponent by using the tag belt and holding it up to show the tackle has been made.</p> <p>I can lunge and grasp the tag belt from different angles to tackle with some success.</p> <p>I can take part in a small-sided tag rugby activity / game (up to 7v7).</p>
Vocab	<p>Rugby</p> <p>Ball</p> <p>Pick-up</p> <p>Hold</p> <p>Grip</p> <p>W-Grip</p> <p>Moving</p> <p>Forwards</p>	<p>Play of the ball</p> <p>Sole roll</p> <p>W-shape</p> <p>Pass</p> <p>Receive</p> <p>'Forward pass'</p> <p>Positioning</p> <p>Line</p>	<p>Play the ball (introduce hooker)</p> <p>Quick play</p> <p>Speed up</p> <p>Slow down</p> <p>Awareness</p> <p>Seeing space</p> <p>Dodge</p> <p>Weave</p>

Backwards
Sidewards
Pass
Receive
Catch
End-Zone (Try zone).

Try
Try Zone
Attack
Defence
Possession
Tag belt
Tags
Tackle

One handed carry
Two handed carry
Support
Ball carrier
Passing accuracy
Passing weight
Passing angle
Movement to support
Angle to support
Try
Try Zone
Attack
Defence
Possession
Full back
Tackle
Last tackle
Hand over

Hockey			
Year	K51	LKS2	UPKS2
Curriculum intent (What will the children be able to do at the end of the sequence of learning?)	<p>Dribbling - To be able to dribble the hockey ball.</p> <p>Receiving - I can receive the ball from a partner by stopping it with my stick.</p> <p>Passing - I can pass the hockey ball to a partner or target.</p> <p>Shooting - I can shoot a hockey ball towards a target.</p>	<p>Dribbling - I can dribble in different directions and speeds.</p> <p>Passing - I can pass the hockey ball to a partner with consistency.</p> <p>Shooting - I can shoot the hockey ball towards a target.</p> <p>Game - To be able to take part in a small game knowing some basic rules.</p>	<p>Dribbling - I can dribble with the hockey ball at different speeds and directions against opponents.</p> <p>Passing - I can pass the hockey ball to a teammate during a game with consistency.</p> <p>Shooting - I can shoot the hockey ball from different positions.</p> <p>Game - To be able to take part in a small game knowing the rules of field hockey and basic positions.</p>
Skills developed through curriculum learning	<p>I can hold a hockey stick correctly and safely.</p> <p>I can walk with a hockey stick around an area safely (stick below shoulder).</p> <p>I can run with a hockey stick in different directions (forwards, backwards, sideways) keeping two hands on the stick.</p> <p>I can walk with a ball using my hockey stick in a specific direction.</p> <p>I can run with a ball using my hockey stick.</p> <p>I can stop a moving ball with my hockey stick.</p> <p>I can strike the ball with my hockey stick towards a partner when stationary.</p> <p>I can strike the ball with my hockey stick towards a partner when moving.</p> <p>I can strike the ball with my hockey stick towards a goal with some confidence.</p> <p>I can try to stop a hockey ball from going into a goal (goalkeeper).</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can move with a hockey stick in different directions; accelerating and decelerating safely.</p> <p>I can dribble a hockey ball in different directions.</p> <p>I can speed up and slow down when dribbling a hockey ball.</p> <p>I can use both sides of my hockey stick when dribbling a hockey ball.</p> <p>I can perform different skills / touches with a hockey ball.</p> <p>I can move with a hockey ball against opponents with some confidence.</p> <p>I can pass a hockey ball to a partner with some accuracy and weight.</p> <p>I can pass the hockey ball using different angles.</p> <p>I can shoot the ball towards goal with some confidence.</p> <p>I can score past a goalkeeper.</p> <p>I know to stand in the middle of the goal for the best starting position as a goalkeeper.</p> <p>I can use my stick to help stop the hockey ball going in the goal (goalkeeper).</p> <p>I can take part in a small hockey game (up to 5v5).</p> <p>I understand some of the basic positions in a hockey game.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can dribble the hockey ball in different directions, at pace, with confidence.</p> <p>I can use both sides of my hockey stick to dribble with confidence.</p> <p>I can dribble in between players / cones with accuracy and speed.</p> <p>I can change direction quickly when dribbling.</p> <p>I can perform and invent my own skills / touches with a hockey ball.</p> <p>I can dribble a ball against opponents with confidence.</p> <p>I can pass a hockey ball to a partner using the correct accuracy, weight and angle of pass.</p> <p>I can pass a hockey ball in between players to a partner.</p> <p>I can shoot the hockey ball towards the corners of the goal with some success.</p> <p>I can score past a goalkeeper with some consistency.</p> <p>I can adapt my positioning as a goalkeeper depending on where the ball is.</p> <p>I can take part in a small hockey game (up to 7v7).</p> <p>I understand the different positions in a hockey game.</p>
Vocab	<p>Hockey</p> <p>Hockey stick</p> <p>Safety</p> <p>Grip</p> <p>Balance</p> <p>Forwards</p> <p>Backwards</p> <p>Sideways</p> <p>Outside</p> <p>Inside</p> <p>Dribble</p> <p>Pass</p> <p>Receive</p> <p>Strike</p> <p>Shoot</p> <p>Save</p> <p>Goalkeeper</p> <p>Goal scorer</p>	<p>Hockey</p> <p>Hockey stick</p> <p>Safety</p> <p>Grip</p> <p>Balance</p> <p>Accelerate</p> <p>Decelerate</p> <p>Forwards</p> <p>Backwards</p> <p>Sideways</p> <p>Outside</p> <p>Inside</p> <p>Dribble</p> <p>Pass</p> <p>Accuracy</p> <p>Weight</p> <p>Angle</p> <p>Receive</p> <p>Strike</p> <p>Shoot</p> <p>Save</p> <p>Attackers</p>	<p>Hockey</p> <p>Hockey stick</p> <p>Safety</p> <p>Grip</p> <p>Balance</p> <p>Accelerate</p> <p>Decelerate</p> <p>Forwards</p> <p>Backwards</p> <p>Sideways</p> <p>Outside</p> <p>Inside</p> <p>Dribble</p> <p>Skills</p> <p>Flair</p> <p>Pass</p> <p>Accuracy</p> <p>Weight</p> <p>Angle</p> <p>Receive</p> <p>Strike</p> <p>Shoot</p>

		Defenders Goalkeeper Possession	Save Attackers Midfielders Defenders Sweepers Goalkeeper
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Athletics			
FS	KS1	LKS2	UPKS2
<p>Sprint - I know what a race is and I can take part in a race.</p> <p>Jumping - I can jump and land on two feet safely.</p> <p>Throwing - I can throw an object as far as I can safely.</p>	<p>Sprint - I can get into a standing start position and take part in a race.</p> <p>Jumping - I can jump from a standing start as far as I can and land safely.</p> <p>Throwing - I can throw a javelin/shot put/discus using the correct technique when stationary.</p>	<p>Sprint - I can get into a crouched start position and take part in a race.</p> <p>Jumping - I can jump from a moving start as far as I can and land safely.</p> <p>Throwing - I can have a moving start and throw a javelin/shot put/ discus using the correct technique.</p> <p>Game - I can take part in a mini-Olympics safely.</p>	<p>Sprint - I can get into a three-point start position and take part in a race.</p> <p>Jumping - I can jump from a running start as far as I can and land safely.</p> <p>Throwing - I can have a running start and throw a javelin/shot put/ discus using the correct technique.</p> <p>Game - I can take part in a mini-Olympics safely and compete against other children using the correct techniques.</p>
<p>I can start behind a line.</p> <p>I can wait for the signal to start a race.</p> <p>I can run forwards at pace.</p> <p>I can run towards a finish line.</p> <p>I know when I have reached the end of the race.</p> <p>I jump from two legs onto two legs trying to move forwards.</p> <p>I can throw a foam ball forwards.</p> <p>I can use an aiming arm to help my balance and direction when throwing a foam ball.</p> <p>I can release the ball so it moves forwards.</p> <p>I can take part in a sports day.</p>	<p>I can get into a 'standing start' position to start a race.</p> <p>I can wait for the signal to start a race.</p> <p>I can run forwards towards a finish line.</p> <p>I can maintain my speed until the end of the race.</p> <p>I can use my arm and legs in synchronisation in a race.</p> <p>I can jump from a standing start and land with two feet.</p> <p>I can use my arms to support my jump.</p> <p>I can hold a foam javelin in one hand.</p> <p>I can extend my arm back whilst holding the javelin.</p> <p>I can release the foam javelin so it moves forwards.</p> <p>I can hold a light shot-put with one hand.</p> <p>I can throw the shot put forwards.</p> <p>I can hold a discus in one hand.</p> <p>I can release the discus so it moves forward.</p> <p>I can throw a discuss forwards.</p>	<p>I can get into a 'crouched' start position to start a race.</p> <p>I can wait for the signal to start a race.</p> <p>I can maintain my pace towards the finish line.</p> <p>I can use 90-degree elbows and knees to help my running style.</p> <p>I can push my head forward when racing over the finish line.</p> <p>I can jump from a moving start.</p> <p>I can use my arms to help propel me forwards.</p> <p>I can take longer leaps to help me with my final jump.</p> <p>I can hold the foam javelin in a suitable position to maintain my balance.</p> <p>I can walk forwards whilst moving my javelin to help propel the javelin further.</p> <p>I can keep my arm extended throughout the process of throwing my javelin.</p> <p>I can release the javelin in line with my ear and at its highest point.</p> <p>I can throw a shotput from the correct starting position (ball under chin).</p> <p>I can push up and through the shotput for maximum distance.</p> <p>I can hold the discus in the correct starting position (tucked on the inside of the hand).</p> <p>I can release the discus so it moves forward.</p> <p>I can turn my body while I throw the discus.</p> <p>I can take part and use the skills learnt in previous weeks, in a mini-Olympics.</p>	<p>I can decide the most suitable and comfortable position for me to start a race (standing start, crouched, three-point start).</p> <p>I can wait and anticipate for the signal to start a race.</p> <p>I can maintain my pace towards the finish line and accelerate at a suitable point.</p> <p>I can maintain a fluid form throughout my sprint (90-degree elbows and knees, arms opposite to legs, head forward focusing beyond finish line).</p> <p>I can take part in a relay race.</p> <p>I can grasp and hand-over a baton during a relay race.</p> <p>I can perform a running jump.</p> <p>I can accelerate at a suitable speed to maximise the distance for my jump.</p> <p>I can leap off one foot and extend my opposite leg.</p> <p>I can land trying to maximise my distance (feet in front, bodyweight forward).</p> <p>I can move forwards at pace before throwing behind a line.</p> <p>I can maintain a fluid motion whilst moving at pace before releasing the javelin.</p> <p>I can extend my arm completely to maximise the height and distance of my javelin throw.</p> <p>I can release the javelin at a suitable point for my own technique.</p> <p>I can use an aiming arm to maintain balance and help propel the javelin into a certain direction.</p> <p>I can throw my shotput from the correct starting position (ball under chin, palm facing upwards).</p> <p>I can rotate my body in order to build momentum needed for height and distance for my throw.</p> <p>I can release the ball pushing upwards at a suitable pace to maximise distance and height.</p> <p>I can hold the discus correctly throughout my technique (discus tucked on the inside of the hand).</p> <p>I can twist my body to help build momentum and power for my discus throw.</p> <p>I can release my discus facing forwards to help it moving in the correct direction.</p> <p>I can adjust my technique based on previous efforts with throwing events.</p> <p>I can take part, using the skills I have learnt in previous weeks, and adapt my techniques in a mini-Olympics.</p>

Vocab	Start Sprint Finish Line On your marks Get set Go Lane Arms Legs Standing Start Jump Bend Knees Javelin Extend Release Shot put Discus Olympics Stations	Standing start position Crouched start position Maintain speed 90-degree angle Finish position Running jump Leap Balance Take-off foot Extended arm Fluid Motion Release point Angle Chin position Push Extend Turn Compete	Starting position Anticipation Signal Maximum speed Fluid running motion Baton Hand-over Relay Race Bodyweight Running technique Take-off technique Landing technique Fluid motion Release point Twist Turn Aiming arm Momentum Power Height Adjustments
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