

Curriculum Intent & Progression Document

PE

St. Mary's Catholic Voluntary Academy, Grantham

2022-23



Subject Leader: Cathy Steeples

Cathy Steeples
St. Mary's Catholic Voluntary Academy, Grantham
2022-23

Mission Statement

Christ is at the centre of St. Mary's as we strive to nurture and care for all our community members by encouraging them to **Believe, Succeed** and **Soar** within God's love, to achieve the very best that they can, in all areas.

Our Vision

We are disciples who put our faith into action in all that we do.

We are role models who encourage others to shine and be the best version of themselves that they can be.

We are investigators who ask questions about the past, the present and the future.

We are artists who show our creativity and talents with flair and imagination.

We are storytellers who have a passion for reading and are able to communicate in many ways.

We are problem solvers who tackle tasks with an open mind and a positive approach.

We are team players who work together to achieve our goals.

We are explorers who learn new skills, embrace other cultures and value our locality and the wider world.

We **Believe**. We **Succeed**. We **Soar**.

Our Gospel Virtues

To achieve our full Christian potential, we all need to live out our Gospel Virtues: -

Love

A Christ-like love respects the talent of each person in our school.

Faith

Faith helps us to do God's will in this world.

Hope

Hope helps us to see a new life beyond our present one.

Peace

We know that if we love one another, peace will be all around us.

Mercy

We believe that mercy will be shown by the way we forgive others.

Community

We believe our community here unites us all as followers of Jesus.

Cathy Steeples

St. Mary's Catholic Voluntary Academy, Grantham

2022-23

Curriculum Intent General Principles:

Below, the General Principles of our whole school curriculum intention are in black print, along with what this translates to as regards PE in red:

The **General Principles** of our curriculum are that children:

- **Meet Jesus through all aspects of their work.** It is our intention that the children will encounter Jesus through elements of their PE work. We hope to evoke an atmosphere where children thrive and flourish whilst being physically active and at one with God. Particularly through creative aspects such as Dance, Gymnastics or Yoga, the children experience and portray different elements that emulate and encompass the Catholic ethos of our school. Children are encouraged to demonstrate the Gospel Virtues (love, faith, hope, peace, mercy & community) within PE alongside that of good sporting attitudes whilst believing, succeeding and soaring.
- **Experience the challenge and enjoyment of learning.** As you walk around our school and talk to our children, you will see them enjoying learning experiences that demonstrate the love our children have for PE. Our children are nurtured to be curious and motivated both inside and outside of the classroom. PE supports not only the physical well-being of our children but also their social, moral, emotional and spiritual development too. The subject of PE fosters excellent opportunities for our children to know and develop a healthy life-long love of physical activity in a safe and supportive environment. We provide an engaging curriculum that challenges our children to achieve beyond their year group expectations. PE ensures that all of our children feel part of a team, believe in their own potential and thrive therefore supporting the development of the whole child. Children are encouraged to become leaders where they learn to develop positive attitudes, the relevant skills and necessary knowledge as well as having a wide variety of competitive and non-competitive experiences and opportunities that they can be a part of. The teaching of PE takes on a very visual, auditory and hugely kinaesthetic approach to learning (VAK) ensuring that it is accessible to all learners.
- **Learn within a coherent and progressive framework.** As a school, we have adopted the Get Set 4 PE Curriculum, which is being taught from EYFS through to Year 6. It is a coherent and progressive framework that provides opportunities for a wide range of skills delivered using a sport-based approach. Each class accesses 12 different units of work throughout the year that are each aligned to the National Curriculum and promote the different learning intentions such as being active, developing co-ordination, moving in a range of ways, participating in team games, performing different dances, developing flexibility, participating in outdoor and adventurous activities as well as being able to demonstrate improvement within lessons. Our curriculum aims to improve the well-being and fitness of all children, not only through the sporting skills that are taught, but through the underpinning values and disciplines PE promotes. In addition to the curriculum PE, which is taught, we offer further opportunities that include lunchtime club provision, after school extra-curricular club provision, leadership scheme and roles, intervention and sporting competitions organised by our local county School Games Team. All of these additional aspects only further enhance the quality of provision we are able to provide for each of our children. We are supported in delivering our PE curriculum by a local sports-based charity called Inspire+.
- **See clear links between different aspects of their learning.** PE is not a stand-alone subject. Links are made to other areas of the curriculum, particularly in Maths (statistics and measurements), English (speaking and listening), Geography (dances from different cultures), Music (accompaniment), Science (our bodies and the effects of exercise on them) and Design Technology (the importance of a healthy and balanced diet) as well as a child's outdoor learning in the WOW area.
- **Understand the purpose and value of their learning and see its relevance to their past, present and future.** We aim to equip our pupils with the knowledge, skills and understanding to apply what they have learnt in the past to the present and the future. Skills, in particular, that are taught at an earlier age are revisited, built upon and further developed throughout their time in primary school and beyond. All units of work are carefully planned so that all of our children have the relevant opportunities to learn new techniques when it is appropriate to do so and when they have achieved the appropriate previous learning first.
- **Explore the breadth and depth of the national curriculum.** The intention is that the learning goes beyond that of the National Curriculum and that areas of learning are more clearly defined. It is intended that when children leave St Mary's Catholic Voluntary Academy, they will be able to continue to develop their competence in a broad range of physical activities, are physically active for sustained periods of time and can lead healthy, active lives further beyond that of their schooling. Swimming is an important life skill and we aspire for all children to leave primary school having met, at least, the minimum requirements of the National Curriculum.

Curriculum Intent: PE (2022-23)

| EYFS PE | | | | | |
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| ADVENT 1 Children will... | ADVENT 2 Children will... | LENT 1 Children will... | LENT 2 Children will... | PENTECOST 1 Children will... | PENTECOST 2 Children will... |
| <p>Introduction to PE: Unit 1 L1: know how to move safely and sensibly in a space with consideration of others. L2: know how to develop moving safely and stopping with control. L3: know how to use equipment safely and responsibly. L4: know how to use different traveling actions whilst following a path. L5: know how to work with others co-operatively and play as a group. L6: know how to follow, copy and lead a partner.</p> <p>Fundamentals: Unit 1 L1: know how to develop balancing</p> | <p>Introduction to PE: Unit 2 L1: know how to move around safely in space. L2: know how to follow instructions and stop safely. L3: know how to stop safely and develop control when using equipment. L4: know how to follow instructions and play safely as a group. L5: know how to follow a path and take turns. L6: know how to work co-operatively with a partner.</p> <p>Gymnastics: Unit 1 L1: know how to copy and create shapes with your body. L2: know how to create shapes whilst on apparatus. L3: know how to develop balancing and</p> | <p>Ball Skills: Unit 1 L1: know how to develop rolling a ball to a target. L2: know how to develop stopping a rolling ball. L3: know how to develop accuracy when throwing to a target. L4: know how to develop bouncing and catching a ball. L5: know how to develop dribbling a ball with your feet. L6: know how to develop kicking a ball.</p> <p>Gymnastics: Unit 2 L1: know how to create short sequences using shapes, balances and travelling actions. L2: know how to develop balancing and safely using apparatus. L3: know how to develop jumping and</p> | <p>Dance: Unit 1 L1: know how to use counts of 8 to know when to change action. L2: know how to explore different body parts and how they move. L3: know how to explore different body parts and how they move and remember and repeat actions. L4: know how to express and communicate ideas through movement exploring directions and levels. L5: know how to copy and repeat actions showing confidence and imagination. L6: know how to move with control and coordination, linking, copying and repeating actions.</p> | <p>Ball Skills: Unit 2 L1: know how to develop rolling and tracking a ball. L2: know how to develop accuracy when throwing to a target. L3: know how to develop dribbling with hands. L4: know how to develop throwing and catching with a partner. L5: know how to develop dribbling a ball with your feet. L6: know how to develop kicking a ball to a target.</p> <p>Dance: Unit 2 L1: know how to use counting to help stay in time with the music when copying and creating actions. L2: know how to move safely with confidence and imagination,</p> | <p>Fundamentals: Unit 2 L1: know how to develop balancing. L2: know how to develop running and stopping. L3: know how to develop changing direction. L4: know how to develop jumping. L5: know how to develop hopping. L6: know how to explore different ways to travel using equipment.</p> <p>Games: Unit 2 L1: know how to develop accuracy when throwing and practise keeping score. L2: know how to follow instructions and move safely when play tagging games.</p> |

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| <p>whilst stationary and on the move.</p> <p>L2: know how to develop running and stopping.</p> <p>L3: know how to develop changing direction.</p> <p>L4: know how to develop jumping and landing.</p> <p>L5: know how to develop hopping and landing with control.</p> <p>L6: know how to explore different ways to travel.</p> | <p>taking weight on different body parts.</p> <p>L4: know how to develop jumping and landing safely.</p> <p>L5: know how to develop rocking and rolling.</p> <p>L6: know how to copy and create short sequences linking actions together.</p> | <p>landing safely from a height.</p> <p>L4: know how to develop rocking and rolling.</p> <p>L5: know who how to explore travelling around, over and through apparatus.</p> <p>L6: know how to create short sequences linking actions together and including apparatus.</p> | <p>Games: Unit 1</p> <p>L1: know how to work safely and develop running and stopping.</p> <p>L2: know how to develop throwing and learn how to keep score.</p> <p>L3: know how to play games showing an understanding of the different roles within it.</p> <p>L4: know how to follow instructions and move safely when playing tagging games.</p> <p>L5: know how to work co-operatively and learn to take turns.</p> <p>L6: know how to work with others to play team games.</p> | <p>communicating ideas through movement.</p> <p>L3: know how to explore movement using a prop with control and co-ordination.</p> <p>L4: know how to move with control and co-ordination, expressing ideas through movement.</p> <p>L5: know how to move with control and coordination, copying, linking and repeating actions.</p> <p>L6: know how to remember and repeat actions, exploring pathways and shapes.</p> | <p>L3: know how to learn to play against an opponent.</p> <p>L4: know how to play by the rules and develop coordination.</p> <p>L5: know how to explore striking a ball and keeping score.</p> <p>L6: know how to work co-operatively as a team.</p> |
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VOCABULARY

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| <p>Introduction to PE: Unit 1</p> <p>Follow, team, space, travel, share, safely, path, listen</p> | <p>Introduction to PE: Unit 2</p> <p>Follow, team, space, travel, share, safely, path, listen</p> | <p>Ball Skills: Unit 1</p> <p>Roll, team, space, kick, bounce, throw safely, stop, listen</p> | <p>Dance: Unit 1</p> <p>Move, space, safely, shape, copy, around, sideways, forwards, backwards</p> | <p>Ball Skills: Unit 2</p> <p>Roll, team, space, kick, bounce, throw safely, stop, listen</p> | <p>Fundamentals: Unit 2</p> <p>Run, safely, space, jump, hop, direction, stop, listen, balance</p> |
| <p>Fundamentals: Unit 1</p> <p>Run, safely, space, jump, hop, direction, stop, listen</p> | <p>Gymnastics: Unit 1</p> <p>Copy, travel, space, shape, rock, over, backwards, sideways, forwards</p> | <p>Gymnastics: Unit 2</p> <p>Copy, travel, space, shape, rock, over, around, through, roll</p> | <p>Games: Unit 1</p> <p>Run, safely, space, catch, throw, team, stop, tag, score</p> | <p>Dance: Unit 2</p> <p>Move, space, safely, shape, copy, around, sideways, forwards, backwards</p> | <p>Games: Unit 2</p> <p>Run, safely, space, catch, throw, team, stop, tag, score</p> |

**Year 1
PE**

| ADVENT 1 Children will... | ADVENT 2 Children will... | LENT 1 Children will... | LENT 2 Children will... | PENTECOST 1 Children will... | PENTECOST 2 Children will... |
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| <p>Team Building L1: know how to co-operate and communicate with a partner to solve challenges. L2: know how to explore and develop teamwork skills. L3: know how to develop communication skills. L4: know how to use communication skills to lead a partner. L5: know how to plan with a partner and small group to solve problems. L6: know how to communicate with a group to solve challenges.</p> <p>Fundamentals L1: know how to explore balance, stability and landing safely. L2: know how to explore how the body moves differently when</p> | <p>Fitness L1: know how to develop knowledge about how exercise can make you feel. L2: know how to develop knowledge about how exercise can make you strong and healthy. L3: know how to develop knowledge about how exercise relates to breathing. L4: know how to develop my understanding of how exercises helps my brain. L5: know how to develop my understanding of how exercise helps my muscles. L6: know how to begin to understand the importance of daily exercise.</p> <p>Gymnastics L1: know how to explore travelling</p> | <p>Yoga L1: know how to explore yoga and mindfulness. L2: know how to copy and remember poses. L3: know how to develop flexibility when holding poses. L4: know how to develop balance whilst holding poses. L5: know how to create yoga poses using a hoop. L6: know how to create a yoga flow with a partner.</p> <p>Invasion L1: know how to develop dribbling towards a goal and understand what being 'in possession' means. L2: know how to understand who to pass to and why when playing against a defender. L3: know how to move towards a goal with the ball.</p> | <p>Sending and Receiving L1: know how to develop rolling and throwing a ball towards a target. L2: know how to develop receiving a rolling ball and tracking skills. L3: know how to send and receive a ball with your feet. L4: know how to develop throwing and catching skills over a longer distance. L5: know how to develop throwing and catching skills over a longer distance. L6: know how to apply sending and receiving skills to small games.</p> <p>Ball Skills L1: know how to develop control and co-ordination when dribbling a ball with your hands.</p> | <p>Net and Wall L1: know how to defend space, using the ready position. L2: know how to play against an opponent and keep the score. L3: know how to develop control when handling a racket. L4: know how to develop racket and ball skills. L5: know how to develop sending a ball using a racket. L6: know how to develop hitting over a net.</p> <p>Dance L1: know how to explore travelling actions and use counts of 8 to move in time with the music. L2: know how to remember and repeat actions and respond imaginatively to a stimulus. L3: know how to copy, remember and repeat</p> | <p>Striking and Fielding L1: know how to develop underarm throwing and catching and put this into small sided games. L2: know how to develop overarm throwing. L3: know how to develop striking a ball with my hand and equipment. L4: know how to retrieve a ball when fielding. L5: know how to understand how to get a batter out. L6: know how to develop decision making and understand how to score points.</p> <p>Athletics L1: know how to learn to move at different speeds for varying distances. L2: know how to develop a foundation for balance and stability.</p> |

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| <p>running at different speeds. L3: know how to explore changing direction and dodging. L4: know how to explore jumping, hopping and skipping actions. L5: know how to explore co-ordination and combining jumps. L6: know how to explore combination jumping and skipping in an individual rope.</p> | <p>movements using the space around you. L2: know how to develop quality when performing gymnastic shapes. L3: know how to develop stability and control when performing balances. L4: know how to develop technique and control when performing shape jumps. L5: know how to develop technique in the barrel, straight and forward roll. L6: know how to link gymnastic actions to create a sequence.</p> | <p>L4: know how to support a teammate when in possession. L5: know how to move into space showing an awareness of defenders. L6: know how to stay with a player when defending.</p> | <p>L2: know how to explore accuracy when rolling a ball. L3: know how to explore throwing with accuracy towards a target. L4: know how to explore catching with two hands. L5: know how to explore control and co-ordination when dribbling a ball with your feet. L6: know how to explore tracking a ball that is coming towards me.</p> | <p>actions that represent the theme. L4: know how to copy, repeat, create and perform actions that represent the theme. L5: know how to use expression and create actions that relate to the story. L6: know how to use a pathway when travelling.</p> | <p>L3: know how to develop agility and co-ordination. L4: know how to explore hopping, jumping and leaping for distance. L5: know how to develop throwing for distance. L6: know how to develop throwing for accuracy.</p> |
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| <p>Team Building Solve, teamwork, lead, direction, co-operate, instructions, share, listen, safely, travel</p> | <p>Fitness Exercise, heart, lungs, oxygen, mood, healthy, body</p> | <p>Yoga Space, listen, copy, pose, breath, balance, slowly, breathe, stretch</p> | <p>Sending and Receiving Aim, throw, roll, kick, catch, safely, racket</p> | <p>Net and Wall Safely, ready position, partner, score, racket, net, underarm, space, points</p> | <p>Striking and Fielding Throw, points, target, pass, space, score, team, hit, catch, send, batter, bowler, fielder</p> |
| <p>Fundamentals Balance, direction, land, fast, safely, jump, hop</p> | <p>Gymnastics Action, travel, balance, jump, direction, roll, point, shape, speed, fast, slow, level</p> | <p>Invasion Safely, defender, dribbling, pass, attacker, space, points, score, team</p> | <p>Ball Skills Far, aim, safely, throw, send, roll, catch, direction, balance</p> | <p>Dance Counts, action, travel, pose, move, direction, forwards, backwards, speed, fast, slow, level, shape</p> | <p>Athletics Fast, slow, jump, aim, direction, far, bend, improve, hop, safely, travel, balance</p> |

**Year 2
PE**

| ADVENT 1 Children will... | ADVENT 2 Children will... | LENT 1 Children will... | LENT 2 Children will... | PENTECOST 1 Children will... | PENTECOST 2 Children will... |
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| <p>Fundamentals L1: know how to develop balance, stability and landing safely. L2: know how to explore how the body moves differently when running at different speeds. L3: know how to develop changing direction and dodging. L4: know how to develop and explore jumping, hopping and skipping actions. L5: know how to develop co-ordination and combining jumps. L6: know how to develop combination jumping and skipping in an individual rope.</p> <p>Sending and Receiving L1: know how to roll a ball towards a target. L2: know how to track and receive a rolling ball.</p> | <p>Gymnastics L1: know how to perform gymnastic shapes and link them together. L2: know how to use shapes to create balances. L3: know how to link travelling actions and balances using apparatus. L4: know how to demonstrate shapes, take off and landings when performing jumps. L5: know how to develop rolling and sequence building. L6: know how to develop sequence work on apparatus.</p> <p>Ball Skills L1: know how to roll a ball to hit a target. L2: know how to develop co-ordination and stop a rolling ball. L3: know how to develop technique and control when dribbling a ball with your feet.</p> | <p>Target Games L1: know how to develop an understanding of target games and consider how much power to apply when aiming at a target. L2: know how to understand how to score in different target games using overarm throwing. L3: know how to develop understanding of different target games using the skill of kicking. L4: know how to develop striking to a target. L5: know how to develop hitting a moving target. L6: know how to select appropriate skill to play a game.</p> <p>Team Building L1: know how to follow instructions and work with others.</p> | <p>Fitness L1: know how to understand how to run for longer periods of time without stopping. L2: know how to develop co-ordination and timing when jumping in a long rope. L3: know how to develop individual skipping. L4: know how to take part in a circuit to develop stamina and agility. L5: know how to explore exercises that use your own body weight. L6: know how to develop 'ABC,' agility, balance and co-ordination.</p> <p>Invasion L1: know how to understand what being in possession means and support a teammate to do this.</p> | <p>Dance L1: know how to repeat, link and choose actions. L2: know how to create actions and accurately copy other's actions. L3: know how to copy, remember and repeat actions using facial expressions to show different characters. L4: know how to perform unison creating shapes with a partner. L5: know how to mirror a partner and create ideas. L6: know how to copy, repeat and create actions in response to a stimulus.</p> <p>Striking and Fielding L1: know how to track a rolling ball and collect it. L2: know how to develop accuracy in underarm throwing and consistency in catching when fielding a ball. L3: know how to develop accuracy with</p> | <p>Athletics L1: know how to develop the sprinting action. L2: know how to develop jumping for distance. L3: know how to develop technique when jumping for height. L4: know how to develop throwing for distance. L5: know how to develop throwing for accuracy. L6: know how to develop technique when taking part in an athletics carousel.</p> <p>Net and Wall L1: know how to develop racket familiarisation. L2: know how to develop placing an object. L3: know how to use the ready position to defend space on court.</p> |

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| <p>L3: know how to stop, send and receive a ball with your feet. L4: know how to develop throwing and catching skills. L5: know how to develop throwing and catching skills. L6: know how to send and receive a ball using a racket.</p> | <p>L4: know how to develop control and technique when kicking a ball. L5: know how to develop co-ordination and technique when throwing and catching. L6: know how to develop control and co-ordination when dribbling a ball with your hands.</p> | <p>L2: know how to co-operate and communicate in a small group to solve challenges. L3: know how to create a plan with a group to solve the challenges. L4: know how to communicate effectively and develop trust. L5: know how to work as a group to solve problems. L6: know how to work with a group to copy and create a basic map.</p> | <p>L2: know how to use a variety of skills to score a goal. L3: know how to develop stopping goals. L4: know how to learn how to gain possession of the ball. L5: know how to develop an understanding of marking an opponent. L6: know how to learn to apply simple tactics for attacking and defending.</p> | <p>overarm throwing to send a ball over a greater distance and limit a batter's score. L4: know how to develop striking for distance and accuracy. L5: know how to develop decision making to get a batter out. L6: know how to develop decision making when under pressure.</p> | <p>L4: know how to develop returning a ball with hands. L5: know how to develop returning a ball using a racket. L6: know how to move an opponent to win a point.</p> |
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| <p>Fundamentals Jog, speed, skip, sprint, dodge, balance</p> | <p>Gymnastics Action, travel, balance, jump, direction, roll, link, sequence, straddle, pike, tuck, star, level</p> | <p>Target Games Release, accuracy, opposite, strike, target, ahead, select, object, distance</p> | <p>Fitness Speed, distance, sprint, strong, pace, jog, steady, race</p> | <p>Dance Counts, action, travel, shape direction, speed, level, space, balance, timing, mirror, pathway</p> | <p>Athletics Speed, jog, sprint, pace, balance, direction, take off, landing, swing, height, distance, overarm, underarm</p> |
| <p>Sending and Receiving Track, send, accurate, target, control, release, receive</p> | <p>Ball Skills Overarm, distance, dribble, underarm, collect, target</p> | <p>Team Building Solve, support, map, direction, co-operate, successful, share, plan, communicate</p> | <p>Invasion Possession, send, teammate, chest pass, received, goal, dodge, bounce pass</p> | <p>Striking and Fielding Throw, score, place, strike, send. Runs, track, catch, backstop, wicket keeper, batter, bowler, fielder</p> | <p>Net and Wall Receive, opponent, quickly, trap, defend, return, collect, against</p> |

**Year 3
PE**

| ADVENT 1 Children will... | ADVENT 2 Children will... | LENT 1 Children will... | LENT 2 Children will... | PENTECOST 1 Children will... | PENTECOST 2 Children will... |
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| <p>Tag Rugby L1: know how to develop throwing, catching and running with the ball. L2: know how to develop an understanding of tagging rules. L3: know how to begin to use the 'forward pass' and 'offside' rule. L4: know how to dodge a defender and move into space when running towards the goal. L5: know how to develop defending skills and use them in a game situation. L6: know how to apply the rules and skills you have learnt and play in a tag rugby tournament.</p> <p>Gymnastics L1: know how to create interesting point and patch balances. L2: know how to develop stepping into</p> | <p>Football L1: know how to develop controlling the ball and dribbling under pressure. L2: know how to develop passing to a teammate. L3: know how to control the ball with different parts of the body. L4: know how to develop changing direction with the ball using an inside and outside hook. L5: know how to jockey/ track an opponent. L6: know how to apply the rules and tactics you have learnt to play in a football tournament.</p> <p>Dance L1: know how to create actions in response to a stimulus and move in unison with a partner. L2: know how to create actions to move in contact with a partner</p> | <p>Ball Skills L1: know how to develop confidence and accuracy when tracking a ball. L2: know how to develop confidence and accuracy when tracking a ball. L3: know how to explore and develop a variety of throwing techniques. L4: know how to develop catching skills using one and two hands. L5: know how to develop dribbling a ball with hands. L6: know how to use tracking, sending and dribbling skills with feet.</p> <p>Fundamentals L1: know how to develop balancing and understand the importance of this skill. L2: know how to understand how to change speed and demonstrate good</p> | <p>Cricket L1: know how to develop overarm throwing and catching. L2: know how to develop underarm throwing. L3: know how to learn how to grip the bat and develop a batting technique. L4: know how to field a ball using a two handed pick up and a short barrier. L5: know how to develop overarm bowling technique. L6: know how to play and apply skills learnt to mini cricket.</p> <p>Tennis L1: know how to develop racket and ball control. L2: know how to develop returning the ball using a forehand groundstroke. L3: know how to rally using a forehand.</p> | <p>Swimming (Y1/2) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop confidence when entering and moving in the water. L2: know how to safely enter and exit the pool as well as developing confidence in the water. L3: know how to develop confidence when travelling in the water and begin to develop floating. L4: know how to develop confidence to submerge in the water. L5: know how to develop confidence when submerging. L6: know how to develop floating on front and back.</p> <p>Golf L1: know how to explore hitting technique and aiming towards a target.</p> | <p>Swimming (Y3/4) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop an understanding of buoyancy and balance in the water. L2: know how to develop independent movement and submersion. L3: know how to develop gliding and crawl legs. L4: know how to develop front crawl breathing. L5: know how to develop gliding and backstroke. L6: know how to develop rotation, sculling and treading water.</p> <p>Athletics L1: know how to develop the sprinting technique and improve on your personal best.</p> |

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| <p>shape jumps with control.</p> <p>L3: know how to develop the straight, barrel and forward roll.</p> <p>L4: know how to transition smoothly into and out of balances.</p> <p>L5: know how to create a sequence with matching and contrasting actions and shapes.</p> <p>L6: know how to create a partner sequence incorporating equipment.</p> | <p>or interact with a partner.</p> <p>L3: know how dynamics affect the actions performed and select and use actions to represent an idea.</p> <p>L4: know how to work with a partner to choose actions that relate to an idea.</p> <p>L5: know how to remember and repeat actions, using dynamics to clearly show different phrases.</p> <p>L6: know how to choose actions which relate to the idea, using space and timing to make my work look interesting.</p> | <p>technique when running at different speeds.</p> <p>L3: know how to demonstrate a change of speed and direction to outwit others.</p> <p>L4: know how to develop technique and control when jumping hopping and landing.</p> <p>L5: know how to develop skipping in a rope.</p> <p>L6: know how to apply fundamental skills to a variety of challenges.</p> | <p>L4: know how to develop the two handed backhand.</p> <p>L5: know how to learn how to score and develop playing against an opponent.</p> <p>L6: know how to work collaboratively with a partner and compete against others.</p> | <p>L2: know how to explore shot accuracy.</p> <p>L3: know how to explore the technique for putting.</p> <p>L4: know how to explore the technique for chipping.</p> <p>L5: know how to explore the techniques used for a short game.</p> <p>L6: know how to explore the technique for a long game.</p> | <p>L2: know how to develop changeover in relay events.</p> <p>L3: know how to develop jumping technique in a range of approaches and take off positions.</p> <p>L4: know how to develop throwing for distance and accuracy.</p> <p>L5: know how to develop throwing for distance in a pull throw.</p> <p>L6: know how to develop officiating and performing skills.</p> |
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VOCABULARY

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| <p>Tag Rugby</p> <p>Defence, receiver, mark, tag, try, dodge, opponent, possession, offside, opposition, onside, score, outwit</p> | <p>Football</p> <p>Goal keeper, attacker, outside, opponent, communicate, possession, opposition, tracking, inside, dribbling, control, available, defender, tackle</p> | <p>Ball Skills</p> <p>Track, overhead, accurate, bounce, receive, persevere, release, chest, technique, consistency, select, control</p> | <p>Cricket</p> <p>Runs, technique, wicket keeper, strike, retrieve, bowl, fielding, stumped, two-handed pick up, stance, wicket, short barrier, grip, batting</p> | <p>Swimming</p> <p>Safely, enter, rules, front, travel, kicking, exit, back, pulling, breathing, unaided, gliding, floating, splash</p> | <p>Swimming</p> <p>Sculling, crawl, breaststroke, submersion, rotation backstroke, buoyancy, survival, alternate, huddle, stroke, treading water</p> |
| <p>Gymnastics</p> <p>Matching, contrasting, sequence, direction, interesting, flow, explore, control, shape, create</p> | <p>Dance</p> <p>Unison, explore, create, feedback, perform, timing, levels, flow, dynamics, expression, actions</p> | <p>Fundamentals</p> <p>Distance, control, pace, technique, momentum, rhythm, accelerate, co-ordination, tension, decelerate, stability, transfer</p> | <p>Tennis</p> <p>Ready position, racket, track, rally, control, return, opponent, accurately</p> | <p>Golf</p> <p>Rules, putt, drive, club, strike, target, course, distance, least, align, putter, tee, accurately, swing, chipping</p> | <p>Athletics</p> <p>Speed, accurately, power, personal best, determination, further, faster, control, strength, pace</p> |

**Year 4
PE**

| ADVENT 1 Children will... | ADVENT 2 Children will... | LENT 1 Children will... | LENT 2 Children will... | PENTECOST 1 Children will... | PENTECOST 2 Children will... |
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| <p>Netball L1: know how to develop passing and moving and play within the footwork rule. L2: know how to develop passing and moving towards a goal. L3: know how to develop movement skills to lose a defender. L4: know how to defend an opponent and try to win the ball. L5: know how to develop the shooting action. L6: know how to develop playing using netball rules.</p> <p>Gymnastics L1: know how to develop individual and partner balances. L2: know how to develop control in performing and landing rotation jumps. L3: know how to develop straight, barrel,</p> | <p>Dodgeball L1: know how to learn the rules of dodgeball and apply them to a game situation. L2: know how to develop throwing at a moving target. L3: know how to use jumps, dodges and ducks to avoid being hit. L4: know how to develop catching a dodgeball at different heights. L5: know how to block using the ball. L6: know how to understand the rules of dodgeball and use them to play in a tournament.</p> <p>Dance L1: know how to copy and create actions in response to an idea and adapt this using changes of space. L2: know how to choose actions which relate to the theme.</p> | <p>Swimming (Y3/4) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop an understanding of buoyancy and balance in the water. L2: know how to develop independent movement and submersion. L3: know how to develop gliding and crawl legs. L4: know how to develop front crawl breathing. L5: know how to develop gliding and backstroke. L6: know how to develop rotation, sculling and treading water.</p> <p>Fitness L1: know how to develop an awareness of what your body is capable of.</p> | <p>Swimming (Y3/4) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop surface dives, submersion and handstands. L2: know how to develop head above water breaststroke technique. L3: know how to develop head above water breaststroke technique. L4: know how to develop basic skills in water safety and floating. L5: know how to learn techniques for personal survival. L6: know how to develop water safety skills and an understanding of personal survival.</p> <p>Tennis L1: know how to develop hitting the ball using a forehand.</p> | <p>Athletics L1: know how to develop stamina and an understanding of speed and pace in relation to distance. L2: know how to develop power and speed in the sprinting technique. L3: know how to develop technique when jumping for distance. L4: know how to develop power and technique when throwing for distance. L5: know how to develop a pull throw for distance and accuracy. L6: how to develop officiating and performing skills.</p> <p>Yoga L1: know how to explore connecting breath and movement. L2: know how to explore new yoga poses and begin to connect them.</p> | <p>Rounders L1: know how to play different roles in a game and begin to think tactically about each role. L2: know how to develop the bowling action and learn the rules of bowling. L3: know how to run around the outside of the bases and make decisions about when to stop and when to run. L4: know how to field a ball using a two handed pick up and a short barrier. L5: know how to develop batting technique and an understanding of where to hit the ball. L6: know how to apply skills and rules learnt to play rounders.</p> <p>Hockey L1: know how to develop sending the ball with a push pass.</p> |

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| <p>forward and straddle roll.</p> <p>L4: know how to develop straight, barrel, forward and straddle roll.</p> <p>L5: know how to develop strength in inverted movements.</p> <p>L6: know how to create a partner sequence to include apparatus.</p> | <p>L3: know how to understand how dynamics, space and relationships can be used to represent a dance idea.</p> <p>L4: know how to use actions, dynamics, space and relationships to represent a dance idea.</p> <p>L5: know how to remember and repeat actions and create dance ideas in response to a stimulus.</p> <p>L6: know how to use action and reaction when creating ideas with a partner.</p> | <p>L2: know how to develop speed and strength.</p> <p>L3: know how to complete actions to develop co-ordination.</p> <p>L4: know how to complete actions to develop agility.</p> <p>L5: know how to complete actions to develop balance.</p> <p>L6: know how to complete actions to develop stamina.</p> | <p>L2: know how to develop returning the ball using a forehand.</p> <p>L3: know how to develop the backhand and understand when to use it.</p> <p>L4: know how to work co-operatively with a partner to keep a continuous rally going.</p> <p>L5: know how to use simple tactics in a game to outwit an opponent.</p> <p>L6: know how to demonstrate honesty and fair play when competing against others.</p> | <p>L3: know how to explore gratitude when remembering and repeating a yoga flow.</p> <p>L4: know how to develop flexibility and strength in a positive summer flow.</p> <p>L5: know how to develop flexibility in an individual yoga flow.</p> <p>L6: know how to develop confidence and strength in arm balances.</p> | <p>L2: know how to develop receiving the ball.</p> <p>L3: know how to develop dribbling using the reverse stick (Indian dribble).</p> <p>L4: know how to develop moving into space after passing the ball.</p> <p>L5: know how to use an open stick tackle to gain possession.</p> <p>L6: know how to apply defending and attacking principles and skills in a hockey tournament.</p> |
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VOCABULARY

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| <p>Netball</p> <p>Footwork, landing foot, attack, pivot, interception, defence, opponent, rebound, contact, opposition, obstruction, mark, receiver, possession</p> | <p>Dodgeball</p> <p>Throw, catch, possession, opposition, dodge, rules, court, defend, attack, protect, block, caught, communicate</p> | <p>Swimming</p> <p>Sculling, crawl, breaststroke, submersion, rotation backstroke, buoyancy, survival, alternate, huddle, stroke, treading water</p> | <p>Swimming</p> <p>Sculling, crawl, breaststroke, submersion, rotation backstroke, buoyancy, survival, alternate, huddle, stroke, treading water</p> | <p>Athletics</p> <p>Stamina, speed, pace, technique, determination, perseverance, officiate, power, accuracy, personal best, flight</p> | <p>Rounders</p> <p>Strike, batting, bowl, fielding, retrieve, two-handed pick up, stance, stumped, short barrier, technique, backstop, post, rounder</p> |
| <p>Gymnastics</p> <p>Technique, quality, sequence, perform rotation, extension, apparatus, inverted, shape</p> | <p>Dance</p> <p>Space, action, levels, timing, reaction, performance, dynamics, unison, represent, expression</p> | <p>Fitness</p> <p>Fitness, speed, strength, balance, pace, steady, agility, control, progress, co-ordination, muscle, stamina</p> | <p>Tennis</p> <p>Ready position, return, serve, rally, control, opponent, forehand, backhand</p> | <p>Yoga</p> <p>Strength, perform, link, flexibility, mindfulness, try, stable, grounded, relax, control, down dog, technique</p> | <p>Hockey</p> <p>Dribble, receiver, attack, shoot, interception, defence, opponent, trapping the ball, mark, opposition, obstruction, push pass, grip, possession</p> |

**Year 5
PE**

| ADVENT 1 Children will... | ADVENT 2 Children will... | LENT 1 Children will... | LENT 2 Children will... | PENTECOST 1 Children will... | PENTECOST 2 Children will... |
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| <p>Swimming (Y3/4) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop an understanding of buoyancy and balance in the water. L2: know how to develop independent movement and submersion. L3: know how to develop gliding and crawl legs. L4: know how to develop front crawl breathing. L5: know how to develop gliding and backstroke. L6: know how to develop rotation, sculling and treading water.</p> <p>Tag Rugby L1: know how to develop attacking principles, understanding when to run and when to pass.</p> | <p>Swimming (Y5/6) <i>External provider may have a sequence of lessons that they follow.</i> L1: know how to develop gliding, front crawl and backstroke. L2: know how to develop rotation, sculling and treading water. L3: know how to develop front crawl stroke and breathing technique. L4: know how to develop the technique for backstroke arms and legs. L5: know how to develop breaststroke technique. L6: know how to develop breaststroke technique.</p> <p>Football L1: know how to dribble the ball under pressure. L2: know how to pass the ball accurately to help to maintain possession.</p> | <p>Swimming Children who have not yet achieved the required standard in swimming to continue attending swimming lessons at their appropriate level.</p> <p>Gymnastics L1: know how to perform symmetrical and asymmetrical balances. L2: know how to develop the straight, forward, straddle and backward roll. L3: know how to explore different methods of travelling, linking actions in canon and synchronisation. L4: know how to perform progressions of inverted movements. L5: know how to explore matching and mirroring using actions (floor and apparatus). L6: know how to create a partner sequence using apparatus.</p> <p>Handball L1: know how to develop a variety of</p> | <p>Swimming Children who have not yet achieved the required standard in swimming to continue attending swimming lessons at their appropriate level.</p> <p>Tennis L1: know how to develop returning the ball using a forehand groundstroke. L2: know how to develop returning the ball using a backhand groundstroke. L3: know how to work cooperatively with a partner to keep a continuous rally. L4: know how to develop the underarm serve and understand the rules of serving. L5: know how to develop the volley and understand when to use it. L6: know how to use a variety of strokes to outwit an opponent.</p> <p>Dodgeball L1: know how to recap on the rules of</p> | <p>Badminton L1: know how to develop footwork and the forehand and backhand grip. L2: know how to develop the backhand serve over a net and develop rallying using an overhead forehand clear. L3: know how to develop the forehand serve over a net. L4: know how to learn how to score points and play in competitive games. L5: know how to develop the backhand clear and apply this to game situations. L6: know how to show respect, honesty and fair play when competing against an opponent.</p> <p>Dance L1: know how to create using a random structure and perform</p> | <p>Rounders L1: know how to develop the bowling action and understand the role of the bowler. L2: know how to develop batting technique. L3: know how to make decisions about where and when to send the ball to stump a batter out. L4: know how to develop a variety of fielding techniques and when to use them in a game. L5: know how to develop long and short barriers in fielding an understand when to use them. L6: know how to apply the rules and skills you have learnt to play in a rounders tournament.</p> <p>Athletics L1: know how to apply different speeds over varying distances.</p> |

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| <p>L2: know how to use the 'forward pass' and 'offside' rules.</p> <p>L3: know how to play games using tagging rules.</p> <p>L4: know how to develop dodging skills to lose a defender.</p> <p>L5: know how to develop drawing defence and understanding when to pass.</p> <p>L6: know how to apply the rules and tactics you have learnt to play in a tag rugby tournament.</p> | <p>L3: know how to use different turns to keep the ball away from defenders.</p> <p>L4: know how to develop defending skills to gain possession.</p> <p>L5: know how to develop goalkeeping skills to stop the opposition from scoring.</p> <p>L6: know how to apply the rules and tactics you have learnt to play in a football tournament.</p> | <p>passes and know when to use each to help to maintain possession.</p> <p>L2: know how to use stepping, dribbling and passing skills to create space, move towards goal and away from defenders.</p> <p>L3: know how to use defending skills to stop an opponent from scoring.</p> <p>L4: know how to select and apply the appropriate skill to score goals.</p> <p>L5: know how to use defensive skills to gain possession.</p> <p>L6: know how to maintain possession under pressure.</p> | <p>dodgeball and apply them to a game.</p> <p>L2: know how to develop throwing at a moving target.</p> <p>L3: know how to use jumps, dodges and ducks to avoid being hit.</p> <p>L4: know how to develop catching to get an opponent out.</p> <p>L5: know how to select and apply tactics in the game.</p> <p>L6: know how to develop officiating skills and referee a dodgeball game.</p> | <p>the actions showing quality and control.</p> <p>L2: know how changing the dynamics of an action changes the appearance of the performance.</p> <p>L3: know how to use relationships and space to change how a performance looks.</p> <p>L4: know how to work with a group to create poses and link them together (transitions).</p> <p>L5: know how to use choreographing devices when working as a group.</p> <p>L6: know how to copy and repeat movements in the style of Rock 'n' Roll.</p> | <p>L2: know how to develop fluency and co-ordination when running for speed.</p> <p>L3: know how to develop technique in relay changeovers.</p> <p>L4: know how to develop technique and co-ordination in the triple jump.</p> <p>L5: know how to develop throwing with force for longer distances.</p> <p>L6: know how to develop throwing with greater control and technique.</p> |
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VOCABULARY

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| <p>Swimming</p> <p>Sculling, crawl, breaststroke, submersion, rotation backstroke, buoyancy, survival, alternate, huddle, stroke, treading water</p> | <p>Swimming</p> <p>Personal best, exhale surface, inhale, endurance, propel, continuous, streamline, retrieve</p> | <p>Gymnastics</p> <p>Symmetrical, asymmetrical, extension, rotation, synchronisation, canon, inverted, progression, aesthetics</p> | <p>Tennis</p> <p>Ready position, return, serve, outwit, control, opponent, forehand, backhand, volley, co-operatively, continuously</p> | <p>Badminton</p> <p>Backhand, control, ready position, forehand, co-operatively, outwit, rally, return, serve, ready position, defensive, attacking, opponent, attacking, continuously</p> | <p>Rounders</p> <p>Strike, pressure, outwit, fielding, batting, backing up, co-operatively, retrieve, consecutive, consistently, overtake, obstruction</p> |
| <p>Tag Rugby</p> <p>Defence, onside offside, opponent, possession, attack, formation, dictate, shut down, pressure, receiver, turnover, support</p> | <p>Football</p> <p>Control, tactics, opponent, intercepting, possession, tracking, consistently, conceding, outwit, pressure, foul, touch, possession, outwit</p> | <p>Handball</p> <p>Pressure, delay, control, tactics, support, release, angle, reaction, principle, inclusion, create, close down, transfer</p> | <p>Dodgeball</p> <p>Pressure, tactics, opponent, officiate, referee, fair play, consistently, outwit, sportsmanship, support, tournament, co-operatively</p> | <p>Dance</p> <p>Levels, actions, formation, timing, relationship, performance, expression, unison, posture, dynamics, canon</p> | <p>Athletics</p> <p>Technique, compete, continuous pace, flight, determination, personal best, momentum, stride, downsweep, upsweep, officiate, rhythm</p> |

**Year 6
PE**

| ADVENT 1 Children will... | ADVENT 2 Children will... | LENT 1 Children will... | LENT 2 Children will... | PENTECOST 1 Children will... | PENTECOST 2 Children will... |
|--|---|---|--|--|--|
| <p>Swimming Children who have not yet achieved the required standard in swimming to continue attending swimming lessons at their appropriate level.</p> <p>Netball L1: know how to develop passing and moving. L2: know how to use the attacking principle of creating and using space. L3: know how to change direction and lose a defender. L4: know how to defend ball side and know when to go for interceptions. L5: know how to develop the shooting action. L6: know how to use and apply skills and tactics to small-sided games.</p> <p>Dance L1: know how to copy and repeat a set dance phrase showing</p> | <p>Swimming Children who have not yet achieved the required standard in swimming to continue attending swimming lessons at their appropriate level.</p> <p>OAA L1: know how to build communication and trust whilst showing an awareness of safety. L2: know how to work as a team to solve problems, sharing ideas and collaborating with one another. L3: know how to develop tactical planning and problem solving. L4: know how to share ideas and work as a team to solve problems. L5: know how to develop navigational skills and map reading. L6: know how to use a key to identify objects and locations.</p> <p>Gymnastics L1: know how to develop the straddle,</p> | <p>Swimming Children who have not yet achieved the required standard in swimming to continue attending swimming lessons at their appropriate level.</p> <p>Volleyball L1: know how to develop the fast catch volley. L2: know how to volley the ball using a set shot. L3: know how to develop the dig and understand when to use it. L4: know how to keep a continuous rally going over the net. L5: know how to develop the underarm serve and learn the rules of serving. L6: know how to apply the rules, skills and tactics learnt to play in a volleyball tournament.</p> <p>Fitness L1: know how to develop an awareness of what your body is capable of.</p> | <p>Swimming Children who have not yet achieved the required standard in swimming to continue attending swimming lessons at their appropriate level.</p> <p>Hockey L1: know how to develop dribbling to beat a defender. L2: know how to develop sending the ball using a push pass. L3: know how to develop receiving the ball with control. L4: know how to move into space to support a teammate. L5: know how to develop using an open stick (block) tackle and jab tackle to gain possession of the ball. L6: know how to apply the rules and skills you have learnt to play in a hockey tournament.</p> <p>Yoga L1: know how to develop an understanding of yoga and develop flexibility</p> | <p>Athletics L1: know how to work collaboratively with a partner to set a steady pace. L2: know how to develop your own and others sprinting technique. L3: know how to develop power, control and technique for triple jump. L4: know how to develop power, control and technique when throwing for distance. L5: know how to develop throwing with force and accuracy for longer distances. L6: know how to work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p> <p>Golf L1: know how to develop putting technique and accuracy.</p> | <p>Tennis L1: know how to develop the forehand groundstroke. L2: know how to return the ball using a backhand groundstroke. L3: know how to develop the volley and understand when to use it. L4: know how to develop the volley and use it in a game situation. L5: know how to develop accuracy of the underarm serve and learn to use the official scoring system. L6: know how to work co-operatively with a partner and employ tactics to outwit an opponent.</p> <p>Cricket L1: know how to develop throwing accuracy and catching skills.</p> |

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| <p>confidence in movements. L2: know how to work collaboratively with a partner to explore and develop the dance idea. L3: know how to use changes in level and speed when choreographing. L4: know how to copy and create actions using a prop as a dance stimulus. L5: know how to use choreographing devices to improve how the performance looks. L6: know how to select actions and dynamics to convey different characters.</p> | <p>forward and backward roll. L2: know how to develop counter balance and counter tension. L3: know how to perform inverted movements with control. L4: know how to perform the progressions of a headstand and a cartwheel. L5: know how to use flight from hands to travel over apparatus. L6: know how to create a group sequence using formations and apparatus.</p> | <p>L2: know how to develop speed and stamina. L3: know how to develop strength using my own body weight. L4: know how to develop co-ordination through skipping. L5: know how to perform actions that develop agility. L6: know how to develop control whilst balancing.</p> | <p>through the sun salutation flow. L2: know how to develop strength through yoga flows. L3: know how to create your own flow showing quality in control, balance and technique. L4: know how to develop balance through yoga flows. L5: know how to work collaboratively to create a controlled paired yoga flow. L6: know how to create your own yoga flow that challenges technique, balance and control.</p> | <p>L2: know how to develop the technique for chipping. L3: know how to develop technique for a short game. L4: know how to develop the technique for a long game. L5: know how to select the appropriate shot for the situation. L6: know how to design a course and select the appropriate shot for the situation.</p> | <p>L2: know how to develop batting accuracy and directional batting. L3: know how to develop catching (close/ deep catching and wicket keeping). L4: know how to develop overarm bowling technique and accuracy. L5: know how to develop a variety of fielding techniques and to use them within a game. L6: know how to develop long and short barriers and apply them to a game situation.</p> |
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VOCABULARY

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|---|--|---|---|--|--|
| <p>Netball Rebound, possession, attack, contact, obstruction, defend, contest, conceding, interception, consecutive, consistently, turnover</p> | <p>OAA Tactical, orienteering, leader, control card, navigation, orientate, critical thinking, location, strategy, co-operatively, symbol, boundaries</p> | <p>Volleyball Control, serve, consistently, return, dig, volley, co-operatively, defensive, opponent, deep, ready position, attack</p> | <p>Hockey Obstruction, conceding, block tackle, trapping the ball, possession, attack, support, interception, job tackle, consistently, bully off, defence</p> | <p>Athletics Technique, control, force, continuous pace, trajectory, stride, momentum, officiate, flight, compete, rotation, transfer of weight</p> | <p>Tennis Ready position, return, serve, outwit, control, opponent, forehand, backhand, volley, co-operatively, continuously</p> |
| <p>Dance Levels, actions, formation, timing, phrase, performance, expression, unison, posture, dynamics, canon, choreograph, contrast, structure</p> | <p>Gymnastics Momentum, counter balance, aesthetics, formation, synchronisation, stability, inverted, progression, counter tension</p> | <p>Fitness Agility, technique, speed, balance, control, power, generate force, strength, analyse, continuous, stamina, measure, co-ordination, component, record</p> | <p>Yoga Quality, notice, calm, develop, high lunge, fluidity, salutation, transition, practice, collaboratively, connected, aware</p> | <p>Golf Par, putt, drive, chipping, strike, hole, swing, power, consistently, align, bunker, accurately, swing, hazard</p> | <p>Cricket Strike, batting, wicket keeper, fielding, wicket, tracking, consistently, tracking, retrieve, support, obstruction</p> |