

## Physical Education – National Curriculum Outcomes Document (Reception included).

PE - National Curriculum Outcomes	Reception <small>(Early Learning Goals linked)</small>	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Catching and throwing</b>	<p><b>Dodgeball</b> – Give myself space so I'm not crowded when trying to catch a dodgeball.</p> <p><b>Dodgeball</b> – Use hand-eye-coordination to help me catch a ball.</p> <p><b>Dodgeball</b> – Use my strength to throw the ball forwards.</p> <p><b>Cricket</b> – Bowl a ball underarm.</p> <p><b>Cricket</b> – I can try different ways of throwing the ball.</p>	<p><b>Cricket</b> - Look at where you want to roll the ball and bend your knees as you do so.</p> <p><b>Cricket</b> - Catch by using two hands and watching the ball all the way into your palms.</p> <p><b>Cricket</b> - Throw by letting go of the ball when your arm is in front of you (45 degrees from legs).</p> <p><b>Cricket</b> - Bowl underarm or overarm by looking at what you're aiming at before letting go of the ball.</p> <p><b>Cricket</b> - Use your hands but also your legs to stop a cricket ball from going passed you.</p> <p><b>Tag-rugby</b> - Without Spinning the ball, look at where you want to throw the ball before launching it.</p> <p><b>Dodgeball</b> - Use your hands and chest to help you catch a ball.</p> <p><b>Dodgeball</b> - Look at where you want to throw the ball before launching it.</p> <p><b>Athletics</b> - Use your shoulders, arms, hands and legs to help with throwing different objects.</p>	<p><b>Handball</b> - Watch the ball all the way into your hands and then bring the ball into your chest.</p> <p><b>Handball</b> - Use two hands for most of your passes.</p> <p><b>Handball</b> - Use one arm to throw the ball at the goal.</p> <p><b>Handball</b> - Take off with one foot while throwing with the opposite hand (take off with the left foot and throw with the right hand).</p> <p><b>Tennis and Rounders</b> - Use two hands always when catching a ball and use your stronger hand when throwing underarm.</p> <p><b>Rounders</b> - Use your fingers, your hands, your arms and your legs to help you bowl a ball.</p> <p><b>TIG</b> - Use different types of throw to get the ball to your teammates in the hoops.</p> <p><b>Netball</b> - Make sure that you use two hands at all times when doing a chest or bounce pass</p>	<p><b>Cricket</b> - Use both hands and other parts of my body to make sure that balls don't go past me.</p> <p><b>Cricket</b> - Use underarm and overarm techniques to bowl the ball so it bounces no more than once before hitting the stumps.</p> <p><b>Cricket</b> - Pick up balls and throw while I'm on the run.</p> <p><b>Tag-rugby</b> - Pass the ball to a partner without the ball moving around too much in the air.</p> <p><b>Dodgeball</b> - Use an aiming arm to help me throw the ball to where I want.</p> <p><b>Dodgeball</b> - Make sure that my eyes and hands work together to catch a ball and avoid making mistakes like dropping.</p> <p><b>Athletics</b> - Hold the discus in the flat of my hand. My fingers should slightly grip one end of the discus too.</p>	<p><b>Handball</b> - Put my non-throwing arm out in front of me to help me aim my throw.</p> <p><b>Handball</b> - Look at where I'm shooting before releasing the ball.</p> <p><b>Handball</b> - Hold my hands up or in front of me when I'm ready to receive a pass.</p> <p><b>Rounders</b> - Use the bunny ears grip (middle finger and index finger).</p> <p><b>TIG</b> - Change my throw type depending on where the defenders are.</p> <p><b>Netball</b> - Use the chest, bounce and shoulder pass through continual practising.</p>	<p><b>Cricket</b> - Use underarm and overarm throwing techniques for different situations.</p> <p><b>Cricket</b> - Use the overarm technique making sure that I grip the ball using the 'two finger and thumb' approach.</p> <p><b>Cricket</b> - Catch one handed when appropriate to then throw quickly to another fielder, the wicket keeper or the bowler.</p> <p><b>Tag - Rugby</b> - Quickly pass the ball by doing pop passes to teammates that are close to me.</p> <p><b>Dodgeball</b> - Use my wrist to help me release the ball at a quicker speed.</p> <p><b>Dodgeball</b> - Catch the ball in different ways to help me with my next throw.</p> <p><b>Athletics</b> - Make sure that I keep my arms wide and that my body twists as I wind up to throw the discus.</p>	<p><b>Handball</b> - Use the overhead, the bounce and the flick pass.</p> <p><b>Handball</b> - Use the 'W' hand formation and body when trying to catch the ball.</p> <p><b>Rounders</b> - Use the safety bowl and the donkey drop as two of my bowling variations at the very least.</p> <p><b>TIG</b> - Flick my wrist as I release the ball from my hand for added pace.</p> <p><b>Netball</b> - Catch the ball while in different types of motion including being in mid-air.</p>

<p><b>Running and jumping</b></p>	<p><b>Dodgeball</b> – Run and jump to avoid a dodgeball.</p> <p><b>Dodgeball</b> – Control my running so I don't get too tired for my team.</p> <p><b>Hockey</b> – Run and walk at different speeds to keep myself in space.</p> <p><b>TIG</b> – Move my legs faster when I want to avoid a defender.</p>	<p><b>Tag-rugby</b> – Run forwards and into space to try and score a try.</p> <p><b>Athletics</b> - Make sure that your arms and your legs work together to help you run.</p> <p><b>Athletics</b> - Use a lead leg and a trail leg when jumping over a hurdle.</p> <p><b>Athletics</b> - Jump by taking off on one foot and driving forward using your arms and legs.</p> <p><b>Athletics</b> - Run as fast as you can before handing over the baton.</p> <p><b>Gymnastics</b> - Use a balance, a travelling action, a jump and a roll in my sequence.</p> <p><b>Gymnastics</b> - Use my legs and arms to help me elevate myself.</p> <p><b>Gymnastics</b> - Try more than one jump technique in one go.</p>	<p><b>Netball</b> - Run into space and then watch the ball all the way into your hands when passed to you.</p> <p><b>Netball</b> - Feint to send the defender a different way to where you're actually going.</p> <p><b>Handball</b> - Take off with one foot while throwing with the opposite hand (take off with the left foot and throw with the right hand).</p> <p><b>TIG</b> - Time your runs so you stand the best chance of avoiding the defenders when attacking.</p> <p><b>TIG</b> - Dodge defenders by side stepping while still running forward.</p>	<p><b>Tag Rugby</b> – Attempt to Side-step an opponent</p> <p><b>Athletics</b> - Keep my head and shoulders low when I start to sprint. I then rise in my body position as I get towards my top speed.</p> <p><b>Athletics</b> - Pump my feet quickly between hurdles.</p> <p><b>Athletics</b> - Control my running speed so I don't go off to fast and that I run at a speed that I can maintain.</p> <p><b>Athletics</b> - Make sure that my palm is always open when receiving the baton.</p> <p><b>Gymnastics</b> - Take off from one foot and land on the other.</p> <p><b>Gymnastics</b> - Explore the 'bunny hop' along and over a bench.</p> <p><b>Gymnastics</b> - With my partner, I can develop the quarter turn when jumping from the floor and then the bench.</p>	<p><b>Netball</b> - Run into empty space on the netball court before receiving the ball into my two hands.</p> <p><b>Netball</b> - Change direction frequently to ensure I'm not easy to mark.</p> <p><b>Tennis</b> - Move around the court with controlled, small steps to get myself into position ready to hit the ball.</p> <p><b>TIG</b> - Use the side step to evade people trying to tag me.</p> <p><b>Rounders</b> - Run at a steady pace to ensure I don't run out of energy.</p>	<p><b>Tag-Rugby</b> - Time my run so that I'm running onto the ball when it's passed just in front of me.</p> <p><b>Tag rugby</b> - Try the Goose Step to try and get passed a defender.</p> <p><b>Football</b> - Run to different places in the box to create different opportunities of scoring.</p> <p><b>Athletics</b> - Control my running pace as the distance I'm sprinting increases.</p> <p><b>Athletics</b> - Take off on a foot that I'm comfortable with.</p>	<p><b>Netball</b> - Side step and do sudden stops.</p> <p><b>Hockey</b> - Move in different directions when with and without the ball.</p> <p><b>Handball</b> - Change the pace of my running depending on what's needed on the court.</p> <p><b>TIG</b> - Use fast, small steps to accelerate away from defenders when the time is right.</p> <p><b>TIG</b> - Jump and then catch balls that are travelling towards an opposition player in the hoops.</p> <p><b>Rounders</b> - Make sure that I sprint to a base before the bowler gets the ball back.</p> <p><b>Gymnastics</b> - Jump along, over and off apparatus with control in the air and when landing.</p> <p><b>Gymnastics</b> - Travel with a partner in varying ways at different speeds.</p> <p><b>Gymnastics</b> - Make symmetrical and asymmetrical shapes when jumping into the air.</p>
<p><b>Movement control: balance, agility, coordination, flexibility, strength and technique</b></p>	<p><b>Dance</b> – Try to move my arms and legs at the same time.</p> <p><b>Dance</b> – Be balanced when doing my dance moves.</p> <p><b>Dodgeball</b> – Try really hard with my balance when running around.</p> <p><b>Football</b> – Try to use the inside and maybe even the outside of my foot.</p> <p><b>Football</b> – Use the drag back and the toe tap.</p> <p><b>Football</b> – Use strength in my leg and foot when I pass the ball.</p>	<p><b>Dance</b> - Use lots of different body parts that move at the same time.</p> <p><b>Dance</b> - Move both of your arms in the same way at the same time.</p> <p><b>Dodgeball</b> - Block an incoming ball with another ball that you're holding in your hand.</p> <p><b>Dodgeball</b> - Move in different ways using different parts of your body.</p> <p><b>Tag-Rugby</b> - Grab another person's tag when it's inside your open hand.</p> <p><b>Cricket</b> - Throw by letting go of the ball when your arm is in</p>	<p><b>Netball</b> - Feint to send the defender a different way to where you're actually going.</p> <p><b>Netball</b> - Make sure that your hands, arms and trunk work together to shoot accurately.</p> <p><b>Hockey</b> - Make sure that you hold the hockey stick correctly and that you look at where you want the ball to go before doing a pass.</p> <p><b>Handball</b> - Bounce the ball with your hand making sure that you absorb the movement of the ball as you do so.</p> <p><b>TIG</b> - Tag attackers by keeping your eyes on their tags before grabbing them.</p>	<p><b>Dance</b> - Move my body in clear straight lines at a slow, careful speed.</p> <p><b>Dance</b> - Move both my arms at the same time and both of my legs at the same time.</p> <p><b>Dance</b> - Balance as I move with dance partners in different directions.</p> <p><b>Dodgeball</b> - Make sure that my eyes and hands work together to catch a ball and avoid making mistakes like dropping.</p> <p><b>Tag-Rugby</b> - Take another person's tag using my whole hand and shouting tag as I do so.</p>	<p><b>Hockey</b> - Keep my left hand at the top and my right hand below the grip (swap if the child is left handed).</p> <p><b>Handball</b> - Put my non-throwing arm out in front of me to help me aim my throw.</p> <p><b>Tennis</b> - Work on the balance and speed of my body while attempting a racquet shot.</p> <p><b>Tennis</b> - Stand side-on before swinging through and hitting the ball with my backhand shot.</p> <p><b>Tennis</b> - Use my hand-eye coordination to help me return the ball.</p>	<p><b>Football</b> - Use the inside and outside of my feet when dribbling and I can also use this to change direction quickly.</p> <p><b>Dance</b> - Use a variety of body parts to create symmetric dance moves with my partner.</p> <p><b>Dance</b> - Use control in my movements that relate to the music.</p> <p><b>Dance</b> - Curve different parts of my body at the same time as I move to the music.</p> <p><b>Dodgeball</b> - Block a ball whilst shifting side to side and back and forth on the tips of my toes in case I need to dodge instead of block.</p>	<p><b>Netball</b> - Make sure that when I pivot, one of my feet stays rooted to the floor.</p> <p><b>Netball</b> - Catch the ball while in different types of motion including being in mid-air.</p> <p><b>Netball</b> - Bend my legs and push through the ball to generate more power.</p> <p><b>Handball</b> - Use the overhead, the bounce and the flick pass.</p> <p><b>Handball</b> - Use the 'W' hand formation and body when trying to catch the ball.</p> <p><b>Tennis</b> - Use all three shot techniques including the volley.</p>

	<p><b>Hockey</b> – Make sure that I grip the stick with two hands.</p> <p><b>Hockey</b> – Move while keeping the ball close to my stick.</p> <p><b>Cricket</b> – Move into the path of the ball before trying to stop it.</p>	<p>Front of you (45 degrees from legs).</p> <p><b>Cricket</b> - Place your hands on the bat in the right places and watch the ball all the way to the bat before hitting it.</p> <p><b>Athletics</b> - Use a lead leg and a trail leg when jumping over a hurdle.</p> <p><b>Gymnastics</b> - Make sure that my fingers point in the same way as my toes when I'm holding different balances.</p> <p><b>Gymnastics</b> - When travelling using my hands, make sure that I place my hands flat on the floor and fully extend my arms.</p> <p><b>Gymnastics</b> - Hold a variety of my balances for 5 seconds.</p>	<p><b>TIG</b> - Block using your four limbs while keeping your eyes on all incoming balls.</p> <p><b>Rounders</b> - Work on your hand-eye coordination to help you strike a ball cleanly.</p>	<p><b>Cricket</b> - Use underarm and overarm techniques to bowl the ball so it bounces no more than once before hitting the stumps.</p> <p><b>Gymnastics</b> - Balance using different points - eg 2 hands and 1 foot; head and 2 hands in a tucked headstand.</p> <p><b>Gymnastics</b> - Move in and out of a balance with a partner fluently.</p> <p><b>Gymnastics</b> - Link 3 different balances with 3 different ways of travelling.</p>	<p><b>TIG</b> - Strike the ball with pace using the laces of my shoe.</p> <p><b>TIG</b> - Dodge balls using different flexible movements.</p>	<p><b>Tag-Rugby</b> - Try the Goose Step to try and get passed a defender.</p> <p><b>Cricket</b> - Use the overarm technique making sure that I grip the ball using the 'two finger and thumb' approach.</p> <p><b>Cricket</b> - Catch one handed when appropriate to then throw quickly to another fielder, the wicket keeper or the bowler.</p>	<p><b>TIG</b> - Dodge balls using controlled and balanced movement such as jumping, ducking and leaning backwards.</p> <p><b>TIG</b> - Be flexible when leaning away from a defender and I can show balance when changing direction quickly.</p> <p><b>Rounders</b> - Angle my bat in the direction that I want the ball to go.</p> <p><b>Gymnastics</b> - Perform the backward roll carefully and accurately.</p> <p><b>Gymnastics</b> - When performing my rolls to a partner or class, I will make sure that I do only controlled and careful movements.</p>
<p><b>Playing competitive games where attacking and defending are used</b></p>	<p><b>Dodgeball</b> - Try to move a ball that I'm holding so it's in the way of a ball moving towards me.</p> <p><b>Football</b> – Try to kick the ball along the ground towards the goal.</p> <p><b>Hockey</b> – Once you stop dribbling, try to push the ball into the goal.</p> <p><b>Cricket</b> – Run with the ball before bowling it.</p> <p><b>Cricket</b> – Try to use the 'Long Barrier'.</p> <p><b>Cricket</b> – Use the bat and help with the fielding.</p>	<p><b>Football</b> - Tackle another player by placing your foot in the way of the ball.</p> <p><b>Football</b> - Help a partner score a goal by passing to them.</p> <p><b>Football</b> - Work with other defenders to make it hard for an attacker to get passed.</p> <p><b>Dodgeball</b> - Keep sight of your opponent at all times.</p> <p><b>Dodgeball</b> - Block an incoming ball with another ball that you're holding in your hand.</p> <p><b>Tag-Rugby</b> - Run forwards and into space to try and score a try.</p> <p><b>Tag-Rugby</b> - Grab another person's tag when it's inside your open hand.</p>	<p><b>Netball</b> - Close down the space of the person receiving the ball while moving your hands in directions that will block their pass.</p> <p><b>Hockey</b> - Watch and follow an attacker before going into a tackle.</p> <p><b>Handball</b> - Use one arm to throw the ball at the goal.</p> <p><b>TIG</b> - Time your runs so you stand the best chance of avoiding the defenders when attacking.</p> <p><b>TIG</b> - Make sure that you attack, defend and build to help your team.</p> <p><b>TIG</b> - Dodge defenders by side stepping while still running forward.</p>	<p><b>Football</b> - Press an attacker when I'm closest to the ball.</p> <p><b>Football</b> - Try to use the pressing and covering techniques when defending in a team.</p> <p><b>Dodgeball</b> - Throw the ball from areas that are close the half way line to make attacking more straight forward.</p> <p><b>Tag-Rugby</b> - Cover a team mate who's trying to make a tag in case they don't make the tackle.</p> <p><b>Cricket</b> - Try out all four of the positions in cricket: wicket keeper, bowler, batter and fielder.</p> <p><b>Cricket</b> - Aim at the base of the stumps to make it harder for the batter to hit the ball.</p> <p><b>Cricket</b> - Block the ball with my bat if I feel that the bowl is very good and that trying to hit the ball hard would be a mistake.</p>	<p><b>Netball</b> - Swap back to attack or defensive work at quick notice.</p> <p><b>Netball</b> - Watch where the defenders are moving to ensure I'm keeping away from them.</p> <p><b>Netball</b> - Feint my movement to lose defenders who might try to get the ball being passed to me.</p> <p><b>Hockey</b> - Sometimes turn my back to the defender to protect the ball.</p> <p><b>Hockey</b> - Use the side lines to spread the defence and give myself and teammates space to attack in.</p> <p><b>Hockey</b> - Be ready to counter attack as soon as we've tackled the opposition</p> <p><b>TIG</b> - Change my throw type depending on where the defenders are.</p>	<p><b>Football</b> - Cover the pressing defender in case the attacker gets passed them.</p> <p><b>Football</b> - Work with my defending players by moving together and working as a defensive unit</p> <p><b>Dodgeball</b> - Defend and attack at the same time by dodging and being ready to throw continually.</p> <p><b>Dodgeball</b> - Work with teammates to protect other members of our team when needed.</p> <p><b>Tag – Rugby</b> - Tag my opponents using different hands depending on which side of me they are running.</p> <p><b>Tag-Rugby</b> - Shout for support when needed in defence and attack.</p>	<p><b>Netball</b> - Make sure that I keep moving throughout a match so I can be used in both attack and defence.</p> <p><b>Netball</b> - Counter attack a team by intercepting passes and looking for my team mates quickly so that we can attack.</p> <p><b>Hockey</b> - Call for support if our defence is out numbered.</p> <p><b>Handball</b> - Mark attacking players who are in space .</p> <p><b>Handball</b> - Make my body as tall and as wide as possible to reduce the space that the attacker has to aim at.</p> <p><b>Handball</b> - Watch where the opposition appears to be throwing to and then try to intercept the pass before it gets to the other opposition player.</p>

		<p><b>Cricket</b> - Use your hands but also your legs to stop a cricket ball from going passed you.</p> <p><b>Cricket</b> - Bowl underarm by looking at what you're aiming at before letting go of the ball.</p>	<p><b>TIG</b> - Tag attackers by keeping your eyes on their tags before grabbing them.</p> <p><b>TIG</b> - Block using your four limbs while keeping your eyes on all incoming balls.</p> <p><b>Rounders</b> - Block and catch balls when fielding.</p>		<p><b>TIG</b> - Mark an individual opponent when defending my base.</p> <p><b>Rounders</b> - Keep an eye on the fielders getting my ball so I know how long I have to get to a base/all the way around</p>	<p><b>Tag-Rugby</b> - Miss out a player when passing on occasion to fool the defence.</p>	<p><b>Tennis</b> - Look at where I want the ball to go before hitting it with a forehand shot.</p> <p><b>TIG</b> - Make helpful suggestions if my team doesn't have enough defenders or attackers.</p>
<p><b>Teamwork, tactics and reflection of performance</b></p>	<p><b>Dodgeball</b> – Change direction quickly to avoid the balls.</p> <p><b>Dodgeball</b> – Try other ways to block if your first try doesn't work very well.</p> <p><b>Football</b> – Change how you stop the ball if it's not working.</p> <p><b>Hockey</b> – Hit the middle of the ball with your hockey stick for better control.</p> <p><b>Hockey</b> – Stop and change direction if you are going to bump into someone or something.</p> <p><b>Dance</b> - Try some of the trickier dance moves and keep trying until they get a little easier.</p>	<p><b>Football</b> - Work with other defenders to make it hard for an attacker to get passed.</p> <p><b>Dodgeball</b> - Suggest that your team spreads out to make it more difficult for the team throwing balls at you.</p> <p><b>Dodgeball</b> - Talk to your team mates about not bunching up and making sure that you're spread out.</p> <p><b>Dodgeball</b> - Discuss tactics and ideas with your teammates.</p> <p><b>Dodgeball</b> - Think about what you're going to do as soon as the ball touches your hands.</p> <p><b>Tag-Rugby</b> - Talk to your team to help you work well together.</p> <p><b>Tag-Rugby</b> - Make sure that your comments to your teammates help and don't harm.</p> <p><b>Cricket</b> - Ask a friend to give you tips on how you can improve with rolling a ball.</p> <p><b>Cricket</b> - Work with other fielders to make sure that you are spread out.</p> <p><b>Athletics</b> - Tell other people about how controlling your</p>	<p><b>Netball</b> - Call to your team mates to tell them where you're going so you don't end up going to the same place.</p> <p><b>Netball</b> - Give your partner tips on how to improve their shooting technique. You also take their suggestions on board.</p> <p><b>Hockey</b> - Ask other children and the coach to check that you're holding the stick correctly.</p> <p><b>Hockey</b> - Suggest to your team that you spread out to give the attacking team less options for passing.</p> <p><b>Handball</b> - Let your partner know when you're ready to receive a pass.</p> <p><b>Tennis</b> - Make the distance between you and a partner larger if you're catching is going well.</p> <p><b>TIG</b> - Use body language to show teammates when you're ready to throw or catch the ball.</p> <p><b>TIG</b> - Speak to your teammates to make sure that you're not bunched up and that you're covering as many targets as possible both in attack and defence.</p>	<p><b>Football</b> - Try to use the pressing and covering techniques when defending in a team.</p> <p><b>Football</b> - Keep changing my passing type depending on the game situation in front of me.</p> <p><b>Dodgeball</b> - Show good sportsmanship when hit by a ball by admitting that I've been hit.</p> <p><b>Tag – Rugby</b> - Be in a V formation when supporting one of our players with the ball.</p> <p><b>Tag-Rugby</b> - Call for the ball if I'm in a good position to receive the pass from a team mate.</p> <p><b>Tag – Rugby</b> - Make sure that I don't pass the ball until I'm tackled - this will then take a defender out of the game for a few seconds.</p> <p><b>Cricket</b> - Use placed shots and slog shots depending on the ball that has been bowled to me.</p> <p><b>Cricket</b> - Back up a fielder by placing myself behind them in case they let the ball go passed them.</p> <p><b>Athletics</b> - Use the runners around me to give me a good idea of whether my speed is</p>	<p><b>Netball</b> - Wait for my partner's hands to be out stretched so I know they're ready to receive my pass.</p> <p><b>Netball</b> - Watch where the defenders are moving to ensure I'm keeping away from them.</p> <p><b>Netball</b> - Involve my team mates throughout a match by passing and receiving the ball.</p> <p><b>Hockey</b> - Sometimes turn my back to the defender to protect the ball.</p> <p><b>Handball</b> - Follow the ball being passed between the attackers with my eyes and hands so I'm ready to block/catch the ball when it's thrown at the goal.</p> <p><b>Tennis</b> - Watch the direction of my opponent's body to give me a good idea of where the ball will end up.</p> <p><b>Tennis</b> - Try to outwit my opponent by changing my shot type.</p> <p><b>TIG</b> - Change my throw type depending on where the defenders are.</p>	<p><b>Football</b> - Run to different places in the box to create different opportunities of scoring.</p> <p><b>Football</b> - Show in my body stance and movement that I'm ready to receive a pass or give a pass.</p> <p><b>Football</b> - Use the shift and shoot technique to create goal scoring opportunities.</p> <p><b>Dodgeball</b> - Block a ball whilst shifting side to side and back and forth on the tips of my toes in case I need to dodge instead of block.</p> <p><b>Dodgeball</b> - In my team, we can try different positions out to find our best role in a game of dodgeball.</p> <p><b>Tag-Rugby</b> - Force the attacking team to pass short by tagging fast.</p> <p><b>Tag – Rugby</b> - Encourage my team mates to use the 3-5 second rule once tagged so they pass in a non-rushed manner.</p> <p><b>Tag-Rugby</b> - Use the touchline as another defender which will reduce the space for the attacker with the ball.</p>	<p><b>Netball</b> - Pretend to catch a ball and then run in a different way to lose the defender.</p> <p><b>Netball</b> - Politely direct team mates to places where they'll be most effective.</p> <p><b>Netball</b> - Choose not to shoot and pass it to a team mate if my shooting position is poor in the 'D'.</p> <p><b>Hockey</b> - Do 1-2s with another teammate.</p> <p><b>Hockey</b> - Call for support if our defence is out numbered.</p> <p><b>Handball</b> - Be ready to change roles on the handball court fast depending on whether we get the ball or if the opposition take the ball off of us.</p> <p><b>Handball</b> - Observe the game when I'm a substitute to check that the rules are being followed correctly by both teams.</p> <p><b>Tennis</b> - Use drop shots and back line shots to stretch my opponent.</p> <p><b>TIG</b> - Release my team mates by being accurate with my throws types.</p>

		<p>breathing can help you with your running.</p> <p><b>Athletics</b> - Change your speed depending on how far you're running.</p> <p><b>Gymnastics</b> - Ask a partner to give me ways to improve my different travelling attempts.</p>	<p><b>TIG</b> - Use different running speeds and feints to make it hard for people to tag you or for people to get passed you.</p> <p><b>Rounders</b> - Keep trying different batting stances until you feel comfortable and ready to hit a ball.</p>	<p>quick enough or needs to be increased.</p> <p><b>Athletics</b> - Support my team by being positive, even if we're losing.</p> <p><b>Athletics</b> - Use runners just in front of me to help me avoid air resistance that could slow me down.</p> <p><b>Athletics</b> - Use the inner most part of my lane to ensure I run the shortest distance possible.</p> <p><b>Gymnastics</b> - Work with a partner to create a sequence following a given set of instructions.</p>	<p><b>TIG</b> - Call for the ball if I find myself in good space on the pitch.</p> <p><b>Rounders</b> - Try short and longer hits to make life difficult for the fielders.</p> <p><b>Rounders</b> - Move fielders and myself to areas that the batter is more likely to hit to. For example, a right handed batter will most likely hit towards the left hand side of the field.</p>	<p><b>Cricket</b> - Look at where the batter is standing to see if they are leaving areas of the stumps vulnerable. I can then aim at that vulnerable part.</p> <p><b>Athletics</b> - Help each other recover between races by staying calm and practising recovery exercises like breathing routines.</p>	<p><b>Rounders</b> - Conserve my energy so I'm ready to suddenly increase my pace (sprint) should it be needed.</p> <p><b>Rounders</b> - Make sure that I don't overtake a fellow batter in front of me on the bases. By doing this, I won't get them out.</p> <p><b>Gymnastics</b> - Work in a group of 4 to 6 people to create a longer more complex sequence of up to 10 elements.</p> <p><b>Gymnastics</b> - Ask my partner to check that my balance is clear and controlled when jumping and landing.</p>
<p><b>Dancing using a range of movement patterns</b></p>	<p>Use your arms and try to also use your hands.</p> <p>Try to move arms and legs at the same time.</p> <p>Keep arms straight in different ways.</p> <p>Move like a robot.</p> <p>Move your body around in different ways with energy and stamina.</p> <p>Be balanced when doing the dance movements.</p> <p>Try different movements when listening to the music.</p> <p>Use the story to help you come up with ideas for your dance moves.</p> <p>Try some of the trickier dance moves and keep trying until they get a little easier.</p>	<p>Use arms, legs, hands and feet to create straight lines and angles.</p> <p>Use lots of different body parts that move at the same time.</p> <p>Move both of your arms in the same way at the same time.</p> <p>Use your body, head, arms and legs to produce different shapes.</p> <p>Move different parts of your body in the same way as your dance partners.</p> <p>Use stories and music to help create dance moves.</p> <p>Use nature to inspire your dance moves.</p> <p>Combine other movement in your legs and body while opening and closing your arms.</p> <p>Use emotions to help you come up with brilliant dance moves.</p> <p>Think about animals and how they move when you create your own harmonious dance moves.</p>	<p><b>Taught every other year in KS1 and KS2.</b></p>	<p>Move my body in clear straight lines at a slow, careful speed.</p> <p>Move my arms and hands in a flowing and curving way to the music.</p> <p>Move both my arms at the same time and both of my legs at the same time.</p> <p>Use simple movements that are easy to do at the same time with a partner.</p> <p>Balance as I move with dance partners in different directions.</p> <p>Make sure that I have a start, middle and end to my dance.</p> <p>Use weather to inform my dance moves.</p> <p>Use the floor for some sit down and lying down dance moves.</p> <p>Pick an animal that I know well which will then help me with my dance moves.</p> <p>Use curving and organic shapes to help me create the idea of water in my dance moves.</p>	<p><b>Taught every other year in KS1 and KS2.</b></p>	<p>Move more than one part of body at the same time in clear straight lines.</p> <p>Curve different parts of my body at the same time as I move to the music.</p> <p>Move my arms and my legs at the same time together.</p> <p>Use a variety of body parts to create symmetric dance moves with my partner.</p> <p>Use control in my movements that relate to the music.</p> <p>Use the beat to keep my dancing controlled and in time with my partner.</p> <p>Use weather, plants and animals to inform my dance moves.</p> <p>Make sure that my dance moves are effected by the other group that we're with.</p> <p>Use dance movements that link to the animal I'm dancing as.</p> <p>Use symmetrical and asymmetrical dance moves to create the idea of smooth and rough water.</p>	<p><b>Taught every other year in KS1 and KS2.</b></p>