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| **­­­EYFS** | | | | | |
| **Subject specific focus from statutory framework for Early Years Foundation Stage**  **Providers must support children in the specific area of:**  **• Physical Development**  **Physical development involves providing opportunities for young children to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.**  **Guidance from Development Matters (2013)**  **Early Years Outcomes- 40-60+ months**  **Moving and Handling**   * **Experiments with different ways of moving.** * **Jumps off an object and lands appropriately.** * **Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.** * **Travels with confidence and skill around, under, over and through balancing and climbing equipment.** * **Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.** * **Uses simple tools to effect changes to materials.** * **Handles tools, objects, construction and malleable materials safely and with increasing control.** * **Shows a preference for a dominant hand.** * **Begins to use anticlockwise movement and retrace vertical lines.** * **Begins to form recognisable letters.** * **Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.**   **Health and Self Care**   * **Eats a healthy range of foodstuffs and understands need for variety in food.** * **Usually dry and clean during the day.** * **Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.** * **Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.** * **Shows understanding of how to transport and store equipment safely.** * **Practices some appropriate safety measures without direct supervision.** | | | | | |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Moving and Handling- Fine motor skills focus -to develop confidence in using one handed tools, such as, scissors, pencils, paintbrushes Gross Motor skills focus-BEAM assessments Self-Care- To gain a greater independence of own physical needs and to practise good hygiene self-care. | Moving and Handling – Fine motor skills focus-to begin to form recognisable letters Gross Motor skills focus -Lancashire scheme of work -5 skills at 5years- underarm, over arm, catching, underarm rolling and running fast skill development. | Health and Self-Care - Healthy Heroes Challenges – Introduced in Spring 1. Questionnaire filled out initially by parents to help us focus on areas in specific need. Moving and Handling – Fine Motor Skills – Gross Motor skills focus -Lancashire scheme of work -5 skills at 5years- underarm, over arm, catching, underarm rolling and running fast skill development. | Health and Self-Care - Healthy Heroes Challenges – Introduced in Spring 1. Questionnaire filled out initially by parents to help us focus on areas in specific need. Moving and Handling – Fine Motor Skills – Gross Motor skills focus -Lancashire scheme of work -5 skills at 5years- underarm, over arm, catching, underarm rolling and running fast skill development. | Moving and handling – using simple tools to effect change in materials, handles tools safely – making treasure boxes  Sports Day | Health and self-care Managing our own basic hygiene routines – circle time on toilets and appropriate use of toilets Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. |

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| **KS1 – National Curriculum for Physical Education** | | | | | | | | | | | | | | | | | | | | |
|  | | | **Key stage 1**  Pupils should be taught to:   * master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co -ordination, and begin to apply these in a range of activities * participate in team games, developing simple tactics for attacking and defending * perform dances using simple movement patterns. | | | | | | | | | | | | | | | | | |
| **Year** | | | **AUTUMN 1** | | | **AUTUMN 2** | | | **SPRING 1** | | | **SPRING 2** | | | **SUMMER 1** | | | **SUMMER 2** | | |
| **1** | | | Fundamental  movement skills-KS1 Baseline Assessment  **Complete KS1assessment of skills.**  **Jumping**  Can I explore the skill of jumping for height?  Can I explore the skill of jumping for distance?  . | | | Fundamental  movement skills-Rolling a Ball/ Dance-Pirates  **Rolling Ball**  Can I explore rolling different equipment  Can I roll accurately  Can I roll with both hands | | | Fundamental  movement skills-Catching and Bouncing/Max Whitlock Gymnastics  **Catching/Bouncing**  Can I explore the skill of catching a ball  Can I catch a ball with two hands  Can I develop the skill of  bouncing a ball with control Can I apply simple bouncing tactics in a game  Can I bounce a ball while travelling in a game  Can I develop the basic skills of travelling  Can I develop the basic skills of rolling  Can I develop the basic skills of jumping  Can I perform basic skills with straight and tuck shapes Can I link basic movements together  Can I apply the skills of travelling, rolling and jumping with two different shapes  Can I link basic movements together to create a sequence  Can I adapt the sequence to perform on apparatus | | | Fundamental movement  Skills-Underarm throw/Dance-Toy Story  **Underarm Throw**  Can I explore throwing equipment underarm  Can I apply the skill of an underarm throw in different ways  Can I underarm throw into a target  Can I underarm throw for  longer distances  Can I underarm throw accurately with both hands?  **Travel**  Can I increase my speed when running  Can I show a side gallop?  Dance  Can I explore movement ideas based around atheme of penguins/toy story/polar bears. Can I watch, copy and discuss the ideas  Can I watch, copy and discuss the ideas  Can I create friendship circle dances  Can I create movement phrases  with a clear start and finish Can I create a sequence with a travel, turn and jump  Can I compose and link moves to create a movement phrase using different directions.  Can I perform actions quickly and slowly  Can I use contrasting dynamics in a dance phrase  Can I recognise how their body  feels when still and when exercising  Can I use “weight” and “speed” to compose a movement phrase with a clear beginning, middle and end  Can I explore and perform contrasting actions individually, in pairs, in groups and as a class | | | Yr 1  Athletics/Fundamental  movement skills-Overarm Throw  **Overarm**  Can I explore the skill of throwing overarm  Can I develop the skill of  throwing overarm for distance  Can I develop the skill of throwing overarm for accuracy  Can I understand simple  tactics in a game  Can I apply simple tactics in a throwing game  **Athletics**  Can I develop the skill of running fast  Can I develop the skill of hopping  Can I develop the skill of rolling a ball with accuracy  Can I develop the skill of changing direction  Can I develop the skill of  underarm throwing  Can I develop the skill of jumping for distance Can I develop posture  when walking and running Can I complete jumping challenges  Can I apply changing direction in relay type races  Can I complete run, jump  and throw challenges | | | Fundamental Movement Skills-Kicking Unit/KS1 Athletics  Children are to play a range of small group games with a focus on tactics.  Teachers are to ensure all skills have been covered and choose skills which need developing further relating to the specific cohort.  **Kicking**  Can I explore different ways of kicking objects.  Can I explore different ways of kicking objects with increasing accuracy and control.  Can I receive a kick with  control.  Can I intercept a ball.  Can I explore kicking with a variety of equipment  Can I choose skills effectively for a game  Can I strike a ball off a tee | | |
|  | | | Can I apply simple tactics in a rolling game | | | Can I skip Can I hop | | |  | | |  | | |  | | |  | | |
| **Year** | | | **AUTUMN 1** | | | **AUTUMN 2** | | | **SPRING 1** | | | **SPRING 2** | | | **SUMMER 1** | | | **SUMMER 2** | | |
| **2** | | | Core Task – Piggy in the Middle  Can I develop the skill of throwing underarm  Can I develop the skill of catching  Can I develop the skill of dodging  Can I apply the skill of throwing underarm with accuracy  Can I develop the skill of passing and moving into space  Can I develop simple tactics Can I apply throwing, moving and catching in a simple team game  Dance  Core Task – Dance performance  Can I explore different ways of travelling and using space. Can I create travelling patterns using a stimulus Can I create pathways using a stimulus  Can I recreate ideas, adding expression  Can I develop and improve  my work  Can I create effective travelling pathways individually and in a group Can I perform in a whole class performance (assessed and recorded) and respond to own work | | | OOA – The Great Outdoors Can I take responsibility for self and others. Can I respect, trust and care for each other.  Can I remember objects on a trail. Can I cooperate and work together as a team. Can I work with a partner to undertake an adventurous journey. Can I work with others to complete a journey within the school grounds. Can I work collaboratively to record answers.  Can I work with others to complete a journey within the school grounds and mark a control card correctly.  Can I make decisions about how to navigate safely, to a control site.  Dance  Core Task – Dance performance  Can I explore different ways of travelling and using space. Can I create travelling patterns using a stimulus Can I create pathways using a stimulus  Can I recreate ideas, adding expression  Can I develop and improve  my work  Can I create effective travelling pathways individually and in a group Can I perform in a whole class performance (assessed and recorded) and respond to own work | | | Gymnastics  Core Task – Gymnastic Performance  Can I develop the skill of jumping in different shapes  Can I develop the basic skills of travelling on hands and feet  Can I develop the skill of balancing on different body parts.  Can I develop the basic skill of rolling  Can I link actions of movement together to create a simple sequence.  Can I develop the basic skills  of travelling, balancing, jumping and  rolling.  Can I link actions of movement together to create a simple sequence  Can I adapt a sequence of moves to apparatus  Fundamental movement skills practice (based on the cohort) | | | Games  Core Task – Striking and Fielding  Can I develop the skill of throwing overarm for distance  Can I develop the skill of running  Can I develop the skill of striking a ball  Can I develop the skill of striking a ball with accuracy Can I develop the skill of fielding a ball  Can I strike ball in a simple game  Can I develop simple tactics Can I apply striking a ball, throwing and fielding in a simple team game  Can I apply tactics in a simple striking/fielding game  Athletics  Can I develop the skill of running fast  Can I explore different ways of throwing  Can I throw underarm  accurately  Can I throw overarm for distance  Can I throw overarm with accuracy  Can I explore jumping for  distance  Can I explore a push throw  Can I complete an obstacle course  Can complete run, jump  and throw challenges Can I compete in races Can I pass a baton in a relay race | | | Net/wall skills  Can I develop the skill of throwing underarm  Can I develop the skill of catching  Can I develop the skill of side  gallop  Can I apply the skill of throwing underarm with accuracy  Can I demonstrate the ready position and how to hold a bat Can I develop the skill of striking a ball  Can I develop simple tactics Can I apply striking a ball and tactics in a simple team game | | | KS1 Assessment of skills  Fundamental skills assessment. | | |
| **KS2 – National Curriculum for Physical Education** | | | | | | | | | | | | | | | | | | | | |
|  | | | **Key Stage 2**  Pupils should be taught to:   * use running, jumping, throwing and catching in isolation and in combination * play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending * develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] * perform dances using a range of movement patterns * take part in outdoor and adventurous activity challenges both individually and within | | | | | | | | | **Swimming and water safety**  All schools must provide swimming instruction either in key stage 1 or key stage 2.  In particular, pupils should be taught to:   * swim competently, confidently and proficiently over a distance of at least 25 metres * use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] * perform safe self-rescue in different water-based situations. | | | | | | | | |
|  | | | a team   * compare their performances with previous ones and demonstrate improvement to achieve their personal best. | | | | | | | | |  | | | | | | | | |
| **Year** | | | **AUTUMN 1** | | | **AUTUMN 2** | | | **SPRING 1** | | | **SPRING 2** | | | **SUMMER 1** | | | **SUMMER 2** | | |
| **3** | | | Invasion Skills- Tag Rugby  Can I pass a ball using a chest pass and catch from a chest pass  Can I pass a ball using a bounce pass  Can I explain when to use a bounce pass  Can I run into space to receive a pass  Can I pass to a teammate Can I use a simple tactic of pretending to throw one way and then the other to outwit an opponent  Can I try to intercept a ball  when defending  Can I evaluate mine and my attacker’s success when throwing and catching  ace when playing a game | | | Dance Superhero and Dodgeball  Can I throw ball/bean bags/ shuttlecock into target.  Can I intercept an object thrown  Can I throw ball over a barrier  Can I a ball with two hands Can I catch a ball with one hand  Can I explain which throw is best for shorter / longer passes  Can I strike a ball with my hand  Can I strike a ball with a racket  Can I outwit my opponent when playing a game  Can I suggest what I need to do to improve  Can I interpret a visual stimulus and link movements to it  Can I travel using different pathways and levels.  Can I work co-operatively to select roles  Can I link travel, jump, turn and stillness to depict a stimulus  Can I slow actions down, showing good control and fluency  Can I link the five dance elements within a group to depict a story (body, space, time, energy and action) | | | Dance Rock n Roll  Invasion Game- netball  Can I pass a ball using a chest pass and catch from a chest pass  Can I pass a ball using a bounce pass  Can I explain when to use a bounce pass  Can I run into space to receive a pass  Can I pass to a teammate in space when playing a game Can I use a simple tactic of pretending to throw one way and then the other to outwit an opponent  Can I try to intercept a ball when defending  Can I evaluate mine and my attacker’s success when throwing and catching | | | Creative games tag and target  OAA Trust and Trail  Can I perform the Fundamental Skill of Dodging  Can I perform the fundamental skill of dodging in a tag game  Can I demonstrate aiming skills using the FMS of throwing and rolling a ball  Can I demonstrate aiming skills using the FMS of throwing and rolling a ball in a target game  Can I send an object in a target game with accuracy.  Can I send an object in a target game with accuracy. Can I demonstrate with a partner how to solve trust challenges.Can I work with others to complete a journey within the school grounds.Can I show how to use a control card. Can I navigate safely to each control site.  Can I say how to keep a map “set" or “orientated”.  Can I recognise some of the symbols on a orienteering map. | | | Striking and Fielding Games – Rounders  Gymnastics  Can I strike a ball with a rounders bat  Can I strike a ball with a cricket bat  Can I accurately complete an underarm throw  Can I accurately complete an overarm throw  Can I catch a ball I have thrown upwards  Can I catch underarm throws from a partner  Can I catch overarm throws from a partner  Can I balance on one foot Can I balance on 2 and 3 small body parts  Can I travel on 4 points with control  Can I create a sequence of travel and balance  Can I perform different  rolling actions including: pencil roll, teddy bear roll and egg roll  Can I perform straight and star jumps  Can I perform a tuck jump  Can I create a sequence of six actions (using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed)  Can I suggest how my performance and my partners performance could be improved  Can I use the apparatus to  perform travelling and balancing on small body parts | | | Athletics  Ball Skills  Can I throw for distance using 2 different throws- push and pull throw  Can I perform 3 different jumps- 2 feet to 2 feet, 1 foot to 2 feet, hop.  Can I run at different paces Can I perform a sprint start Can I pass a quoit/baton to a teammate when stationary Can I evaluate my own and other performances. | | |
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| **Year** | | | **AUTUMN 1** | | | **AUTUMN 2** | | | **SPRING 1** | | | **SPRING 2** | | | **SUMMER 1** | | | **SUMMER 2** | | |
| **4** | | | Net and Wall Skills- Tennis  Can I throw ball/bean bags/ shuttlecock into target.  Can I intercept an object thrown  Can I throw ball over a barrier  Can I a ball with two hands Can I catch a ball with one hand  Can I explain which throw is best for shorter / longer passes  Can I strike a ball with my hand  Can I strike a ball with a racket  Can I outwit my opponent when playing a game  Can I suggest what I need to  do to improve | | | Invasion skills- High Five/ Dodgeball/Basketball  Can I throw and catch using a chest pass with control and accuracy  Can I throw and catch using a bounce pass with control and accuracy  Can I dribble a basketball with control  Can I run into space to receive a pass after passing the ball  Can I disguise a pass when playing a game  Can I decide when to dribble with the ball and when to pass in a game  Can I communicate with teammates where I want the ball to go when I haven’t got it Can I shoot accurately into a target  Can I explain which pass to use and when to use it  Can I describe the help I need to improve | | | Dance  Can I perform movements of different sizes  Can I carry out movements with control and fluency Can I make contrasting movements using different body parts  Can I comment on others work  Can I link a travel to a gesture fluently and with control  Can I work collaboratively to  create a sequence Can I link five dance  elements with a partner  Can I make quick sharp turns showing change of direction Can I use good facial expressions  Can I work in time within the performance  Can perfect and perform a final piece. | | | Gymnastics  Continue with invasions skills through basketball  Can I turn while travelling on hands and feet  Can I perform front and back support  Can I balance on left foot Can I balance on right foot Can I balance in a dish shape Can I balance in an arch shape  Can I perform a stretch jump and turn (1/4 or ½)  Can I perform rolling actions with accuracy  Can I perform forward roll  Can I attempt shoulder stand and arabesque  Can I create a simple sequence of six moves (one balance, one roll, one jump and three others)  Can I perform created routine in a competition  Can I combine and perform a sequence with that of a partner  Can I make simple judgements about the quality of my performance  Can I perform a matched partner balance  Can I perform a mirrored  partner balance  Can I explain the difference between a matched and mirrored shape  Can I travel into and out of a matched and mirrored shape with a partner  Can I perform matched and mirrored shapes with a partner using apparatus Can I create a simple sequence of matched and mirrored shapes with a partner with a change of level and direction  Can I make simple judgements about the quality of my performance | | | Striking and Fielding  Games – Cricket/Rounders  Can I throw for distance using three different throws- pull, push and sling  Can I select an appropriate pace for my distance  Can I combine 3 different jumps  Can I pass a quoit/baton to a teammate successfully whilst moving Can I select appropriate equipment in a throwing type event  Can I perform in athletic type competitive events (run, jump and throw) Can I perform a hop, step and jump  Can I perform 5 different jumps  Can I evaluate my own  and other performances and compare my performances with previous ones to improve my personal best  Can I throw a ball underarm with accuracy  Can I catch a ball thrown to me  Can I run between wickets  Can I strike a ball off a tee  Can I catch a ball when  playing a game  Can I use a simple tactic when batting  Can I bowl a ball underarm | | | Athletics Ball Skills  Can I throw for distance using three different throws- pull, push and sling  Can I select an appropriate pace for my distance  Can I combine 3 different jumps  Can I pass a quoit/baton to a  teammate successfully whilst moving  Can I select appropriate equipment in a throwing type event  Can I perform in athletic type  competitive events (run, jump and throw)  Can I perform a hop, step and jump  Can I perform 5 different  jumps  Can I evaluate my own and other performances and compare my performances with previous ones to improve my personal best | | |
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| **Year** | | | **AUTUMN 1** | | | **AUTUMN 2** | | | **SPRING 1** | | | **SPRING 2** | | | **SUMMER 1** | | | **SUMMER 2** | | |
| **5** | | | Swimming  Indoor Athletics  Invasion Games – Rugby  Athletics  Can I combine jumping actions (5 jumps)  Can I develop throwing skills  in an athletic type activity Can I compare my performances with previous ones and demonstrate improvement to achieve my personal best  Can I perform a heave throw Can I use different running techniques and speeds for different events  Can I develop running skills  in isolation  Can I develop throwing skills in an athletic type activity  Rugby  Can I run with a rugby ball in two hands  Can I pass and catch a rugby ball using a swing pass  Can I score a try  Can I show a change of speed and direction to beat a defender to keep possession of the ball  Can I use a dummy pass with a rugby ball  Can I to tag an opponent.  Can I understand the role of an attacker / defender  Can I play a competitive rugby type game by the rules | | | Swimming  OAA   Can I demonstrate working as part of a team to solve challenges.Can I demonstrate cooperating and working together as a team to complete challenges. Can I cooperate and work together as a team to complete challenges. Can I show encouragement and support to team members. Can I demonstrate concise instructions Can I explain how they worked as a team to solve challenges.Can I demonstrate how to work as a team using individual strengths.Can I explain how they chose their team roles. Overall skills  Can I show a change of speed and direction to lose a defender  Can I pass a ball when attacking  Can I identify aspects of my own performance that needs improvement and that of others  Can I use a range of tactics with the ball | | | Swimming  Gymnastics  Gymnastics  Can I perform matched and mirrored shapes with a partner  Can I perform a counter balance with a partner Can I perform a counter tension balance with a partner  Can I create a simple sequence of travel, jump, roll, and partner counter balances with fluency and control  Can I perform counter balances with a partner using apparatus  Can I create a sequence with a partner of 8 elements including counter balance and counter tension balances Can I identify which sequences were performed with fluency, accuracy and consistency | | | Swimming  Dance  Invasion Games – Netball  Dance  Can I create a sequence including different levels and pathways  Can I evaluate my own and others performances and  suggest ways to improve a sequence  Netball  Can I pass a netball using a chest pass accurately and successfully when playing games  Can I pass a netball using a bounce pass accurately and successfully when  playing games  Can I pass a netball using a shoulder pass accurately and successfully when  playing games  Can I score a goal from a stationary position  Can I play a competitive  netball type game following the rules  Can I carry out actions with  control and fluency  Can I incorporate a prop within a sequence  Can I use a wide range of  interesting movements to convey a story, performing with expression | | | Athletics  Cricket  Athletics  Can I combine jumping actions (5 jumps)  Can I develop throwing skills in an athletic type activity  Can I compare my performances with previous ones and demonstrate improvement to achieve my personal best  Can I perform a heave throw  Can I use different running techniques and speeds for different events  Can I develop running  skills in isolation  Can I develop throwing skills in an athletic type activity  Cricket  Can I catch a small ball Can I bowl a ball through a hoop to a partner  Can I bowl a ball underarm correctly  Can I run safely round bases or between wickets  Can I strike a bowled ball Can I strike a ball away from fielders  Can I field a ball and throw back  overarm  Can use simple tactics when playing a modified competitive softball/ rounders type game  Can I look for examples of specific things in a game that were successful and explain why they are good | | | Tennis  Can I demonstrate a forehand shot with some consistency.  Can I demonstrate a forehand and backhand shot with some consistency.  Can I direct the ball reasonably well to their partner to continue a rally.  Can I demonstrate a simple tactic in a net type game (i.e.  Can I hit the ball to targets away from  their partner.)  Can I demonstrate a simple tactic in a net type game (i.e. Can I hit the ball to targets away from  their partner.)  Can I play the game for the core task and incorporate tactics to score points. | | |
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| **Year** | | | **AUTUMN 1** | | | **AUTUMN 2** | | | **SPRING 1** | | | **SPRING 2** | | | **SUMMER 1** | | | **SUMMER 2** | | |
| **6** | | | Dance  Skills required from PE team  Can I create travelling patterns and use canon effectively.  Can I learn a set dance, creating a solo sequence and  participating in a whole class | | | Gymnastics  Can I perform a group balance  Can I perform a group balance using apparatus  Can I create a sequence with  a group of 8 elements including a group balance  and paired balances | | | Invasion Games- Netball  Can I outwit my opponent using simple tactics  Can I defend an area Can I suggest ways I can  improve my shots | | | Invasion Games- Football and Hockey  Can I combine jumping actions (5 jumps)  Can I develop throwing skills in an athletic type activity  Can I compare my performances with previous ones and  demonstrate improvement to | | | Athletics  Skills need to be added  Can I revise and develop previous skills to improve my performance.  Swimming  Skills need to be added  Children who still need to achieve 25m to continue swimming | | | Striking and Fielding- Rounders and Cricket  Creative Games  Can I create travelling patterns and use canon effectively.  Can I learn a set dance, creating a solo sequence and  participating in a whole class | | |
|  | | |  | | | Can I adapt group sequence  of 8 elements to apparatus Can I work as part of a team to design an apparatus layout for group sequence Can I identify which sequences were performed with fluency, accuracy and consistency  High 5  Can I intercept a ball  Can I use chest, overhead and bounce passes  Can I confidently catch a  netball  Can I find space to receive a ball successfully  Can I shoot accurately | | | Can I recognise when others  are playing well and identify why with help  Can I select and apply tactics  in different invasion games Can I evaluate tactics across invasion games for similarities  Can I create an invasion game to solve a tactical problem  Can I choose and apply skills and tactics consistently in an invasion type competitive games  Can I develop the ability to | | |  | | |  | | | performance.  Can I develop techniques and perform with accuracy, control and timing.  Can I perform in a whole  class performance (assessed and recorded) and respond to own work.  Cricket  Can I send a ball using an overhead bowl  Can I strike a ball with a straight drive  Can I apply basic principles of  Can I dribble a ball.  Can I pass and receive a pass using a variety of skills.  Can I select and apply appropriate tactics when playing different invasion games.  Can I create rugby type game and select and apply tactics to outwit an opponent.  Can I work as a team to solve a tactical problem through designing a unique invasion game.  Can I adapt an invasion game to include positions and attacking/defending options.  Can I apply simple attacking and defending tactics when playing an invasion type game. | | |