

P.E OVERVIEW

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR R	<p>Coordination- Footwork Side-step in both directions.</p> <p>Gallop, leading with either foot.</p> <p>Hop on either foot.</p> <p>Skip.</p> <p>Static Balance- 1 Leg Stand still for 10 seconds</p>	<p>Dynamic Balance to Agility- Jumping & Landing Jump from 2 feet to 2 feet forwards, backwards and side-to-side.</p> <p>Static Balance - Seated Balance with both hands/ feet down.</p> <p>Balance with 1 hand/2 feet down.</p> <p>Balance with 2 hands/ 1 foot down.</p> <p>Balance with 1 hand/ 1 foot down.</p> <p>Balance with 1 hand or 1 foot down.</p> <p>Balance with no hands or feet down.</p>	<p>Dynamic Balance- On a Line Walk forwards with fluidity and minimum wobble.</p> <p>Walk backwards with fluidity and minimum wobble.</p> <p>Static Balance- Stance Stand on line with good stance for 10 seconds.</p>	<p>Coordination- Ball Skills Sit and roll a ball along the floor around body using 2 hands.</p> <p>Sit and roll a ball along the floor around body using 1 hand (right and left).</p> <p>Sit and roll a ball down legs and around upper body using 2 hands.</p> <p>Stand and roll a ball up and down legs and round upper body using 2 hands.</p> <p>Counter Balance- With a Partner Sit holding hands with toes touching, lean in together then apart.</p> <p>Sit holding 1 hand with toes touching, lean in together then apart.</p> <p>Sit holding hands with toes touching and rock forwards, backwards and side-to-side.</p>	<p>Coordination- Sending & Receiving Roll large ball and collect the rebound.</p> <p>Roll small ball and collect the rebound.</p> <p>Throw large ball and catch the rebound with 2 hands.</p> <p>Agility- Reaction & Response From 1, 2 and 3 metres:</p> <p>React and catch large ball dropped from shoulder height after 2 bounces.</p> <p>React and catch large ball dropped from shoulder height after 1 bounce.</p>	<p>Agility- Ball Chasing Roll a ball, chase and collect it in balanced position facing opposite direction.</p> <p>Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p> <p>Static Balance- Floorwork Hold mini-front support position.</p> <p>Reach round and point to ceiling with either hand in mini-front support.</p>
	<p>Personal To enjoy working on simple tasks with help.</p>	<p>Social To play with others, and take turns and share with some help.</p>	<p>Cognitive To follow instructions involving several ideas or actions</p>	<p>Creative To observe and copy others.</p>	<p>Physical To move confidently in different ways, including large and small movements.</p>	<p>Health & Fitness To be aware of changes in the way they feel when they exercise.</p>

<p>Coordination- Footwork</p> <p>Combine side-steps with 180 degree pivots off either foot.</p> <p>Combine side-steps with 180 degree reverse pivots off either foot.</p> <p>Skip with knee and opposite elbow at 90 degree angle.</p> <p>Hopskotch forwards and backwards, hopping on the same leg (right and left).</p> <p>Static Balance- 1 Leg</p> <p>Stand still for 30 seconds.</p> <p>Complete 5 mini-squats.</p>	<p>Dynamic Balance to Agility- Jumping & Landing</p> <p>Jump from 2 feet to 2 feet with quarter turn in both directions.</p> <p>Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).</p> <p>Static Balance - Seated</p> <p>Pick up a cone from one side, swap hands and place it on the other side.</p> <p>Return the cone to the opposite side.</p>	<p>Dynamic Balance- On a Line</p> <p>Walk fluidly, lifting knees to 90°.</p> <p>Walk fluidly, lifting heels to bottom.</p> <p>Static Balance- Stance</p> <p>Stand on low beam with good stance for 10 seconds.</p>	<p>Coordination- Ball Skills</p> <p>Sit and roll a ball up and down legs and round upper body using 1 hand.</p> <p>Stand and roll a ball up and down legs and round upper body using 1 hand.</p> <p>Counter Balance- With a Partner</p> <p>Hold on and, with a long base, lean back, hold balance and then move back together.</p> <p>Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.</p>	<p>Coordination- Sending & Receiving</p> <p>Throw tennis ball, catch rebound with same hand after 1 bounce.</p> <p>Throw tennis ball, catch rebound with same hand without a bounce.</p> <p>Throw tennis ball, catch rebound with other hand after 1 bounce.</p> <p>Throw tennis ball, catch rebound with other hand without a bounce.</p> <p>Strike large, soft ball along ground with hand 5 times in a rally.</p> <p>Agility- Reaction & Response</p> <p>From 1, 2 and 3 metres:</p> <p>React and catch tennis ball dropped from shoulder height after 1 bounce.</p>	<p>Agility- Ball Chasing</p> <p>Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.</p> <p>Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</p> <p>Static Balance- Floorwork</p> <p>Place cone on back and take it off with other hand in mini-front support.</p> <p>Hold mini-back support position.</p> <p>Place cone on tummy and take it off with other hand in mini-back support.</p>
<p>Personal</p> <p>To work on simple tasks independently.</p> <p>To follow instructions and practise safely.</p>	<p>Social</p> <p>To work sensibly with others, taking turns and sharing.</p>	<p>Cognitive</p> <p>To name some personal strengths.</p> <p>To understand and follow simple rules.</p>	<p>Creative</p> <p>To explore and describe simple movements.</p>	<p>Physical</p> <p>To perform a single movement or skill with some control.</p> <p>To perform a small range of skills and link two movements together.</p>	<p>Health & Fitness</p> <p>To be aware of why exercise is important for good health.</p>

<p>Coordination- Footwork</p> <p>Combine side-steps with 180 degree pivots off either foot.</p> <p>Combine side-steps with 180 degree reverse pivots off either foot.</p> <p>Skip with knee and opposite elbow at 90 degree angle.</p> <p>Hopskotch forwards and backwards, hopping on the same leg (right and left).</p> <p>Static Balance- 1 Leg</p> <p>Stand still for 30 seconds.</p> <p>Complete 5 mini-squats.</p>	<p>Dynamic Balance to Agility- Jumping & Landing</p> <p>Jump from 2 feet to 2 feet with quarter turn in both directions.</p> <p>Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).</p> <p>Static Balance - Seated</p> <p>Pick up a cone from one side, swap hands and place it on the other side.</p> <p>Return the cone to the opposite side.</p>	<p>Dynamic Balance- On a Line</p> <p>Walk fluidly, lifting knees to 90°.</p> <p>Walk fluidly, lifting heels to bottom.</p> <p>Static Balance- Stance</p> <p>Stand on low beam with good stance for 10 seconds.</p>	<p>Coordination- Ball Skills</p> <p>Sit and roll a ball up and down legs and round upper body using 1 hand.</p> <p>Stand and roll a ball up and down legs and round upper body using 1 hand.</p> <p>Counter Balance- With a Partner</p> <p>Hold on and, with a long base, lean back, hold balance and then move back together.</p> <p>Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.</p>	<p>Coordination- Sending & Receiving</p> <p>Throw tennis ball, catch rebound with same hand after 1 bounce.</p> <p>Throw tennis ball, catch rebound with same hand without a bounce.</p> <p>Throw tennis ball, catch rebound with other hand after 1 bounce.</p> <p>Throw tennis ball, catch rebound with other hand without a bounce.</p> <p>Strike large, soft ball along ground with hand 5 times in a rally.</p> <p>Agility- Reaction & Response</p> <p>From 1, 2 and 3 metres:</p> <p>React and catch tennis ball dropped from shoulder height after 1 bounce.</p>	<p>Agility- Ball Chasing</p> <p>Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.</p> <p>Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</p> <p>Static Balance- Floorwork</p> <p>Place cone on back and take it off with other hand in mini-front support.</p> <p>Hold mini-back support Position.</p> <p>Place cone on tummy and take it off with other hand in mini-back support.</p>
<p>Personal</p> <p>To try several times at a task when success is not immediate.</p> <p>To ask for help if required.</p>	<p>Social</p> <p>To help, praise and encourage others in their learning.</p>	<p>Cognitive</p> <p>To begin to order instructions, movements and skills.</p> <p>To explain why someone is working or performing well.</p> <p>To recognise similarities and differences in performance with help.</p>	<p>Creative</p> <p>To select and link movements together to fit a theme.</p> <p>To begin to compare their movements and skills with those of others.</p>	<p>Physical</p> <p>To perform a sequence of movements with some changes in level, direction or speed.</p> <p>To perform a range of skills with some control and consistency.</p>	<p>Health & Fitness</p> <p>To use equipment appropriately, and move and land safely.</p> <p>To say how their body feels before, during and after exercise.</p>

<p>Coordination- Footwork</p> <p>Hopscotch forwards and backwards, alternating hopping leg each time.</p> <p>Move in a 3-step zigzag pattern forwards.</p> <p>Move in a 3-step zigzag pattern backwards</p> <p>Static Balance- 1 Leg</p> <p>Stand still for 30 seconds with eyes closed.</p> <p>Complete 5 squats.</p> <p>Complete 5 ankle extensions.</p>	<p>Dynamic Balance to Agility- Jumping & Landing</p> <p>Jump from 2 feet to 2 feet with 180° turn in either direction.</p> <p>Complete a tucked jump.</p> <p>Complete a tucked jump with 180° turn in either direction.</p> <p>Static Balance - Seated</p> <p>Pick up a cone from one side and place it on the other side with same hand.</p> <p>Return it to the opposite side using the other hand.</p> <p>Sit in a dish shape and hold it for 5 seconds.</p>	<p>Dynamic Balance- On a Line</p> <p>March, lifting knees and elbows up to a 90° angle.</p> <p>Walk fluidly with heel to toe landing.</p> <p>Walk fluidly, lifting knees and using heel to toe landing.</p> <p>Walk fluidly, lifting heels to bottom and using heel to toe landing.</p> <p>Static Balance- Stance</p> <p>Receive a small force from various angles.</p> <p>Raise alternate feet 5 times.</p> <p>Raise alternate knees 5 times.</p> <p>Catch ball at chest height and throw it back.</p>	<p>Coordination- Ball Skills</p> <p>In 20 seconds or less:</p> <p>Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).</p> <p>Move a ball round waist 17 times.</p> <p>Stand with legs apart and move a ball around alternate legs 16 times.</p> <p>Counter Balance- With a Partner</p> <p>Hold on and, with a short base, lean back, hold balance and then move back together.</p> <p>Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together.</p> <p>Perform above challenges with eyes closed.</p>	<p>Coordination- Sending & Receiving</p> <p>Strike a ball with alternate hands in a rally.</p> <p>Kick a ball with the same foot.</p> <p>Kick a ball with alternate feet.</p> <p>Roll 2 balls alternately using both hands, sending 1 as the other is returning.</p> <p>Agility- Reaction & Response</p> <p>From 1, 2 and 3 metres:</p> <p>React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p>	<p>Agility- Ball Chasing</p> <p>Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p>Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p>Complete above challenges with tennis ball.</p> <p>Static Balance- Floorwork</p> <p>Hold full front support position.</p> <p>Lift 1 arm and point to the ceiling with either hand in front support.</p> <p>Transfer cone on and off back in front support.</p>
<p>Personal</p> <p>To begin to challenge themselves.</p> <p>To know where they are with their learning.</p>	<p>Social</p> <p>To show and tell others about their ideas.</p> <p>To show patience, and support others, listening carefully to them.</p>	<p>Cognitive</p> <p>To explain what they are doing well and begin to identify areas for improvement.</p>	<p>Creative</p> <p>To recognise similarities and differences in movements and expression.</p> <p>To make up their own rules and versions of activities.</p> <p>To respond differently to a variety of tasks.</p>	<p>Physical</p> <p>To perform and repeat longer sequences with clear shapes and controlled movement.</p> <p>To select and apply a range of skills with good control and consistency.</p>	<p>Health & Fitness</p> <p>To explain the need to warm up and cool down.</p> <p>To describe how and why the body changes during and after exercise.</p>

<p>Coordination- Footwork</p> <p>Hopscotch forwards and backwards, alternating hopping leg each time.</p> <p>Move in a 3-step zigzag pattern forwards.</p> <p>Move in a 3-step zigzag pattern backwards.</p> <p>Static Balance- 1 Leg</p> <p>Stand still for 30 seconds with eyes closed.</p> <p>Complete 5 squats.</p> <p>Complete 5 ankle extensions.</p>	<p>Dynamic Balance to Agility- Jumping & Landing</p> <p>Jump from 2 feet to 2 feet with 180° turn in either direction.</p> <p>Complete a tucked jump.</p> <p>Complete a tucked jump with 180° turn in either direction.</p> <p>Static Balance - Seated</p> <p>Pick up a cone from one side and place it on the other side with same hand.</p> <p>Return it to the opposite side using the other hand.</p> <p>Sit in a dish shape and hold it for 5 seconds.</p>	<p>Dynamic Balance- On a Line</p> <p>March, lifting knees and elbows up to a 90° angle.</p> <p>Walk fluidly with heel to toe landing.</p> <p>Walk fluidly, lifting knees and using heel to toe landing.</p> <p>Walk fluidly, lifting heels to bottom and using heel to toe landing.</p> <p>Static Balance- Stance</p> <p>Receive a small force from various angles.</p> <p>Raise alternate feet 5 times.</p> <p>Raise alternate knees 5 times.</p> <p>Catch ball at chest height and throw it back.</p>	<p>Coordination- Ball Skills</p> <p>In 20 seconds or less:</p> <p>Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).</p> <p>Move a ball round waist 17 times.</p> <p>Stand with legs apart and move a ball around alternate legs 16 times.</p> <p>Counter Balance- With a Partner</p> <p>Hold on and, with a short base, lean back, hold balance and then move back together.</p> <p>Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together.</p> <p>Perform above challenges with eyes closed.</p>	<p>Coordination- Sending & Receiving</p> <p>Strike a ball with alternate hands in a rally.</p> <p>Kick a ball with the same foot.</p> <p>Kick a ball with alternate feet.</p> <p>Roll 2 balls alternately using both hands, sending 1 as the other is returning.</p> <p>Agility- Reaction & Response</p> <p>From 1, 2 and 3 metres:</p> <p>React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p>	<p>Agility- Ball Chasing</p> <p>Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p>Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p>Complete above challenges with tennis ball.</p> <p>Static Balance- Floorwork</p> <p>Hold full front support position.</p> <p>Lift 1 arm and point to the ceiling with either hand in front support.</p> <p>Transfer cone on and off back in front support.</p>
<p>Personal</p> <p>To persevere with a task and improve performance with regular practice.</p> <p>To cope well and react positively when things become difficult.</p>	<p>Social</p> <p>To cooperate well with others and give helpful feedback.</p> <p>To help organise roles and responsibilities and guide a small group through a task.</p>	<p>Cognitive</p> <p>To identify specific parts of performance to work on.</p> <p>To understand the criteria to judge a performance.</p> <p>To use awareness of space and others to make good decisions.</p>	<p>Creative</p> <p>To link actions and develop sequences of movement that express their own ideas.</p> <p>To change tactics, rules or tasks to make activities more fun or more challenging.</p>	<p>Physical</p> <p>To perform a variety of movements and skills with good body tension.</p> <p>To link actions together so that they flow.</p>	<p>Health & Fitness</p> <p>To describe the basic fitness components.</p> <p>To explain how often and how long one should exercise for to be healthy.</p>

<p>Coordination- Ball Skills</p> <p>In 20 seconds or less:</p> <p>Stand with legs apart and move ball in figure of 8 around both legs 12 times.</p> <p>Move ball around waist into figure of 8 around both legs 10 times.</p> <p>Move ball around waist and then around alternate legs 12 times.</p> <p>Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.</p> <p>Agility- Reaction & Response</p> <p>From 1, 2 and 3 metres:</p> <p>React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p>	<p>Static Balance- Seated</p> <p>Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</p> <p>Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</p> <p>Hold a V-shape with straight arms and legs for 10 seconds.</p> <p>Static Balance- Floorwork</p> <p>Transfer tennis ball on and off back in a front support.</p> <p>Transfer cone on and off tummy in back support.</p> <p>Transfer tennis ball on and off tummy in back support.</p>	<p>Dynamic Balance- On a Line</p> <p>Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.</p> <p>Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing).</p> <p>Lunge walk forwards, bringing opposite elbow up to a 90° angle.</p> <p>Complete all red challenges with eyes closed.</p> <p>Counter Balance- With a Partner</p> <p>Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.</p> <p>Stand on 1 leg while holding on to partner's opposite foot.</p>	<p>Dynamic Balance to Agility- Jumping & Landing</p> <p>Jump 2 feet to 2 feet forwards, backwards and side-to-side.</p> <p>Hop forward and backwards, freezing on landing.</p> <p>Jump 1 foot to other forwards and backwards, freezing on landing.</p> <p>Hop sideways, raising knee and freezing on landing.</p> <p>Jump 1 foot to other sideways, raising knee and freeze on landing.</p> <p>Static Balance- 1 Leg</p> <p>Stand still on uneven surface for 30 seconds.</p> <p>Stand still on uneven surface for 30 seconds with eyes closed.</p> <p>Complete 10 squats into ankle extensions.</p> <p>Complete 5 squats with eyes closed.</p>	<p>Static Balance- Stance</p> <p>Raise alternate knees to opposite elbow 5 times.</p> <p>Catch large ball thrown at knee height and above head.</p> <p>Catch large ball thrown away from body.</p> <p>Catch small ball thrown close to and away from body.</p> <p>Coordination- Footwork</p> <p>Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg.</p> <p>Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction.</p> <p>Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.</p>	<p>Coordination- Sending & Receiving</p> <p>Alternately throw and catch 2 tennis balls against a wall.</p> <p>Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over).</p> <p>Throw 2 tennis balls against a wall in a circuit, in both directions.</p> <p>Agility- Ball Chasing</p> <p>Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.</p> <p>Perform above challenge with tennis ball.</p> <p>Roll and chase large ball, stopping it with head in front support position facing opposite direction</p>
<p>Cognitive</p> <p>To develop methods to outwit opponents.</p> <p>To recognise and suggest patterns of play which will increase chances of success.</p>	<p>Creative</p> <p>To respond imaginatively to different situations.</p> <p>To adapt and adjust skills, movements or tactics so that</p>	<p>Social</p> <p>To negotiate and collaborate appropriately.</p> <p>To give and receive sensitive feedback to improve self and others.</p>	<p>Physical</p> <p>To use combinations of skills confidently in short, specific contexts.</p>	<p>Health & Fitness</p> <p>To self-select and perform appropriate warm-up and cool-down activities.</p> <p>To identify possible dangers when planning an activity.</p>	<p>Personal</p> <p>To see all new challenges as opportunities to learn and develop.</p>

	To have a clear idea of how to develop own and others' work.	they are different from, or in contrast to others.		To perform a range of skills fluently and accurately in practice situations.		To recognise own strengths and weaknesses and set appropriate personal targets.
YEAR 6	<p>Coordination- Ball Skills</p> <p>In 20 seconds or less:</p> <p>Stand with legs apart and move ball in figure of 8 around both legs 12 times.</p> <p>Move ball around waist into figure of 8 around both legs 10 times.</p> <p>Move ball around waist and then around alternate legs 12 times.</p> <p>Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.</p> <p>Agility- Reaction & Response</p> <p>From 1, 2 and 3 metres:</p> <p>React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p>	<p>Static Balance- Seated</p> <p>Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</p> <p>Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</p> <p>Hold a V-shape with straight arms and legs for 10 seconds.</p> <p>Static Balance- Floorwork</p> <p>Transfer tennis ball on and off back in a front support.</p> <p>Transfer cone on and off tummy in back support.</p> <p>Transfer tennis ball on and off tummy in back support.</p>	<p>Dynamic Balance- On a Line</p> <p>Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.</p> <p>Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing).</p> <p>Lunge walk forwards, bringing opposite elbow up to a 90° angle.</p> <p>Complete all red challenges with eyes closed.</p> <p>Counter Balance- With a Partner</p> <p>Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.</p> <p>Stand on 1 leg while holding on to partner's opposite foot.</p>	<p>Dynamic Balance to Agility- Jumping & Landing</p> <p>Jump 2 feet to 2 feet forwards, backwards and side-to-side.</p> <p>Hop forward and backwards, freezing on landing.</p> <p>Jump 1 foot to other forwards and backwards, freezing on landing.</p> <p>Hop sideways, raising knee and freezing on landing.</p> <p>Jump 1 foot to other sideways, raising knee and freeze on landing.</p> <p>Static Balance- 1 Leg</p> <p>Stand still on uneven surface for 30 seconds.</p> <p>Stand still on uneven surface for 30 seconds with eyes closed.</p> <p>Complete 10 squats into ankle extensions.</p> <p>Complete 5 squats with eyes closed.</p>	<p>Static Balance- Stance</p> <p>Raise alternate knees to opposite elbow 5 times.</p> <p>Catch large ball thrown at knee height and above head.</p> <p>Catch large ball thrown away from body.</p> <p>Catch small ball thrown close to and away from body.</p> <p>Coordination- Footwork</p> <p>Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg.</p> <p>Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction.</p> <p>Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.</p>	<p>Coordination- Sending & Receiving</p> <p>Alternately throw and catch 2 tennis balls against a wall.</p> <p>Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over).</p> <p>Throw 2 tennis balls against a wall in a circuit, in both directions.</p> <p>Agility- Ball Chasing</p> <p>Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.</p> <p>Perform above challenge with tennis ball.</p> <p>Roll and chase large ball, stopping it with head in front support position facing opposite direction</p>
	Cognitive	Creative	Social	Physical	Health & Fitness	Personal

	<p>To review, analyse and evaluate own and others' strengths and weaknesses.</p> <p>To read and react to different situations as they develop.</p>	<p>To effectively disguise what they are about to do next.</p> <p>To use variety and creativity to engage an audience.</p>	<p>To involve and motivate others to perform better.</p>	<p>To effectively transfer skills and movements across a range of activities and sports.</p> <p>To perform a variety of skills consistently and effectively in challenging or competitive situations.</p>	<p>To explain how individuals need different types and levels of fitness to be more effective in their activity, role or event.</p> <p>To plan and follow a personal basic fitness programme.</p>	<p>To create personal learning plan and revise when necessary.</p> <p>To accept critical feedback and make changes.</p>
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