

Physical Education

Progression of Knowledge, Skills and Vocabulary (Summer term)



Foundation	KS1		LKS2		UKS2	
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
SUMMER ONE	SUMMER ONE	SUMMER ONE	SUMMER ONE	SUMMER ONE	SUMMER ONE	SUMMER ONE
<p>Physical Skills</p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> Develop fundamental movement skills I can perform a sequence of movements with some changes in level, direction or speed. I can perform a small range of skills and link two movements together. <p>Fundamental skills (agility - reaction and response)</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>(co-ordination - sending and receiving)</p> <p>Roll large ball and collect the rebound.</p> <p>Roll small ball and collect the rebound.</p>	<p>Physical Skills</p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> Develop fundamental movement skills I can perform a sequence of movements with some changes in level, direction or speed. I can perform a small range of skills and link two movements together. <p>Fundamental skills (agility - reaction and response)</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>(co-ordination - sending and receiving)</p> <p>Roll large ball and collect the rebound.</p> <p>Roll small ball and collect the rebound.</p>	<p>Physical Skills</p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> Develop fundamental movement skills I can select and apply a range of skills with good control and consistency. I can perform a sequence of movements with some changes in level, direction or speed. <p>Fundamental skills (agility - reaction and response)</p> <p>React and catch tennis ball dropped from shoulder height after 1 bounce.</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>(co-ordination - sending and receiving)</p> <p>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>Physical skills</p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> Continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement I can link actions together so that they flow. I can perform a variety of movements and skills with good body tension. <p>Fundamental skills (agility - reaction and response)</p> <p>From 1, 2 and 3 metres: React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p> <p>React and catch tennis ball dropped from shoulder height after 1 bounce.</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</p>	<p>Physical skills</p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> Continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement I can link actions together so that they flow. I can perform a variety of movements and skills with good body tension. <p>Fundamental skills (agility - reaction and response)</p> <p>From 1, 2 and 3 metres: React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p> <p>From 1, 2 and 3 metres: React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p> <p>(static balance - floorwork)</p>	<p>Physical skills</p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> Develop an understanding of how to improve in different activities and sports Play competitive games and apply basic principles suitable for attacking and defending I can perform a range of skills fluently and accurately. I can use combinations of skills confidently in specific contexts. I can perform a variety of movements and skills with good body tension. <p>Fundamental skills (dynamic balance - jumping and 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>Physical skills</p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> Develop an understanding of how to improve in different activities and sports Play competitive games and apply basic principles suitable for attacking and defending I can perform a range of skills fluently and accurately. I can use combinations of skills confidently in specific contexts. I can perform a variety of movements and skills with good body tension. <p>Fundamental skills (dynamic balance - jumping and landing)</p> <p>Jump 2 feet to 2 feet with a 180° turn in the middle (both directions).</p> <p>Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions).</p> <p>Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).</p> <p>Jump from vertical stance</p>

<p>Throw large ball and catch the rebound with 2 hands.</p> <p>Vocab Send, receive, roll, rebound, balanced, opposite,</p> <p>Sporting application (net and ball games)</p> <ul style="list-style-type: none"> I can hit a ball with a bat or racquet. I can move safely around the space and equipment. I can travel in different ways, including sideways and backwards. I can use different ways of travelling I can run at different speeds. <p>Vocab Travelling, space, sideways, forwards, backwards, hitting, racquet, directions, pathways</p> <p>SUMMER TWO</p> <p>Health and Fitness skills NC Pupils should be taught to:</p> <ul style="list-style-type: none"> Continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement 	<p>Throw large ball and catch the rebound with 2 hands</p> <p>Vocab Send, receive, roll, rebound, balanced, opposite,</p> <p>Sporting application (net and ball games)</p> <ul style="list-style-type: none"> I can hit a ball with a bat or racquet. I can use hitting skills in a game. I can practise basic striking, sending and receiving. I can move safely around the space and equipment. I can travel in different ways, including sideways and backwards. I can use different ways of travelling in different directions or pathways. I can run at different speeds. I can begin to use space in a game. <p>Vocab Travelling, striking, space, sideways, forwards, backwards, hitting, racquet, directions, pathways</p> <p>SUMMER TWO</p> <p>Health and Fitness skills NC Pupils should be taught to:</p> <ul style="list-style-type: none"> Continue to apply and develop a broader range of skills, learning how to use them in different ways and 	<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>Vocab Send, receive, roll, rebound, balanced, opposite, racket,</p> <p>Sporting application (net and ball games)</p> <ul style="list-style-type: none"> I can use hitting skills in a game. I can practise basic striking, sending and receiving. I can strike or hit a ball/ shuttlecock with increasing control. I can position the body to strike a ball/ shuttlecock. I can use different ways of travelling in different directions or pathways. I can run at different speeds. I can begin to use space in a game. I can use different ways of travelling at different speeds and following different pathways, directions or courses. I can change speed and direction whilst running. 	<p>front support.</p> <p>Transfer cone on and off back in front support.</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>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>Place cone on back and take it off with other hand in minifront support.</p> <p>Hold mini-back support position.</p> <p>Place cone on tummy and take it off with other hand in miniback support.</p> <p>Vocab front support, static, reaction, response, coordination, balancing, control, accuracy, communication</p> <p>Sporting application (Badminton)</p> <ul style="list-style-type: none"> I can strike or hit a ball /shuttlecock with increasing control. I can position the body to strike a ball/ shuttlecock I can demonstrate successful hitting and striking skills. 	<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>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>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>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>Vocab Front support, static, reaction, response, coordination, back support transfer, body tension, communication</p> <p>Sporting application (Badminton)</p> <ul style="list-style-type: none"> I can demonstrate successful hitting and striking skills. I can practise the correct technique and use it in a game. I can strike the ball / shuttlecock for distance. 	<p>Jump 1 foot to other sideways, raising knee and freeze on landing.</p> <p>Jump 2 feet to 2 feet with a 180° turn in the middle (both directions).</p> <p>Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions).</p> <p>Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).</p> <p>(static balance - one leg) 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>Complete 5 ankle extensions with eyes closed.</p> <p>Complete 10 squats into ankle extensions with eyes closed.</p> <p>Complete above 2 challenges on uneven surface with eyes open.</p> <p>Complete first 2 challenges on uneven surface with eyes closed.</p> <p>Vocab Squats, extensions, lunge position, vertical stance, rotation,</p> <p>Sporting application (Badminton)</p> <ul style="list-style-type: none"> I can use a bat or racquet to hit a ball or shuttlecock with accuracy and control. I can accurately serve underarm. 	<p>forwards into lunge position while holding ball off centre (both sides).</p> <p>Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides).</p> <p>Jump 2 feet to 2 feet with 360° turn (in both directions).</p> <p>(static balance - one leg) Complete 5 ankle extensions with eyes closed.</p> <p>Complete 10 squats into ankle extensions with eyes closed.</p> <p>Complete above 2 challenges on uneven surface with eyes open.</p> <p>Complete first 2 challenges on uneven surface with eyes closed.</p> <p>Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</p> <p>Perform above challenge with eyes closed.</p> <p>Stand on uneven surface and place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</p> <p>Vocab Squats, extensions, lunge position, vertical stance, rotation,</p> <p>Sporting application (Badminton)</p> <ul style="list-style-type: none"> I can use different techniques to hit a ball/ shuttlecock. I can identify and apply techniques for hitting a shuttlecock. I can explore when different shots are best used. I can develop a backhand technique and use it in a game.
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<p>Fundamental skills (agility - ball chasing) Roll a ball, chase and collect it in balanced position facing opposite direction. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p> <p>(static balance - floor work) Hold mini-front support position. Reach round and point to ceiling with either hand in mini-front support.</p> <p>Vocab Front support, balance, static, chase, collect, opposite, direction</p> <p>Sporting application (Striking and fielding) Aim & throw object underarm Catch balloon/bean bag/scarf & sometimes a bouncing ball Use hand to strike a bean bag or ball and move towards a scoring area Begin to use a bat to hit a ball or bean bag Play a simple game involving striking and fielding Move fluently, change speed and direction avoiding collisions</p> <p>Vocab Aim, throw, catch, striking, fielding, fluently, speed, rules, control</p>	<p><i>link them to make actions and sequences of movement</i></p> <p>Fundamental skills (agility - ball chasing) Roll a ball, chase and collect it in balanced position facing opposite direction. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p> <p>(static balance - floor work) Hold mini-front support position. Reach round and point to ceiling with either hand in mini-front support.</p> <p>Vocab Front support, balance, static, chase, collect, opposite, direction</p> <p>Sporting application (Striking and fielding) Move fluently, change speed and direction avoiding collisions. Show control and accuracy for rolling, underarm throwing, striking and kicking a ball Move in line with ball to receive it. Understand the concept of aiming. Use skills differently, trying to win by changing the way they use skills and space in reaction to their opponent Show some different ways of hitting, throwing and striking a ball.</p>	<ul style="list-style-type: none"> I can begin to choose and use the best space in a game. <p>Vocab Travelling, striking, space, sideways, forwards, backwards, hitting, racquet, directions, pathways, sending, receiving</p> <p>SUMMER TWO</p> <p>Health and Fitness skills NC <i>Pupils should be taught to:</i></p> <ul style="list-style-type: none"> Continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement <p>Fundamental skills (agility - ball chasing) Roll a ball, chase and collect it in balanced position facing opposite direction. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. 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 - floor work) Hold mini-front support position.</p>	<ul style="list-style-type: none"> I can practise the correct technique and use it in a game. I can strike the ball/ shuttlecock for distance. I can use different ways of travelling at different speeds and following different pathways, directions or courses. I can change speed and direction whilst running. I can begin to choose and use the best space in a game. I can find a useful space and get into it to support teammates. <p>Vocab Travelling, striking, space, sideways, forwards, backwards, hitting, racquet, directions, pathways, sending, receiving, direction, position, possession</p> <p>SUMMER TWO</p> <p>Health and Fitness skills NC <i>Pupils should be taught to:</i></p> <ul style="list-style-type: none"> Enjoy communicating, collaborating and competing with each other Continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement <p>Fundamental skills (agility - ball chasing)</p>	<ul style="list-style-type: none"> I can accurately serve underarm. I can build a rally with a partner. I can use at least two different shots in a game situation. I can use hand-eye coordination to strike a moving and a stationary ball/ shuttlecock I can make the best use of space to pass and receive the ball/ shuttlecock. <p>Vocab Travelling, striking, space, sideways, forwards, backwards, hitting, racquet, directions, pathways, sending, receiving, direction, position, rally, hand eye coordination, stationary, serve, stationary, possession, accuracy, fluency</p> <p>SUMMER TWO</p> <p>Health and Fitness skills NC <i>Pupils should be taught to:</i></p> <ul style="list-style-type: none"> Enjoy communicating, collaborating and competing with each other Continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement <p>Fundamental skills</p>	<ul style="list-style-type: none"> I can build a rally with a partner. I can use at least two different shots in a game situation. I can use hand-eye coordination to strike a moving and a stationary ball/ shuttlecock. I can use different techniques to hit a ball/ shuttlecock. I can identify and apply techniques for hitting a shuttlecock I can explore when different shots are best used. I can develop a backhand technique and use it in a game. I can practise techniques for all strokes. I can make the best use of space to pass and receive the ball/ shuttlecock I can demonstrate an increasing awareness of space. <p>Vocab Travelling, striking, space, sideways, forwards, backwards, hitting, racquet, directions, pathways, sending, receiving, direction, position, rally, hand eye coordination, stationary, serve, stationary, possession, accuracy</p> <p>SUMMER TWO</p> <p>Health and Fitness skills NC <i>Pupils should be taught to:</i></p> <ul style="list-style-type: none"> Enjoy communicating, collaborating and competing with each other Continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement <p>Fundamental skills (co-ordination - sending and receiving) With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes.</p>	<ul style="list-style-type: none"> I can practise techniques for all strokes. I can use good hand-eye coordination to be able to direct a ball/ shuttlecock when striking or hitting. I can understand how to serve in order to start a game. I can demonstrate a good awareness of space. <p>Vocab Travelling, striking, space, sideways, forwards, backwards, hitting, racquet, directions, pathways, sending, receiving, direction, position, rally, hand eye coordination, stationary, serve, stationary, possession, accuracy</p> <p>SUMMER TWO</p> <p>Health and Fitness skills NC <i>Pupils should be taught to:</i></p> <ul style="list-style-type: none"> Enjoy communicating, collaborating and competing with each other Continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement <p>Fundamental skills (co-ordination - sending and receiving) With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes.</p>
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	<p>Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points) Play as a fielder and get the ball back to a STOP ZONE</p> <p>Begin to follow some simple rules (carrying the bat, not over taking someone)</p> <p>Vocab Aim, throw, catch, striking, fielding, fluently, speed, rules, control, accuracy, aiming, receive</p>	<p>Reach round and point to ceiling with either hand in mini-front support. Place cone on back and take it off with other hand in minifront support. Hold mini-back support position. Place cone on tummy and take it off with other hand in miniback support.</p> <p>Vocab Front support, balance, static, chase, collect, opposite, direction, control</p> <p>Sporting application (Striking and fielding) Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops. Stop moving when the 'bowler' has the ball. Play as a fielder and pass the ball back to the bowler to make the runner stop. Follow rules for a game (carry the bat, don't overtake, run around the outside of the hula hoops) Play competitively to score points. Show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run. Choose and use tactics to suit different situations. React to situations in a way that helps their partners and makes it difficult for their opponents. Know how to score and keep the rules of the games.</p>	<p>Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Complete above challenges with tennis ball.</p> <p>(static balance - stance) Stand on low beam with good stance for 10 seconds. Receive a small force from various angles. Raise alternate feet 5 times. Raise alternate knees 5 times. Catch ball at chest height and throw it back.</p> <p>Vocab Seated, position, balanced, opposite, stance, alternate, control, accuracy, co - ordination</p> <p>Sporting application (Athletics) Identify and demonstrate how different techniques can affect their performance Focus on their arm and leg action to improve their sprinting technique Begin to combine running with jumping over hurdles Focus on trial leg and lead leg action when running over hurdles</p>	<p>(agility - ball chasing) Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Complete above challenges with tennis ball. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. Perform above challenge with tennis ball. Roll and chase large ball, stopping it with head in front support position facing opposite direction.</p> <p>(static balance - stance) Receive a small force from various angles. Raise alternate feet 5 times. Raise alternate knees 5 times. Catch ball at chest height and throw it back. Raise alternate knees to opposite elbow 5 times. Catch large ball thrown at knee height and above head. Catch large ball thrown away from body. Catch small ball thrown close to and away from body.</p> <p>Vocab Seated, position, balanced, opposite, stance, alternate, control, accuracy, co - ordination</p> <p>Sporting application (Athletics)</p>	<ul style="list-style-type: none"> Enjoy communicating, collaborating and competing with each other Continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement <p>Fundamental skills (co-ordination - sending and receiving) Alternately throw and catch 2 tennis balls against a wall. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). Throw 2 tennis balls against a wall in a circuit, in both directions. With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.</p> <p>(agility - ball chasing) Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. Perform above challenge with tennis ball. Roll and chase large ball, stopping it with head in front support position facing opposite direction. Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.</p>	<p>With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds. Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously.</p> <p>(agility - ball chasing) Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce. Perform above challenge but catch ball on instep of foot and lower it to the ground.</p> <p>Vocab Cross over, sending, receiving, long barrier, reaction, opposite, control, accuracy, agility, simultaneously, continuous, circuit, alternating</p> <p>Sporting application (Athletics) Build up speed quickly for a sprint finish Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern Accelerate to pass other competitors Work as a team to competitively perform a relay Confidently and independently select the most appropriate ace for different distances and different parts of the run Demonstrate endurance</p>
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		<p>Vocab Aim, throw, catch, striking, fielding, fluently, speed, rules, control, accuracy, aiming, receive, tactics, positions, rules, bowler,</p>	<p>Understand the importance of adjusting running pace to suit the distance being run Throw with greater control and accuracy Show increasing control in their overarm throw Perform a push throw Continue to develop techniques to throw for increased distance Perform learnt skills and techniques with control and confidence Compete against self and others in a controlled manner</p> <p>Vocab Control, technique, communication, speeds, directions, relay, accuracy, competition, safety, tackle, pressure</p>	<p>Confidently demonstrate an improved technique for sprinting Carry out an effective sprint finish Perform a relay, focusing on the baton changeover technique Speed up and slow down smoothly Learn how to combine a hop, step and jump to perform the standing triple jump Land safely and with control Begin to measure the distance jumped Perform a pull throw Measure the distance of their throws Continue to develop techniques to throw for increased distance Perform and apply skills and techniques with control and accuracy Take part in a range of competitive games and activities</p> <p>Vocab Control, technique, communication, speeds, directions, relay, accuracy, competition, safety, tackle, pressure, patterns, pace, power, possession, dribble</p>	<p>Vocab Cross over, sending, receiving, long barrier, reaction, opposite, control, accuracy, agility, simultaneously, continuous, circuit, alternating</p> <p>Sporting application (Athletics) Accelerate from a variety of starting positions and select their preferred position Identify their reaction times when performing a sprint start Continue to practise and refine their technique for sprinting, focusing on effective sprint start Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run Identify and demonstrate stamina, explaining its importance for runners Improve techniques for jumping for distance Perform an effective standing log jump Perform the standing triple jump with increased confidence Develop an effective technique for standing vertical jump (jumping for height) including take-off and flight Investigate different jumping techniques Perform a fling throw Throw a variety of implements using a range of throwing techniques Measure and record the distance of their throws Continue to develop techniques</p>	<p>and stamina over long distances in order to maintain a sustained run Develop the technique for the standing vertical jump Land safely and with control Develop and improve their techniques for jumping for height and distance and support others in improving their performance Perform and apply different types of jumps in other contexts Set up and lead jumping activities including measuring the jumps with confidence and accuracy Perform a heave throw Measure and record the distance of their throws Continue to develop techniques to throw for increased distance and support others in improving their personal best Develop for refine techniques to throw for accuracy Perform and apply a variety of skills and techniques confidently, consistently and with precision Take part in competitive games with a strong understanding of tactics and composition</p> <p>Vocab Control, technique, communication, speeds, directions, relay, accuracy, competition, safety, tackle, pressure, pattern, pace, power, possession, dribble, alternating, marking</p>
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					<p>to throw for increased distance</p> <p>Consistently perform and apply skills and techniques with accuracy and control</p> <p>Take part in competitive games with a strong understanding of tactics and composition</p> <p>Vocab</p> <p>Control, technique, communication, speeds, directions, relay, accuracy, competition, safety, tackle, pressure, pattern, pace, power, possession, dribble, alternating, marking</p>	
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