

# 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
<b>SUMMER ONE</b>	<b>SUMMER ONE</b>	<b>SUMMER ONE</b>	<b>SUMMER ONE</b>	<b>SUMMER ONE</b>	<b>SUMMER ONE</b>	<b>SUMMER ONE</b>
<p><b>Physical Skills</b></p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Develop fundamental movement skills</li> <li>I can perform a sequence of movements with some changes in level, direction or speed.</li> <li>I can perform a small range of skills and link two movements together.</li> </ul> <p><b>Fundamental skills (agility - reaction and response)</b></p> <p>React and catch large ball dropped from shoulder height after 2 bounces. React and catch large ball dropped from shoulder height after 1 bounce.</p> <p><b>(co-ordination - sending and receiving)</b></p> <p>Roll large ball and collect the rebound. Roll small ball and collect the rebound.</p>	<p><b>Physical Skills</b></p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Develop fundamental movement skills</li> <li>I can perform a sequence of movements with some changes in level, direction or speed.</li> <li>I can perform a small range of skills and link two movements together.</li> </ul> <p><b>Fundamental skills (agility - reaction and response)</b></p> <p>React and catch large ball dropped from shoulder height after 2 bounces. React and catch large ball dropped from shoulder height after 1 bounce.</p> <p><b>(co-ordination - sending and receiving)</b></p> <p>Roll large ball and collect the rebound. Roll small ball and collect the rebound.</p>	<p><b>Physical Skills</b></p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Develop fundamental movement skills</li> <li>I can select and apply a range of skills with good control and consistency.</li> <li>I can perform a sequence of movements with some changes in level, direction or speed.</li> </ul> <p><b>Fundamental skills (agility - reaction and response)</b></p> <p>React and catch tennis ball dropped from shoulder height after 1 bounce. React and catch large ball dropped from shoulder height after 2 bounces. React and catch large ball dropped from shoulder height after 1 bounce.</p> <p><b>(co-ordination - sending and receiving)</b></p> <p>Roll large ball and collect the rebound. Roll small ball and collect the rebound. Throw large ball and catch the rebound with 2 hands</p>	<p><b>Physical skills</b></p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>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</li> <li>I can link actions together so that they flow.</li> <li>I can perform a variety of movements and skills with good body tension.</li> </ul> <p><b>Fundamental skills (agility - reaction and response)</b></p> <p>From 1, 2 and 3 metres: React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg. React and catch tennis ball dropped from shoulder height after 1 bounce.</p> <p><b>(static balance - floorwork)</b></p> <p>Hold full front support position. Lift 1 arm and point to the ceiling with either hand in</p>	<p><b>Physical skills</b></p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>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</li> <li>I can link actions together so that they flow.</li> <li>I can perform a variety of movements and skills with good body tension.</li> </ul> <p><b>Fundamental skills (agility - reaction and response)</b></p> <p>From 1, 2 and 3 metres: React and step across body, bring hand across body and catch tennis ball after 1 bounce. From 1, 2 and 3 metres: React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p> <p><b>(static balance - floorwork)</b></p>	<p><b>Physical skills</b></p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Develop an understanding of how to improve in different activities and sports</li> <li>Play competitive games and apply basic principles suitable for attacking and defending</li> <li>I can perform a range of skills fluently and accurately.</li> <li>I can use combinations of skills confidently in specific contexts.</li> <li>I can perform a variety of movements and skills with good body tension.</li> </ul> <p><b>Fundamental skills (dynamic balance - jumping and landing)</b></p> <p>Jump 2 feet to 2 feet forwards, backwards and side-to-side. Hop forward and backwards, freezing on landing. Jump 1 foot to other forwards and backwards, freezing on landing. Hop sideways, raising knee and freezing on landing.</p>	<p><b>Physical skills</b></p> <p>NC Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Develop an understanding of how to improve in different activities and sports</li> <li>Play competitive games and apply basic principles suitable for attacking and defending</li> <li>I can perform a range of skills fluently and accurately.</li> <li>I can use combinations of skills confidently in specific contexts.</li> <li>I can perform a variety of movements and skills with good body tension.</li> </ul> <p><b>Fundamental skills (dynamic balance - jumping and landing)</b></p> <p>Jump 2 feet to 2 feet with a 180° turn in the middle (both directions). Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions). Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides). Jump from vertical stance</p>

<p>Throw large ball and catch the rebound with 2 hands.</p> <p><b>Vocab</b> Send, receive, roll, rebound, balanced, opposite,</p> <p><b>Sporting application (Athletics)</b></p> <ul style="list-style-type: none"> <li>I can describe how it feels to exercise</li> <li>I can run in different ways and directions</li> <li>I can jump in a variety of ways</li> <li>I can roll equipment in different ways</li> <li>I can throw an object at a target</li> </ul> <p><b>Vocab</b> Run jump, throw, object, target</p> <p><b>SUMMER TWO</b></p> <p><b>Health and Fitness skills NC</b> Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>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</li> </ul> <p><b>Fundamental skills (agility - ball chasing)</b> Roll a ball, chase and collect it in balanced position facing opposite direction.</p>	<p>Throw large ball and catch the rebound with 2 hands</p> <p><b>Vocab</b> Send, receive, roll, rebound, balanced, opposite,</p> <p><b>Sporting application (Athletics)</b></p> <ul style="list-style-type: none"> <li>I can carry and place equipment safely</li> <li>I can vary my speed when running</li> <li>I can show good posture and balance</li> <li>I can sprint and run in a straight line</li> <li>I can perform two different types of jumps</li> <li>I can throw over and under arm</li> <li>I can show some accuracy</li> </ul> <p><b>Vocab</b> Run jump, throw, object, target, variety, balance, straight, over arm, under arm</p> <p><b>SUMMER TWO</b></p> <p><b>Health and Fitness skills NC</b> Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>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</li> </ul> <p><b>Fundamental skills (agility - ball chasing)</b></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><b>Vocab</b> Send, receive, roll, rebound, balanced, opposite, racket,</p> <p><b>Sporting application (Athletics)</b></p> <ul style="list-style-type: none"> <li>I can perform and compare different types of jumps</li> <li>I can run at different paces and complete and obstacle course</li> <li>I can throw different types of equipment</li> <li>I can show good control</li> <li>I can throw accurately</li> <li>I can combine different types of jumps</li> </ul> <p><b>Vocab</b> Run jump, throw, object, target, variety, balance, straight, over arm, under arm, accuracy, compare, combine</p> <p><b>SUMMER TWO</b></p> <p><b>Health and Fitness skills NC</b> Pupils should be taught to:</p>	<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><b>Vocab</b> front support, static, reaction, response, coordination, balancing, control, accuracy, communication</p> <p><b>Sporting application (Athletics)</b> 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</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>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><b>Vocab</b> Front support, static, reaction, response, coordination, back support transfer, body tension, communication</p> <p><b>Sporting application (Athletics)</b> Confidently demonstrate an improved technique for sprinting Carry out an effective sprint finish Perform a relay, focusing on the baton changeover technique</p>	<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><b>(static balance - one leg)</b> Stand still on uneven surface for 30 seconds. Stand still on uneven surface for 30 seconds with eyes closed. Complete 10 squats into ankle extensions. Complete 5 squats with eyes closed. Complete 5 ankle extensions with eyes closed. Complete 10 squats into ankle extensions with eyes closed. Complete above 2 challenges on uneven surface with eyes open. Complete first 2 challenges on uneven surface with eyes closed.</p> <p><b>Vocab</b> Squats, extensions, lunge position, vertical stance, rotation,</p> <p><b>Sporting application (Athletics)</b> Accelerate from a variety of starting positions and select their preferred position Identify their reaction times when performing a sprint start</p>	<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><b>(static balance - one leg)</b> Complete 5 ankle extensions with eyes closed. Complete 10 squats into ankle extensions with eyes closed. Complete above 2 challenges on uneven surface with eyes open. Complete first 2 challenges on uneven surface with eyes closed. Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand. Perform above challenge with eyes closed. 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><b>Vocab</b> Squats, extensions, lunge position, vertical stance, rotation,</p> <p><b>Sporting application (Athletics)</b> 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</p>
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<p>Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p> <p><b>(static balance - floor work)</b></p> <p>Hold mini-front support position.</p> <p>Reach round and point to ceiling with either hand in mini-front support.</p> <p><b>Vocab</b></p> <p>Front support, balance, static, chase, collect, opposite, direction</p> <p><b>Sporting application (Striking and fielding)</b></p> <p>Aim &amp; throw object underarm</p> <p>Catch balloon/bean bag/scarf &amp; sometimes a bouncing ball</p> <p>Use hand to strike a bean bag or ball and move towards a scoring area</p> <p>Begin to use a bat to hit a ball or bean bag</p> <p>Play a simple game involving striking and fielding</p> <p>Move fluently, change speed and direction avoiding collisions</p> <p><b>Vocab</b></p> <p>Aim, throw, catch, striking, fielding, fluently, speed, rules, control</p>	<p>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><b>(static balance - floor work)</b></p> <p>Hold mini-front support position.</p> <p>Reach round and point to ceiling with either hand in mini-front support.</p> <p><b>Vocab</b></p> <p>Front support, balance, static, chase, collect, opposite, direction</p> <p><b>Sporting application (Striking and fielding)</b></p> <p>Move fluently, change speed and direction avoiding collisions.</p> <p>Show control and accuracy for rolling, underarm throwing, striking and kicking a ball</p> <p>Move in line with ball to receive it.</p> <p>Understand the concept of aiming.</p> <p>Use skills differently, trying to win by changing the way they use skills and space in reaction to their opponent</p> <p>Show some different ways of hitting, throwing and striking a ball.</p> <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>	<ul style="list-style-type: none"> <li>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</li> </ul> <p><b>Fundamental skills (agility - ball chasing)</b></p> <p>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>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><b>(static balance - floor work)</b></p> <p>Hold mini-front support position.</p> <p>Reach round and point to ceiling with either hand in mini-front support.</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><b>Vocab</b></p> <p>Front support, balance, static, chase, collect, opposite, direction, control</p>	<p>Focus on trial leg and lead leg action when running over hurdles</p> <p>Understand the importance of adjusting running pace to suit the distance being run</p> <p>Throw with greater control and accuracy</p> <p>Show increasing control in their overarm throw</p> <p>Perform a push throw</p> <p>Continue to develop techniques to throw for increased distance</p> <p>Perform learnt skills and techniques with control and confidence</p> <p>Compete against self and others in a controlled manner</p> <p><b>Vocab</b></p> <p>Control, technique, communication, speeds, directions, relay, accuracy, competition, safety, tackle, pressure</p> <p><b>SUMMER TWO</b></p> <p><b>Health and Fitness skills</b></p> <p>NC</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Enjoy communicating, collaborating and competing with each other</li> <li>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</li> </ul> <p><b>Fundamental skills (agility - ball chasing)</b></p> <p>Start in seated/lying position, throw a bouncing ball, chase</p>	<p>Speed up and slow down smoothly</p> <p>Learn how to combine a hop, step and jump to perform the standing triple jump</p> <p>Land safely and with control</p> <p>Begin to measure the distance jumped</p> <p>Perform a pull throw</p> <p>Measure the distance of their throws</p> <p>Continue to develop techniques to throw for increased distance</p> <p>Perform and apply skills and techniques with control and accuracy</p> <p>Take part in a range of competitive games and activities</p> <p><b>Vocab</b></p> <p>Control, technique, communication, speeds, directions, relay, accuracy, competition, safety, tackle, pressure, patterns, pace, power, possession, dribble</p> <p><b>SUMMER TWO</b></p> <p><b>Health and Fitness skills</b></p> <p>NC</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>Enjoy communicating, collaborating and competing with each other</li> <li>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</li> </ul>	<p>Continue to practise and refine their technique for sprinting, focusing on effective sprint start</p> <p>Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run</p> <p>Identify and demonstrate stamina, explaining its importance for runners</p> <p>Improve techniques for jumping for distance</p> <p>Perform an effective standing log jump</p> <p>Perform the standing triple jump with increased confidence</p> <p>Develop an effective technique for standing vertical jump (jumping for height) including take-off and flight</p> <p>Investigate different jumping techniques</p> <p>Perform a fling throw</p> <p>Throw a variety of implements using a range of throwing techniques</p> <p>Measure and record the distance of their throws</p> <p>Continue to develop techniques 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><b>Vocab</b></p> <p>Control, technique, communication, speeds, directions, relay, accuracy, competition, safety, tackle, pressure, pattern, pace, power, possession, dribble, alternating, marking</p> <p><b>SUMMER TWO</b></p> <p><b>Health and Fitness skills</b></p> <p>NC</p> <p>Pupils should be taught to:</p>	<p>the run Demonstrate endurance and stamina over long distances in order to maintain a sustained run</p> <p>Develop the technique for the standing vertical jump</p> <p>Land safely and with control</p> <p>Develop and improve their techniques for jumping for height and distance and support others in improving their performance</p> <p>Perform and apply different types of jumps in other contexts</p> <p>Set up and lead jumping activities including measuring the jumps with confidence and accuracy</p> <p>Perform a heave throw</p> <p>Measure and record the distance of their throws</p> <p>Continue to develop techniques to throw for increased distance and support others in improving their personal best</p> <p>Develop for refine techniques to throw for accuracy</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision</p> <p>Take part in competitive games with a strong understanding of tactics and composition</p> <p><b>Vocab</b></p> <p>Control, technique, communication, speeds, directions, relay, accuracy, competition, safety, tackle, pressure, pattern, pace, power, possession, dribble, alternating, marking</p> <p><b>SUMMER TWO</b></p> <p><b>Health and Fitness skills</b></p> <p>NC</p> <p>Pupils should be taught to:</p>
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	<p>Begin to follow some simple rules (carrying the bat, not over taking someone)</p> <p><b>Vocab</b> Aim, throw, catch, striking, fielding, fluently, speed, rules, control, accuracy, aiming, receive</p>	<p><b>Sporting application (Striking and fielding)</b> 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><b>Vocab</b> Aim, throw, catch, striking, fielding, fluently, speed, rules, control, accuracy, aiming, receive, tactics, positions, rules, bowler,</p>	<p>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><b>(static balance - stance)</b> 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><b>Vocab</b> Seated, position, balanced, opposite, stance, alternate, control, accuracy, co - ordination</p> <p><b>Sporting application (striking and fielding)</b> Body position / movement of fielder Begin with throwing then striking ball (kicking / rackets / bats) Intercept and stop the ball with consistency and sometimes catch the ball Changing positioning whilst fielding, e.g. for different batters Judge how far they can run to score points</p>	<p><b>Fundamental skills (agility - ball chasing)</b> 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><b>(static balance - stance)</b> 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><b>Vocab</b> Seated, position, balanced, opposite, stance, alternate, control, accuracy, co - ordination</p> <p><b>Sporting application (striking and fielding)</b></p>	<p>pressure, pattern, pace, power, possession, dribble, alternating, marking</p> <p><b>SUMMER TWO</b></p> <p><b>Health and Fitness skills</b> NC Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• Enjoy communicating, collaborating and competing with each other</li> <li>• 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</li> </ul> <p><b>Fundamental skills (co-ordination - sending and receiving)</b> 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><b>(agility - ball chasing)</b> 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</p>	<ul style="list-style-type: none"> <li>• Enjoy communicating, collaborating and competing with each other</li> <li>• 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</li> </ul> <p><b>Fundamental skills (co-ordination - sending and receiving)</b> 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. 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><b>(agility - ball chasing)</b> 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>
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			<p>Choose where to stand as a fielder to make it hard for the batter Are they familiar with and use the rules set, and keep games going?</p> <p>Vocab Striking, bowling, batter, striking, positioning, fielding, intercept, rules</p>	<p>Can bat using different types of shot Can change &amp; maintain positioning whilst fielding Can throw for distance Can use different ways of bowling Strike a ball with intent and throw it more accurately when bowling and/or fielding Choose and use batting or throwing skills to make the game hard for their opponents Identify parts of their performance that need improvement, and suggest how to achieve this Work collaboratively in pairs, group activities and small sided games</p> <p>Vocab Striking, bowling, batter, striking, positioning, fielding, intercept, rules, collaborate, opponent,</p>	<p>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>Vocab Cross over, sending, receiving, long barrier, reaction, opposite, control, accuracy, agility, simultaneously, continuous, circuit, alternating</p> <p><b>Sporting application (striking and fielding)</b> Use a range of fielding skills, e.g. catching, throwing, intercepting, with growing control and consistency. Use different ways &amp; vary how they bowl Bat effectively, using different types of shot from both sides of body Throw overarm with accuracy and for a good distance Direct the ball away from fielders, using different angles and speeds. Gauge when to run after hitting the ball Use tactics which involve bowlers and fielders working together. Identify what they need to improve in their performance and suggest how they could do this. Work collaboratively in pairs, group activities and small sided games</p> <p>Vocab</p>	<p><b>Vocab</b> Cross over, sending, receiving, long barrier, reaction, opposite, control, accuracy, agility, simultaneously, continuous, circuit, alternating</p> <p><b>Sporting application (striking and fielding)</b> Demonstrate and use an increasing range of skills in their practices and game with confidence, control and accuracy Show awareness of which skills relate to different parts of a game, or to different roles in a game Use skills effectively in different types of game Plan to outwit the opposition individually, as a pair or as a team, when they are batting, bowling and fielding Use tactics which involve bowlers and fielders working together Recognise, find and use space well in games Defend effectively, slowing games down and making it hard to find space Identify how they and others are more or less effective in different parts of games. Use information to decide what they need to practise. Know how to make the most of strengths and weaknesses in games</p> <p>Vocab Striking, bowling, batter, striking, positioning, fielding, intercept, rules, collaborate, opponent, tactics, angles, overarm, control, consistency</p>
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