

## PE: Knowledge and Skills Progression Map



### Progression through our PE Curriculum

The progression of our PE curriculum ensures that the knowledge and skills taught in each year group flows and progresses throughout the teaching of PE. We have used the Get Set for PE programme and OFSTED research on 'The Pillars of progression in PE' to tailor our children's learning and excel their knowledge in each strand of PE and Physical Activity. The skills and knowledge to be taught is laid out in each year's curriculum maps.

Pillars of PE are also identified: Motor competence, Rules strategies and tactics and Healthy participation.

The INTENT of our PE Curriculum Map Using our tailored curriculum design and teaching and learning policy, the intention of our Seaton Academy's' approach is to provide each child with the skills and opportunities to meet the National Curriculum/Early Years end of key stage statements.

Early Years – The intent in our Foundation Stage is to focus on developing gross and fine motor skills. To do this, our Nursery takes the Physical Development strands from their thematic based learning mapped out on Curriculum Maestro. All Gross and Fine Motor Skills are developed in daily provision too. In order to prepare our Reception students for delivery in KS1, Reception Planning is taken from Get Set for PE, alongside Development Matters. Class teachers deliver this alongside a range of County approved Sport's Coaches. We feel that the skills taught by the scheme and the coaches, along with opportunities to develop a wider range of physical skills, will ensure they are ready for KS1 PE. The children are assessed against the Early Learning Goals and Get Set for PE assessments at the end of the year, which then means that Year 1 teachers can plan and adapt their PE offer to specifically cater for their new pupils. As students progress through KS1 they will build and acquire new skills for KS2.

Early Years	
<b>By the end of EYFS – Taken from Development Matters and Early Learning Goals 3-4</b> <ul style="list-style-type: none"><li>Start taking part in some group activities, which they make up for themselves, or in teams.</li><li>Increasingly be able to use and remember sequences and patterns of movements, which are related to music and rhythm.</li><li>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li></ul> <b>Reception</b> <ul style="list-style-type: none"><li>Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</li></ul>	<b>EYFS Vocabulary:</b> Athletics – push, stop, jump, space, forwards, safely, balance and backwards Ball Skills – run, stop, throw, roll, team, kick, space and catch Dance – move, copy, shape, space, safely, around, travel, sideways, forwards and backwards Gymnastics – push, stop, space, jump, balance, safely, move, copy, over, shape, rock, around, sideways, travel, forwards and backwards Fundamentals – run, stop, space, jump, balance and skip Invasion Games – pass, team, tag, balance, safely, space, forwards and backwards Net and Wall Games – team, space, catch, throw, safely, bounce, forward and backward Striking and Fielding – run, pass, roll, team, space, safely, forwards and backwards Target Games – aim, space, team, pass, safety and balance

- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Develop overall body-strength, balance, co-ordination and agility.

**Gross Motor Skills ELG Children at the expected level of development will:**

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

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Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Exploring Autumn	Once upon a Time	Starry Night	Dangerous Dinosaurs	Sunshine and Sunflowers	Big Wide World
Gross Motor Skills	<ul style="list-style-type: none"> <li>- Experiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythm.</li> <li>-Uses large muscle movements to wave flags and streamers.</li> </ul>	<ul style="list-style-type: none"> <li>-Move confidently in a range of ways and safely negotiate space, obstacles and terrains.</li> <li>-Travel with confidence and skill around, under, over and through equipment and different terrains, such as climbing steps, stairs and apparatus using alternate feet.</li> </ul>	<ul style="list-style-type: none"> <li>-Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing control.</li> <li>-Experiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythm.</li> <li>-Uses large muscle movements to wave flags and streamers.</li> <li>-Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music.</li> <li>-Move confidently in a range of ways and safely negotiate space, obstacles and terrains.</li> </ul>	<ul style="list-style-type: none"> <li>-Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music</li> <li>-Adjust speed when running, and jump off objects and land successfully.</li> <li>-Move confidently in a range of ways and safely negotiate space, obstacles and terrains.</li> <li>-Experiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythm.</li> <li>-Uses large muscle movements to wave flags and streamers.</li> </ul>	<ul style="list-style-type: none"> <li>-Join in with games that include racing, chasing, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>-Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing control.</li> </ul>	<ul style="list-style-type: none"> <li>-Join in with games that include racing, chasing, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>-Move confidently in a range of ways and safely negotiate space, obstacles and terrains.</li> <li>-Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing control.</li> <li>-Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music.</li> <li>-Demonstrate balance, strength, fluency of movement and coordination when using play equipment and develop core muscle strength.</li> </ul>
Fine Motor Skills	<ul style="list-style-type: none"> <li>-Explore simple tools within practical tasks and experiment with joining materials.</li> <li>-Choose and explore appropriate tools for simple practical tasks.</li> </ul>	<ul style="list-style-type: none"> <li>-Choose and explore appropriate tools for simple practical tasks</li> </ul>		<ul style="list-style-type: none"> <li>-Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</li> </ul>	<ul style="list-style-type: none"> <li>-Use a range of media, tools and techniques to create images, express ideas and show different emotions.</li> <li>-Use a range of small</li> </ul>	<ul style="list-style-type: none"> <li>-Use a range of small tools, including scissors, paint brushes and cutlery.</li> <li>-Manipulate malleable materials into a variety of shapes and forms</li> </ul>

					tools, including scissors, paint brushes and cutlery. -Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools.	using their hands and other simple tools. -Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. -Use a range of small tools, including scissors, paint brushes and cutlery.
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Nursery Cycle B	Autumn 1 Me and my Community	Autumn 2 Sparkle and Shine	Spring 1 Winter Wonderland	Spring 2 Puddles and Rainbows	Summer 1 Shadows and Reflections	Summer 2 Splash!
Gross Motor Skills	-Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing control. -Demonstrate balance, strength, fluency of movement and coordination when using play equipment and develop core muscle strength.	-Experiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythm. Uses large muscle movements to wave flags and streamers.	-Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music.	-Experiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythm. -Uses large muscle movements to wave flags and streamers.	-Demonstrate balance, strength, fluency of movement and coordination when using play equipment and develop core muscle strength -Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music. -Adjust speed when running, and jump off objects and land successfully.	-Move confidently in a range of ways and safely negotiate space, obstacles and terrains
Fine Motor Skills	-Choose and explore appropriate tools for simple practical tasks.	-Cut, tear, fold and stick a range of papers and fabrics.	-Use a range of small tools, including scissors, paint brushes	-Hold a pencil effectively in preparation for fluent	-Manipulate malleable materials into a variety of shapes and forms	-Use a range of small tools, including scissors, paint

		<ul style="list-style-type: none"> <li>-Use a range of small tools, including scissors, paint brushes and cutlery.</li> <li>-Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools.</li> </ul>	<ul style="list-style-type: none"> <li>and cutlery.</li> <li>-Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</li> <li>-Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools.</li> </ul>	<ul style="list-style-type: none"> <li>writing – using the tripod grip in almost all cases.</li> <li>-Cut, tear, fold and stick a range of papers and fabrics.</li> <li>-Use a range of small tools, including scissors, paint brushes and cutlery.</li> <li>-Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools</li> </ul>	<ul style="list-style-type: none"> <li>using their hands and other simple tools.</li> <li>-Use a range of small tools, including scissors, paint brushes and cutlery.</li> <li>-Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</li> </ul>	<ul style="list-style-type: none"> <li>brushes and cutlery.</li> <li>-Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools.</li> </ul>
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Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Introduction to PE 1	Fundamentals 1	Fundamentals 2	Ball Skills 1	Ball Skills 2	Games 1
	<ul style="list-style-type: none"> <li>-Move safely and sensibly in a space with consideration of others.</li> <li>-Develop moving safely and stopping with control.</li> <li>-Use equipment safely and responsibly.</li> <li>-Use different travelling actions whilst following a path.</li> <li>-Work with others co-operatively and play as a group.</li> <li>-Follow, copy and lead a partner.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop balancing whilst stationary and on the move.</li> <li>-Develop running and stopping.</li> <li>-Develop changing direction.</li> <li>-Develop jumping and landing.</li> <li>-Develop hopping and landing with control.</li> <li>-Explore different ways to travel.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop balancing.</li> <li>-Develop running and stopping.</li> <li>-Develop changing direction.</li> <li>-Develop jumping.</li> <li>-Develop hopping.</li> <li>-Explore different ways to travel using equipment.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop rolling a ball to a target.</li> <li>-Develop stopping a ball.</li> <li>-Develop accuracy when rolling a ball to a target.</li> <li>-Develop bouncing and catching a ball.</li> <li>-Develop dribbling a ball with your feet.</li> <li>-Develop kicking a ball</li> </ul>	<ul style="list-style-type: none"> <li>-Develop rolling and tracking a ball.</li> <li>-Develop accuracy when throwing to a target.</li> <li>-Develop dribbling with hands.</li> <li>-Develop throwing and catching with a partner.</li> <li>-Develop dribbling a ball with your feet.</li> <li>-Develop kicking a ball to a target.</li> </ul>	<ul style="list-style-type: none"> <li>-Work safely and develop running and stopping.</li> <li>-Develop throwing and learn how to keep score.</li> <li>-Play games showing an understanding of the different roles within it.</li> <li>-Follow instructions and move safely when playing tagging games.</li> <li>-Work co-operatively and take turns.</li> <li>-Work with others to play team games.</li> </ul>
	Introduction to PE 2	Dance 1	Gymnastics 1	Dance 2	Gymnastics 2	Games 2
	<ul style="list-style-type: none"> <li>-Move around safely in space.</li> <li>-Follow instructions and stop safely.</li> <li>-Stop safely and develop control when using equipment.</li> <li>-Follow instructions and play safely as a group.</li> <li>-Follow a path and take turns.</li> <li>-Work co-operatively with a partner.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore different body parts and how they move.</li> <li>-Explore different body parts and how they move, remember, and repeat actions.</li> <li>-Express and communicate ideas through movement exploring directions and levels.</li> <li>-Create movements and adapt and perform simple dance patterns.</li> <li>-Copy and repeat actions showing</li> </ul>	<ul style="list-style-type: none"> <li>-Copy and create shapes with your body.</li> <li>-Create shapes whilst on apparatus.</li> <li>-Develop balancing and taking weight on different body parts.</li> <li>-Develop jumping and landing safely.</li> <li>-Copy and create short sequences by linking actions together.</li> <li>-Develop rocking and rolling.</li> </ul>	<ul style="list-style-type: none"> <li>-Copy, repeat and explore actions in response to a theme.</li> <li>-Explore movement using a prop with control and coordination.</li> <li>-Explore and remember actions considering level, shape and direction.</li> <li>-Move with control and co-ordination, expressing ideas through movement.</li> <li>-Remember and repeat actions moving</li> </ul>	<ul style="list-style-type: none"> <li>-Create short sequences using shapes, balances and travelling actions.</li> <li>-Develop balancing and safely using apparatus.</li> <li>-Develop jumping and landing safely from a height.</li> <li>-Develop rocking and rolling.</li> <li>-Explore travelling around, over and through apparatus.</li> <li>-Create sequences using apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>-Aim when throwing and practice keeping score.</li> <li>-Follow instructions and move safely when playing tagging games.</li> <li>-Learn to play against a partner.</li> <li>-Develop coordination and play by the rules.</li> <li>-Explore striking a ball and keeping score.</li> <li>-Work co-operatively as part of a team.</li> </ul>



		confidence and imagination. -Move with control and co-ordination, linking, copying and repeating actions.		in time with the music. -Explore actions in response to a theme and begin to use counts.		
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## Key Stage 1

### By the end of KS1, children will:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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

### Prior learning links:

#### Physical Development

Gross Motor Skills

ELG: Negotiate space and obstacles safely, with consideration for themselves and others.

ELG: Demonstrate strength, balance and coordination when playing.

ELG: Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

### KS1 Vocabulary:

#### Athletics –

Y1 - far, hop, aim, fast, slow, bend, improve, direction and travel

Y2 – sprint, jog, distance, height, take off, landing, overarm and underarm

#### Ball Skills

Y1 – far, aim, safely, direction, balance and send

Y2 – overarm, collect, target, underarm, dribble and distance

#### Dance

Y1 – counts, pose, level, slow, fast and balance

Y2 – mirror, action, pathway, direction, speed and timing

#### Gymnastics

Y1 – action, jump, roll, level, direction, speed, point and balance

Y2 – link, pathway, sequence, tuck, straddle, speed, star and pike

#### Fundamentals

Y1 – fast, hop, slow, direction, land and safely

Y2 – dodge, jog, hurdle, speed, steady and sprint Invasion

#### Games

Y1 – defender, points, dribbling, attacker, score and partner

Y2 – received, send, teammate, chest, pass, possession, goal, dodge, bounce and pass

#### Net and Wall Games

Y1 – ready, possession, partner, net, underarm, score and points

Y2 – receive, quickly, trap, defend, return, collect and against

#### Striking and Fielding

Y1 – hit, points, target, throw, score and catch

Y2 – fielder, send, teammate, runs, batter, received and bowler

#### Target Games

Y1 – points, throw, far, distance, score and partner

Y2 – accurate, send, teammate, against, overarm, release, target and underarm

#### Yoga

Y1- balance, breath, copy, feel, focus, listen, pose, slowly, stretch

Y2- breath, choose, flexibility, focus, perform, pose, strength, flow, create



Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Fundamentals	Fitness	Sending and Receiving	Invasion	Net and Wall Games	Striking and Fielding
	<ul style="list-style-type: none"> <li>-Explore balance, stability and landing safely.</li> <li>-Explore how the body moves differently when running at different speeds.</li> <li>-Explore changing direction and dodging.</li> <li>-Explore co-ordination and combination jumps.</li> <li>-Explore combination jumping and skipping in an individual rope.</li> <li>-Explore changing direction and dodging.</li> </ul>	<ul style="list-style-type: none"> <li>-Master basic movements including running, jumping and throwing.</li> <li>-Develop balance, agility and coordination to apply them in different activities.</li> <li>-Develop understanding of importance of daily exercise.</li> <li>-Understand that activities help our muscles and the importance of breathing.</li> <li>-Recognise the importance of daily exercise.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop rolling and throwing a ball towards a target.</li> <li>-Develop receiving and tracking skills.</li> <li>-Be able to send and receive a ball with your feet.</li> <li>-Develop throwing and catching skills over a short distance.</li> <li>-Develop throwing and catching over a longer distance.</li> <li>-Apply sending and receiving skills to small games.</li> </ul>	<ul style="list-style-type: none"> <li>-Understand the role of attackers and defenders.</li> <li>-Recognise who to pass to and why.</li> <li>-Move towards the goal with the ball.</li> <li>-Support a teammate when playing in attack.</li> <li>-Move into space showing an awareness of defenders.</li> <li>-Stay with a player when defending.</li> </ul>	<ul style="list-style-type: none"> <li>-Defend space using the ready position.</li> <li>-Play against an opponent and keep the score.</li> <li>-Explore hitting with a racket.</li> <li>-Develop racket and ball skills.</li> <li>-Develop sending a ball using a racket.</li> <li>-Develop hitting over a net.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop underarm throwing and catching.</li> <li>-Develop overarm throwing.</li> <li>-Develop hitting a ball.</li> <li>-Develop collecting a ball.</li> <li>-Learn how to get a batter out.</li> <li>-Play games and understand how to score points.</li> </ul>

	Ball Skills	Dance	Gymnastics	Yoga	Target Games	Athletics
	<ul style="list-style-type: none"> <li>-Develop dribbling a ball with your hands.</li> <li>-Explore accuracy when rolling a ball.</li> <li>-Explore throwing with accuracy towards a target.</li> <li>-Explore catching with two hands.</li> <li>-Explore dribbling a ball with your feet.</li> <li>-Explore tracking a ball that is coming towards me.</li> </ul>	<ul style="list-style-type: none"> <li>-Use counts of 8 to move in time.</li> <li>-Create pathways in a routine.</li> <li>-Create my own dance using actions, pathways and counts.</li> <li>-Use different speeds and actions in a theme inspired dance.</li> <li>-Copy, repeat, create and perform actions that represent the theme.</li> <li>-Explore speeds and actions.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore, develop and combine travelling movements.</li> <li>-Improve quality when performing and linking shapes.</li> <li>-Develop stability and control in performances.</li> <li>-Develop technique and control when performing shape jumps, barrell rolls, straight and forward rolls.</li> <li>-Link gymnastic actions and rolls to create a sequence.</li> </ul>	<ul style="list-style-type: none"> <li>-Engage and understand the benefits of yoga and mindfulness.</li> <li>-Copy and remember poses.</li> <li>-Improve flexibility when holding poses.</li> <li>-Create yoga poses using a hoop.</li> <li>-Create a yoga flow with a partner.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop underarm throwing towards a target.</li> <li>-Develop throwing for accuracy.</li> <li>-Develop underarm and overarm throwing at a target.</li> <li>-Develop throwing for accuracy and distance using underarm and overarm.</li> <li>-Select the correct throw for the target.</li> <li>-Develop throwing for accuracy and distance.</li> </ul>	<ul style="list-style-type: none"> <li>-Move at different speeds over varying distances.</li> <li>-Develop balance.</li> <li>-Change direction with increased speed.</li> <li>-Hop, jump and leap for distance.</li> <li>-Throw at different distances.</li> <li>-Throw with accuracy.</li> </ul>

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Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Fundamentals	Fitness	Sending and Receiving	Invasion	Net and Wall Games	Striking and Fielding
	<ul style="list-style-type: none"> <li>-Explore how the body moves when running at different speeds.</li> <li>-Develop changing direction and dodging.</li> <li>-Develop balance, stability and landing safely.</li> <li>-Explore and develop jumping, hopping and skipping actions.</li> <li>-Develop co-ordination and combining jumps.</li> <li>-Experiment with combination jumping and skipping on an individual rope.</li> </ul>	<ul style="list-style-type: none"> <li>-Build stamina to run for a duration of time.</li> <li>-Jump using a long rope for increasing lengths of time.</li> <li>-Build co-ordination during individual skipping.</li> <li>-Develop stamina and change directions.</li> <li>-Explore exercises to develop strength.</li> <li>-Develop agility, balance and coordination.</li> </ul>	<ul style="list-style-type: none"> <li>-Effectively roll a ball towards a target.</li> <li>-Track and receive a rolling ball accurately.</li> <li>-Send and receive a ball with your feet recognising your dominant foot.</li> <li>-Develop throwing catching skills with a range of different throwing techniques.</li> <li>-Send and receive a ball using a racket.</li> </ul>	<ul style="list-style-type: none"> <li>-Understand what being in possession means and support a teammate.</li> <li>-Understand that scoring goals is an attacking skill and explore ways to do this.</li> <li>-Explore how to gain possession.</li> <li>-Understand that stopping a goal is a defending skill and explore ways to do this.</li> <li>-Mark an opponent and understand that this is a defending skill.</li> <li>-Apply simple tactics for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>-Use the ready position to defend a space on the court.</li> <li>-Return a ball with hands.</li> <li>-Play against a partner.</li> <li>-Use developing racket skills to return a ball.</li> <li>-Play against an opponent using a racket.</li> </ul>	<ul style="list-style-type: none"> <li>-Track a rolling ball and collect it.</li> <li>-Develop underarm throwing and catching to field a ball.</li> <li>-Develop overarm throwing to limit a batter's score.</li> <li>-Hit for distance to score more points.</li> <li>-Get a batter out.</li> <li>-Understand the rules of a game to play fairly.</li> </ul>

	Ball Skills	Dance	Gymnastics	Yoga	Target Games	Athletics
	<ul style="list-style-type: none"> <li>-Roll a ball to hit a target.</li> <li>-Stop a rolling ball.</li> <li>-Dribble a ball with your feet.</li> <li>-Develop kicking a ball.</li> <li>-Develop throwing and catching.</li> <li>-Develop dribbling a ball with your hands.</li> </ul>	<ul style="list-style-type: none"> <li>-Remember, repeat and link actions to tell a story through dance.</li> <li>-Develop an understanding of dynamics and how they can show an idea.</li> <li>-Use counts of 8 to stay in time to music.</li> <li>-Copy and repeat actions with the use of facial expressions responding to a stimulus.</li> <li>-Use pathways and levels.</li> <li>-Create and perform using unison, mirroring and matching a partner with changes of speed.</li> </ul>	<ul style="list-style-type: none"> <li>-Perform gymnastics shapes with control and link them together.</li> <li>-Use shapes to create balances and link them using travelling actions and apparatus.</li> <li>-Demonstrate different shapes, take off and landing when performing.</li> <li>-Develop rolling and sequence building.</li> </ul>	<ul style="list-style-type: none"> <li>-Recall, copy and repeat poses.</li> <li>-Develop an awareness of strength when completing yoga poses.</li> <li>-Develop an awareness of flexibility when completing yoga poses.</li> <li>-Copy and remember actions linking them to a flow.</li> <li>-Explore yoga poses, copy and remember actions linking them in a flow.</li> </ul>	<ul style="list-style-type: none"> <li>-Consider how much power to apply when aiming at a target.</li> <li>-Understand how to score using underarm and overarm throwing.</li> <li>-Strike into a target.</li> <li>-Hit at a moving target.</li> <li>-Select and apply the appropriate skill to a target game.</li> <li>-Show an improvement in Personal Best.</li> </ul>	<ul style="list-style-type: none"> <li>-Increase speed using the sprinting action.</li> <li>-Jump for distance.</li> <li>-Jump for height.</li> <li>-Throw for distance.</li> <li>-Throw with accuracy.</li> <li>-Select and apply knowledge and technique in an athletics carousel.</li> </ul>

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