



Warm up

Safely

Running

Coordination

Link (movements)

Jumping

Throwing

Techniques

Refine

Increase

Speed

Height

Distance

Terminology (simple)

Constructive/useful

Feedback

Sporting values



Balance

Counter balance

Twist

Turn

Spin

Symmetrical

Asymmetrical

Points

Patches

Levels

Floor

Apparatus

Link (movements)

Timing

Transitions

Combinations

Sequences

Formations (partner)

Adjacent

Front & back

Mirroring

Inversion

Routines

Flowing



Aesthetic (moves)

Arch

Narrow

Jumps

Pathways

Curving

Finish

Confidently

Stretch

Shapes

Long

Landings

Straight

Dynamics

Clearly

Safely

Curl

Wide

Rolls

Partner (work)

Zigzag

Start

Creatively

Communication



Terminology (simple)

Evaluation

Constructive/useful

Feedback



Agility

Patterns (simple)

Actions

Travel

Communicate

Feedback

Balance

Sequences (basic)

Link (skills)

Speed

Terminology (simple)

Safety

Coordination

Movements

Control

Collaborate

Constructive/useful



Strategies

Attack

Width

Speed

Send/pass

Move

Space

Decisively

Deceptively

Positively

Receive

Shield

Retain

Progress

Possession

Defence

Close down (space)

Quickly

Turn body

See attacker & ball

Think ahead

Intercept (pass)

Dispossess (receiver)

Communication



Teamwork

Acceptance

Behaviour

Rules

Feelings



KS1 - Striking & Fielding

Batting

Walking in

Rules

Chasse

Communication

Acceptance

Pitch

Teamwork

Feelings

Strike

Bowling

Behaviour

On the move

Fielding

Backing up



Rules

Team Work

Skills

Maps

Competition

Symbols

Partner Work

Direction

Move/travel safely



KS1 - Net & Wall Games

'V' grip

Forehand

Backhand

Volley

Accuracy

Power

Timing

Rallies

Active

Passive

Net

Court

Movement

KSI - Target Games



Throwing

Accuracy

Distance

Moving target

Power

Timing

Different heights

Speed

Consistency

Obstacles