



Warm up

Safely

Hone

Techniques (range)

Running

Sprint start

Hurdling

Relay

Baton-passing

Speed

Jumping

High Jump

Long Jump

Triple Jump

Height

Length

Throwing

Overarm throw

Distance

Performance

Measure



Link (movements)

Spin

Gracefully

Levels

Hold

Motion

Bridging

Moving

Step

Balance

Points

Body weight (own)

Control

Dynamics

Create

Seamlessly

Turn

Travel

Patches

Receive

Static

Arching

Sequences

Level-up



Front

Balances

Pushing

Compose

Matching

Direction

Rolling

Straddle

Back

Shoulder balance

Pulling

Perform

Shapes

Pathways

Forwards

Safely

Supports

Shapes (with legs)

Partner (work)

Contrasting

Moves

Speed

Backwards

Over (partner)



Along (apparatus)

Vaulting horses

Canon

Timing

Success

**Terminology
(intermediate)**

Listening

Benches

Travelling low

Mirroring

Reflect

Work together

Communication

Peer assessment

Nesting tables

Unison

Poise

Recognise

Range of contexts

Effective

Feedback



Agility

Precision

Actions

Combining

Directions

Translating

Partner (work)

Effective

Balance

Motif

Creatively

Formations

Levels

Meaningful

Group (work)

**Terminology
(intermediate)**

Coordination

Theme-related

Transforming

Travelling

Pathways

Movements

Communication

Evaluation



Constructive/useful

Ideas

Listening

Sharing

Improving

Performance



Attacking

Receive

Shield

Dribble

Hands

Feet

Control

Dodge/Evade

Turn

Deceive

Feint

'Give the eyes'

Dummy

Pass

Move

Find space

Defending

Protect space

Close down

Quickly

Sideways-on (position)

Jockey

Eye on ball (not feet)

Channel

LKS2 - Invasion Games



Clear danger (near goal)

Effective

Coordinating

Communication

Listening

Positions (team)

Roles

Actions

Sporting values



LKS2 - Striking & Fielding

Strike

Off-Side

Slip

Grip

Leg-Side

Pressure

Rounder

Tracking

Support

On-side



Teamwork

Plan

Communicate

Negotiate

Physical

Orientate

Navigate

Area

Identify

Controls

Challenge

Creative

Clues

Capture

Evidence

Compete

Map

Problem solving



LKS2 - Net & Wall Games

Rally

Fluent

Defending court

Singles

Return

Doubles

Using width

Re-centre

Covering court

Short tennis

Rules

Badminton

Feelings

Acceptance

Behaviour

LKS2 - Target Games



Area (defined)

Body position/stance

Hand-eye coordination

Equipment

Grip

More complex skills

Specific techniques