



Warm up

Safely

Cool down

Change pace

Running

Different tempos

Different races

Control (running)

Middle distance

Sustain pace

Longer distances

Running a bend

Running a straight

Hurdle efficiently

Take-off foot

Lead leg

Jumping

Correct techniques

Combine sprinting

Triple Jump

Same, different, both



High Jump

Approach (bar)

Arched run-up

Vertical Jump

Standing

**Measure
(performance)**

Accurately

Throwing

Greater

Distance

Force

Control

Accuracy

Efficiency

Pull technique

Run-up

**Sideways-on
(throwing)**

**Non-throwing arm
(help)**

Put' a shot

**Clean palm/
dirty neck technique**

Generate power



Thighs

Cooperate

Compete

Challenge

Improve

**Performance
(own & others)**

Personal Best



Matching

Control

Counter balance

Pull (forces)

Patches

Shapes

Levels

Pathways

Mirroring

Arabesque

Push (forces)

In opposition

Symmetrical

Moves

Close to ground

Crossing

Contrasting

Balance

Counter tension

Points

Asymmetrical

Travel

Direction

Seamless



Transitions

Fluent

Routines

Partner (work)

Group (work)

Canon

Unison

Coordinate

Tempo

Timing

Synchrony

Good technique

Quality work

Create

Communicate

Negotiate

Agree

Refine

Sequences

**Start
(clear/interesting)**

Flow

Dynamics

**Finish
(clear/interesting)**

Under (partner)



Over (partner)

Roll

Spin

Support

Bridges

Leapfrog

Forward rolls

Sliding

Long

Take weight

Front

Strong

Opportunities

Safely

Backward rolls

Scrambling

Pencil shape

Hands

Back

Arches

Travel over & under

Momentum

Get back to feet

Run-up



Power

One-footed

Graceful

Cat spring

Cooperate

Own & others work

Perform

Challenge

Dynamic

Two-footed

Aesthetic

Elevation

Collaborate

Constructive/useful

Audience

Improve

Take-off

One foot to two feet

Jumps

Flight

Evaluate

**Terminology
(more advanced)**

Compete



Greater

More consistent

Agility

Balance

Coordination

Precision

More complex

Motif

Translate

Images

Key words

Theme-related

Mind map

Actions

Convey

Meaning

Think creatively

Solutions

Challenges

Transform

Combine

Canon

Unison

Mirroring



Contrasting

Formation changes

Travelling

Movements

Different

Levels

Pathways

**Chance
choreography**

Create

Sequence

Reflect

Recognise

Success

Timing

Execution

Performance skills

Work together

Range of contexts

Partner (work)

Group (work)

Communication

Effective

Terminology (more advanced)

Evaluation



Ideas

Listening

Performance

Sharing

Improving



Attacking

Dribbling skills (variety)

Good technique

Shooting

Hands & feet

Keep eye on ball

Get wide (to receive)

Sideways-on (position)

Whole-pitch view

Create space (for teammates)

Make runs

Diagonal/crossing

Confuse (defenders)

Overlap

Underlap

Overload

Utilise free/extra players

Mobile

Fluid

Not rigid (positionally)

Recognise

When to attack

Penetrate

Take more risk



When not to attack

Retain/build

Possession

Safely

Patiently

Nobody free forwards

Go backwards

“Start again” (an attack)

Defending

Be alert

One eye on ball

One eye on opponent

Close down (space)

Quickly

Defend as a unit

Compact (space)

Strategies

Cope with underload

Maintain good shape

Discipline

1v1

Player-to-player

Track an opponent

Zonal marking



Pass attacker(s) on

Sweeper keeper

Coordinate

Low press

Distribution

Team

Goalkeeping

Work against (defence)

Positions

Come off line

Work alongside (attack)

Roles

Narrow the angle

Communication

Responsibilities

Stay focused

Effective

Actions

Be prepared to move

Listening

Tactical awareness

Act as additional defender

Leadership skills

Sporting values

UKS2 - Striking & Fielding



Obstruction

Defensive stroke

Drive

Consecutive

Attacking stroke

Pull

Cut

Hook



Teamwork

Negotiate

Plan

Contribute

Motivate (self/others)

Positive

Communication

Non-verbal

Verbal

Clear

Instructions

Listening

Focus (maintain)

Physical

Challenge

Obstacles

Blindfold

Keeping safe (partner)

Map

Ordnance survey symbols

Orientate

Navigate

Area

Identify



Controls

Clues

Capture

Evidence

Quickly

Against the clock

Creative

Problem solving

Actively engaged

Confident

Effectively

Agility

Balance

Coordination

Precision

Compete



Deep forecourt

Defensive

Court attacking

Footwork

UKS2 - Target Games



Application (to sports)

Success (own/others)

Rules

Terminology (simple)

Encouragement

Safety

Communication

Best performance

Spatial awareness

Teamwork