**CYCLE: A (Y2/4/6 LESSONS)**

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| **SUBJECT:**  **PHYSICAL EDUCATION** | **Autumn** | **Spring** | **Summer** |
| **KS1** | Unit Name:  Pathways   * Zig-Zag: This means a line or course having abrupt alternate right and left turns that a pupil follows as they create movements. * Curved: This means a line or outline which gradually deviates from being straight for some or all of its length. Pupils can follow this line as they create movements. * Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.   Team Building   * Courage: means being brave enough to try something even when we find it scary or difficult. * Motivation: are the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal. * Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.   Mr Candy’s Sweet Factory   * Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer. * Unison: Unison is where pupils perform the same movement at exactly the same time as each other. Motif: is a series of movements that are repeated.   Games for Understanding   * Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal. * Transition: is defined as the process of recognising and responding after losing or regaining possession. * Team: A team is a group of people who work together with the objective of achieving the same a goal. | Unit Name:  Linking   * Jump: Is a method of moving where a gymnast pushes themselves off of a surface and into the air creating a moment of flight. * Roll: Is a method of moving where a gymnast completes rotation of their body on the ground. * Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.   Water   * Stimulus: stimulus is something that provokes or causes an action or response. * Flow: This is when a dancer moves from one action to another smoothly and without stopping. * Timing: In dance, timing refers to moving to the beat of the music.   Feet 1   * Stimulus: stimulus is something that provokes or causes an action or response. * Flow: This is when a dancer moves from one action to another smoothly and without stopping. * Timing: In dance, timing refers to moving to the beat of the music.   Explorers   * Rhythm: is a repeated pattern of movements or sounds. * Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer. * Control: means moving our bodies in time with the music, beat or sound. | Unit Name:  Rackets, Bats and Balls   * Batting: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible. * Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible. * Power: is the intensity and speed that we hit a ball with our racket or bat   Jumping 1   * Landing: Is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact. * Speed: Is the ability to move all or part of the body as quickly as possible. * Space: is an open area within the playing area that is unoccupied by a defender or the defending team. When jumping we need to identify open spaces to jump into to avoid other pupils.   Hands 1   * Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the space. * Chest Pass: Is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level. * Opponent: means a player on the other team. If we are an attacker dribbling we need to keep the ball away from the defender who is our opponent   Dodging 1   * Dodge: is a method of moving quickly by an attacker, from one side to the other to avoid being tagged by a defender. * Tagging or Tag: is the method applied by the defending team to stop an attacker from moving. * Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender. |
| **LKS 2** | Unit Name:  Basketball   * Bounce Pass: A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept. * Pivot: A pivot is used to allow the attacker in possession of the ball the opportunity to change direction without committing an offence. One foot must remain on the ground known as the pivot foot. The attacker can step with their other foot, using their pivot foot to change direction. * Marking: Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.   Throwing and Jumping   * Pace: Pace is used to measure an athletes speed. It is the amount of time it takes an athlete to cover a specific distance. It is important for long distance runners to pace themselves, if they go to fast to early, they will finish the race slower. * Stride Pattern: Is the distance covered when an athlete takes a step. An athletes stride pattern will differ depending on the distance that athlete is running. * Power: is the intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump.   Bridges   * Bridge: A bridge is a structure that passes over a road, a river or other obstacle. In this unit we want to recreate the idea of a bridge using our bodies. * Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus. * Flow: This is when a gymnast moves from one action to another without stopping.   Space   * Motif: is a series of movements that are repeated. * Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer. * Character: Character refers to the person, animal or fictional character that the pupil is portraying in their performance. | Unit Name:  Cats   * Motif: is a series of movements that are repeated. * Character: Character refers to the person, animal or fictional character that the pupil is portraying in their performance. * Flow: This is when a dancer moves from one action to another smoothly and without stopping.   Hockey   * Blocking: A block occurs when an attackers takes a shot and a defender uses their stick to prevent the ball from going towards the goal. * Free Hit: A free hit is awarded when a foul occurs or the ball hits a player’s foot. The free hit is taken from where the violation took place. * Tackling: Is method of defending in hockey. It involves a defender using their stick to knock the ball out of the possession of an attacker.   Tennis   * Baseline: The baseline runs parallel to the net and defines the back of the court on each side. * Forehand: A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball. * Rally: A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball. * Out: is the term used when the ball is returned over the net and does not bounce on the inside of the court. * Backhand: A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.   Problem Solving   * Verbal communication is a method of communicating using our voice. When communicating verbally it is important that our message is clear and precise so that our team members can understand. * Non-verbal communication: is a method of sending messages or signals without speaking. This includes actions such as making eye contact, using hand gestures or changing a body language or posture to communicate. * Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way. | Unit Name:  Cricket   * Batting: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible. * Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible. * The Long Barrier: is a fielding method used by a fielder to prevent the ball going past them. This involves the fielder stopping the ball with their hands, but positioning their body in line with the ball just in case they miss the ball with their hands.   Athletics   * Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object. * Stride Pattern: Is the distance covered when an athlete takes a step. An athletes stride pattern will differ depending on the distance that athlete is running. * Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.   Rounders   * ½ a Rounder: Is the method of scoring used in rounders. If the batter misses the ball and runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores ½ a rounder. * Backstop: The backstop is a fielder who stands a safe distance behind the batting square, opposite the bowler ready to catch and stop the ball. * Catching: means holding the ball with our hands that is hit or thrown to us. This includes holding a ball struck by a batter before it touches the ground.   Orienteering   * Map: A map is a piece of paper that shows a representation of an area of land that uses symbols or signs to represent the various physical features i.e. trees and buildings. * Route: A route is a particular course taken when moving from point A to point B. * Out of Bounds: Is the area outside of the course that is prohibited for pupils to enter. The area that is ‘out of bounds’ should be clearly marked out and identifiable on a map. |
| **UKS2** | Unit Name:  Basketball   * Backcourt Violation: A foul is called when the team in possession of the ball cross into the oppositions half of the court and then, pass or dribble the ball back into their half of the court. When a team commits a backcourt violation possession changes. * Man-to-Man Marking: is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team. * High Press: A high press is a tactic applied by the defending team that defends high up the court and inside the opposition's half in an attempt to regain possession quickly.   Communication and Tactics   * Leadership: Leadership is the ability to guide members of your team towards achieving your goal. * Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal. * Team Member: A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team to achieve its goal.   Matching and Mirroring   * Matching: Matching is where pupils perform exactly the same movements at the same time. * Mirroring: Mirroring is where pupils perform their movements creating a mirror image of each other. * Unison: Unison is where pupils perform the same movement at exactly the same time as each other. * Canon: Canon is where pupils perform the same movement one after the other.   Titanic   * Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known. * Creativity: refers to pupils using their imagination or original ideas when performing their dance actions.   Emotion: refers to the feelings a dancer’s character is feeling depending on their circumstances, mood, or relationships with others. | Unit Name:  Hockey   * Free Hit: A free hit is awarded when a foul occurs or the ball hits a player’s foot. The free hit is taken from where the violation took place. * Counter Attack: A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.   Carnival   * Stimulus: stimulus is something that provokes or causes an action or response. * Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer. * Rhythm: is a repeated pattern of movements or sounds.   Cricket   * Four Runs: The batter scores four runs if the ball crosses the boundary having touched the ground within the playing area first. * Six Runs: The batter scores six runs if the ball crosses the boundary in the air not having touched the ground. * Over: An over consists of six consecutive legal (wides and no-balls do not count) deliveries bowled from one end by a bowler.   Orienteering   * Leadership: Leadership is the ability to guide members of your team towards achieving your goal. * Responsibility: is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions. * Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible | Unit Name:  Athletics   * False Start: A false start is where an athlete begins a running race before they are permitted to do so. * Events: The different track and field activities in athletics are known as events. Track are running events and field are throwing and jumping events. * Evaluation: means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.   Tennis   * Volley: Is a shot hit by a player before the ball bounces on their own side of the court. This shot is usually applied when a player is close to the net. * Serve: Is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box. * Outwit: means using your intelligence to trick or out smart your opponent to win a point.   Rounders   * Outfielder: An outfielder is a player on the fielding team, not on a base or the backstop. An outfielder is responsible for catching and returning the ball to a base to prevent the batter from scoring a rounder. * Run Out: A run out occurs when a batter running to a base fails to reach that particular base before the ball and is stumped or a batter overtakes another batter when running around the bases. * Umpire: is an official who watches the game or match closely enforcing the rules and who is responsible for making sure that the game is played fairly.   Running   * False Start: A false start is where an athlete begins a running race before they are permitted to do so. * Events: The different track and field activities in athletics are known as events. Track are running events and field are throwing and jumping events. * Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped. |

**CYCLE: B (Y1/3/5 LESSONS)**

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| **SUBJECT:**  **PHYSICAL EDUCATION** | **Autumn** | **Spring** | **Summer** |
| **KS1** | Unit Name:  Feet 1   * Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch. * Passing: is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball. * Control: means keeping the ball close to us, preventing the defenders from gaining possession.   Team Building   * Team Member: A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team achieve its goal. * Fairness: Fairness: is when we make judgements in accordance with the rules and treat everyone equally and fairly. * Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.   Body Parts   * Linking: This means successfully adding two movements together so that they flow one after the other. * Champion Gymnastics: ‘Champion’ refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance. * Big: This means moving or balancing in ways where the body is extended as large as possible. * Small: This means moving or balancing in ways where the body is made as small as possible   The Zoo   * Sequence: This is a combination of controlled movements that have been added together in a particular order. * Motif: is a series of movements that are repeated. * Expression: refers to the actions a dancer uses to make their characters thoughts or feelings | Unit Name:  Games For Understanding   * Rules: are a set of regulations or principles that govern a particular activity that ensures that the activity is played fairly and safely. * Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal. * Team: A team is a group of people who work together with the objective of achieving the same a goal.   Heroes   * Sequence: This is a combination of controlled movements that have been added together in a particular order. * Motif: is a series of movements that are repeated. * Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known   Wide, Narrow, Curled   * Transition: The term transition means to move into and out of basic movements, actions or balances. * Wide: This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement. * Narrow: This means moving or balancing in ways where the body stretches (arms and legs) vertically away from the centre of the body. * Curled: This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.   Jumping 1   * Landing: Is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact. * Jumping: is a form of moving where we use our body to propel ourselves off a surface and into the air. * Distance: is defined as the length of space between two points. This might mean how far an athlete has jumped. | Unit Name:  Rackets, Bats and Balls   * Dribbling: is a method of moving with the ball. The attacker in possession of the ball uses their racket to push the ball around in order to move around the space. * Accuracy: is the ability to control where we are pushing or hitting the ball with our racket. * Defender: We are considered a ‘defender’ when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring. * Hitting: means striking the ball with a racket with the purpose towards a target. * Power: is the intensity and speed that we hit a ball with our racket.   Running (Locomotion) 1   * Speed: Is the ability to move all or part of the body as quickly as possible. Speed is a vital component to being successful when running. * Acceleration: is how quickly an athlete can increase their speed over a distance when running. * Tagging or Tag: is the method applied by the defending team to stop an attacker from moving.   Hands 1   * Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court. * Accuracy: is the ability to control where we roll, bounce or push a ball. * Power: is the intensity and speed that a ball is rolled, bounced or pushed.   Health and Wellbeing   * Hand-eye coordination: is the ability to use our hands and eyes at the same time to perform and accomplish a given task, such as catching a ball. * Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area. * Aiming: means how we use our bodies to direct a ball or an object to a specific target. * Agility is the body's ability to move quickly and easily in different directions. |
| **LKS 2** | Unit Name:  Problem Solving   * Problem Solving: means the ability to find a solution to overcome a challenge. An individual or a team needs to create then apply a strategy and tactics to solve a problem and achieve their goal. * Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible. * Strategy: is a planned set of actions that are used by a team or individual to achieve a long term goal. We plan a strategy and then use specific tactics to help us achieve our goal.   Football   * Possession: is when we have physical control of the ball. This could be when working individually or as part of a team. It is when we have ‘possession’ that we can create the opportunity to score a goal. * Free Kick: A free kick is a method of restarting the game following an offence committed by the opposing side outside of the penalty area. * Penalty: A penalty kick is a method of restarting the game following an offence committed by the opposing side inside the penalty area.   Weather   * Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known. * Creativity: refers to pupils using their imagination or original ideas when performing their dance actions. * Emotion: refers to the feelings a dancer’s character is feeling depending on their circumstances, mood, or relationships with others.   Unison and Cannon   * Unison: Unison is where pupils perform the same movement at exactly the same time as each other. * Canon: Canon is where pupils perform the same movement one after the other. * Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order. | Unit Name:  Game Sense – Invasion   * Attacker: We are considered an ‘attacker’ when we or our team are in possession of the ball. The aim of the game for the attackers is to keep possession and score * Defender: We are considered a ‘defender’ when we are not in possession of the ball . The aim of the game for the defenders is to prevent the opposition from scoring. * Space: is an open area on the playing area that is unoccupied by a defender or the defending team. The team in possession of the ball need to identify open spaces to move into to enable them to create opportunities to shoot.   Symmetry and Asymmetry   * Symmetrical: Symmetry occurs when a balance or a movement is identical on either side. * Asymmetrical: Asymmetry means when a balance or a movement does not match on either side. * Extension: This is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.   Cricket   * Batting: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible. * Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible. * Strike: means hitting the ball with a bat with the purpose of scoring runs. * Out: is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.   Witches and Wizards   * Motif: is a series of movements that are repeated. * Character: Character refers to the person, animal or fictional character that the pupil is portraying in their performance. Pupils will understand what makes an ‘excellent dancer’. * Interconnecting: are movements that involve one pupil moving over, under, around another pupil or movements that involve two pupils connected to each other. | Unit Name:  Running   * Relay: A relay is a running race where members of a team take turns to complete parts of the race. * Change Over: A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton. * Acceleration: is how quickly an athlete can increase their speed over a distance. For example this might mean how quickly an athlete ran over 10m starting from a stationary position.   Rounders   * Base/Posts: There are four bases/posts that are used to mark out the pitch. These are positioned on the outside of the bowling square in a diamond shape. * Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area. * Rounder: Is the method of scoring used in rounders. If the batter successfully runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores one rounder. * The Long Barrier: is a fielding method used by a fielder to prevent the ball going past them. This involves the fielder stopping the ball with their hands, by positioning their body in line with the ball just in case they miss the ball with their hands.   Throwing and Jumping   * Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object. * Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped. * Accuracy: is the ability to control where we throw an object   Orienteering   * Orienteering: is a sport that requires navigational skills using a map and/or a compass to navigate from various points. * Symbol: Symbols are small images marked on a map that have been designed to look like what it represents. Map symbols are conventional signs as can be understood by everyone. * Navigate: means to find a way through a planned course often by using a map |
| **UKS2** | Unit Name:  Problem Solving   * Adapt: is the ability to change or modify something depending on the situation. An individual or team may need to adapt their tactics to help them achieve their goal. * Listening: Listening is the ability to accurately receive and interpret messages from our team in the communication process. * Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.   Football   * Shadowing: Shadowing is when the defending player keeps their eyes on the ball and mirrors the attackers movements. This technique is used to apply pressure to the attacker in an attempt for them to lose possession of the ball. * Tracking Back: Is a term used when a player loses possession of the ball and then follows back an opponent and tries to tackle them, or to stop them from getting the ball. * Pressure: Pressure is the term used to immediately try to gain possession of the ball back. Rather than leaving the ball alone, teams or an individual can apply pressure in an attempt to regain possession.   Flight   * Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus. * Landing: Landing is the final phase in a jump. We must take care to land safely, absorbing force by bending our knees and sinking down. * Flow: This is when a gymnast moves from one action to another without stopping.   The Greeks   * Motif: is a series of movements that are repeated. * Compositional: means the ability to create a dance performance in relation to a poem or piece of music. * Improvisation: means the ability to perform a dance sequence or movement to a particular piece of music or drama, spontaneously or without preparation. | Unit Name:  Counter Balance and Counter Tension   * Counter Balance: A counter balance is a pushing balance. * Counter Tension: A counter tension is a pulling balance. * Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements. * Unison: Unison is where pupils perform the same movement at exactly the same time as each other.   Tag Rugby   * Loop Pass: is a pass used in tag rugby where the ball carrier runs in a straight line and after making a normal pass to a supporting player, then runs behind the supporting player to receive a pass from them. * Miss Pass: is a pass used in tag rugby where the attacker receiving the ball, receives a pass from the ball carrier that has missed out another attacker. * Offside: occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker incepts the first pass, this is known as offside.   Street Art   * Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer. * Street Art: is artwork that is created in a public space. Exploring Prejudice and Discrimination Exploring Sexism through dance Exploring Classism through dance. * Toprock: A Toprock is a set movement pattern performed from standing. It is an introduction to an individual dancers’ personal style and is the warm-up to more challenging moves. * Motif: is a series of movements that are repeated. * Breakdance: Breakdance is an energetic style of dance often performed to hip-hop music.   Cricket   * Wicket-keeper: The wicket-keeper is a fielder who stands behind the stumps opposite the bowler ready to catch and stop the ball. * Wide: A wide ball is a delivery bowled by the bowler that the batter is unable to reach or hit. * No ball: A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above waist height or the ball bounces more than once when it is bowled. * Bye: A bye is a run scored by the batting team when the ball is missed by the wicket keeper and has not been hit by the batter. | Unit Name:  Throwing and Jumping   * Change Over: A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton. * Personal Best: A personal best is an individual or team’s best performance in a given event. * Lap: Is one full completed circuit of a track in a running race.   Rounders   * Batting and Bowling Square: The batting square is a marked out area that the batter stands in when striking the ball. The bowling square is opposite the batting square in the middle of the pitch. This is where the bowler stands when bowling the ball. * No ball: A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above the batters head and below the knee or if the ball bounces before the batter. * Out: is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.   Running   * Speed: Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object. * Distance: is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped. * Evaluation: means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.   Orienteering   * Control Point: A control point is a marked waypoint used in orienteering. Control points are marked both on a map and on the ground. * Scale: The scale of a map is the ratio of a distance on the map to the corresponding distance on the ground. The scale of a map allows the reader to calculate the size, height and dimensions of the features shown on the map, as well as distances between different points. * Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal. |