



St. Cuthbert's Catholic Primary School

PE: Long Term Overview



	AUTUMN TERM	SPRING TERM	SUMMER TERM
Y1	Fundamentals	Games (Ball Skills)	Athletics
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: • Change direction when moving at speed. • Recognise changes in my body when I do exercise. • Run at different speeds. • Select my own actions in response to a task. • Show hopping and jumping movements. • Work co-operatively with others to complete tasks. • Show balance and co-ordination when static and moving at a slow speed.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: Begin to catch with two hands. • Begin to dribble a ball with my hands and feet. • Begin to understand simple tactics. • Roll and throw with some accuracy towards a target. • Say when someone was successful. • Track a ball that is coming towards me. • Work co-operatively with a partner.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: • Throw towards a target. • Begin to show balance and co-ordination when changing direction. • Develop overarm throwing. • Recognise changes in my body when I do exercise. • Run at different speeds. • Work with others and make safe choices. • Try my best. • Understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.
	<u>Key Vocabulary</u> Balance, Stability, Running, Jumping, Hopping	<u>Key Vocabulary</u> Ready Position, Far, Aim, Dribbling, Throw, Score	<u>Key Vocabulary</u> Speed, Power, Strength, Accuracy
	Mindful Movement	Dance	
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: • Recognise how yoga makes me both feel physically and mentally. • Remember and repeat actions, linking poses together. • Say what I liked about someone else's flow. • Show an awareness of space when travelling. • Work with others to create poses.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: • Begin to use counts. • Copy, remember and repeat actions. • Move confidently and safely. • Use different parts of the body in isolation and together. • Work with others to share ideas and select actions. • Choose appropriate movements for different dance ideas. • Say what I liked about someone else's performance. • Show some sense of dynamic and expressive qualities in my dance	
	<u>Key Vocabulary</u> Yoga, Mindfulness, Copy, Pose	<u>Key Vocabulary</u> Swaying, Floating, Gust, Swirling, Galloping	
	Teamwork	Gymnastics	Games (Striking & Fielding)



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	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Communicate simple instructions. - Follow instructions. - Follow path and lead others. - Listen to others' ideas. - Suggest ideas to solve tasks. - Work with a partner and a small group. - Understand the rules of the game.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Confidently perform in front of others. - Link simple actions together to create a sequence. - Make my body tense, relaxed, stretched and curled. - Recognise changes in my body when I do exercise. - Remember and repeat actions and shapes. - Say what I liked about someone else's performance. - Use apparatus safely and wait for my turn.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Catch a beanbag and a medium-sized ball. - Roll a ball towards a target. - Strike a ball using my hand. - Track a ball that is coming towards me. - Know how to score points. - Understand the rules and I am beginning to use these to play honestly and fairly. - Understand when I am successful.
	<u>Key Vocabulary</u> Challenges, Team, Listening, Sharing, Speaking	<u>Key Vocabulary</u> Straight, Tuck, Straddle, Pike, Roll	<u>Key Vocabulary</u> Catching, Underarm Throw, Striking, Fielding
Y2	Fundamentals	Games (Target Games)	Athletics
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Begin to turn and jump in an individual skipping rope. - Describe how my body feels during exercise. - Show balance when changing direction. - Show hopping, skipping and jumping movements with some balance and control. - Show balance and co-ordination when running at different speeds.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Select the appropriate skill for the situation. - Throw, roll or strike a ball to a target with some success. - Work co-operatively with a partner and a small group. - Understand the principles of a target game and can use different scoring systems when playing games. - Understand what good technique looks like and can use key words in the feedback I provide.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Describe how my body feels during exercise. - Identify good technique. - Jump and land with control. - Use an overarm throw to help me to throw for distance. - Work with others, taking turns and sharing ideas. - Show and co-ordination when running at different speeds. - Try my best.
	<u>Key Vocabulary</u> Speed, Dodging, Direction, Co-ordination, Link	<u>Key Vocabulary</u> Target, Underarm, Overarm, Accuracy, Distance	<u>Key Vocabulary</u> Sprinting, Jumping, Landing, Technique
	Mindful Movement	Dance	
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Begin to provide feedback using key words. - Copy, remember and repeat yoga flows. - Describe how my body feels during exercise. - Move from one pose to another thinking about my breath. - Use clear shapes when performing poses.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Begin to provide feedback using key words. - Copy, remember, repeat and create dance phrases. - Describe how my body feels during exercise. - Show a character and idea through the actions and dynamics I choose. - Use counts to stay in time with the music. - Work with a partner using mirroring and unison in our actions.	



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	Work with others to create simple flows showing some control.	Show confidence to perform.	
	<u>Key Vocabulary</u> Flexibility, Balance, Yoga Flow, Strength	<u>Key Vocabulary</u> Expression, Pathway, Direction, Perform, Dynamics	
	Teamwork	Gymnastics	Games (Striking & Fielding)
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Communicate simple instructions. - Follow instructions. - Follow path and lead others. - Listen to others' ideas. - Suggest ideas to solve tasks. - Work with a partner and a small group. - Understand the rules of the game.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Begin to provide feedback using key words. - Confidently perform in front of others and be proud of our work. - Perform the basic gymnastic actions with some control and balance. - Plan and repeat simple sequences of actions. - Use directions and levels to make my work look interesting. - Use shapes when performing other skills. - Work safely with others and apparatus.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Begin to provide feedback using key words. - Develop underarm and overarm throwing skills. - Hit a ball using equipment with some consistency. - Track a ball and collect it. - Use simple tactics. - Know how to score points and can remember the score. - Understand the rules of the game and can use these to play fairly in a small group.
	<u>Key Vocabulary</u> Instructions, Communication, Trust, Map	<u>Key Vocabulary</u> Shape, Link, Balance, Take Off	<u>Key Vocabulary</u> Striking, Fielding, Batter, Bowler
Y3	Fundamentals	Games (Ball Skills)	Athletics
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Jump and turn a skipping rope. - Change direction quickly. - Identify when I was successful. - Link hopping and jumping actions. - Demonstrate balance when performing other fundamental skills. - Understand how the body moves differently at different speeds. - Understand why it is important to warm up.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Catch different sized objects with increasing consistency with two hands. - Dribble a ball with control. - Persevere when learning a new skill. - Provide feedback using key words. - Show a variety of throwing techniques. - Throw with accuracy and increasing consistency to a target. - Track the path of a ball that is not sent directly to me.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Develop jumping for distance. - Identify when I was successful. - Take part in a relay activity, remembering when to run and what to do. - Throw a variety of objects, changing my action for accuracy and distance. - Use different take off and landings when jumping. - Use key points to help me to improve my sprinting technique. - Work with a partner and in a small group, sharing ideas. - Perform demonstrations to achieve my personal best.
	<u>Key Vocabulary</u> Technique, Agility, Control, Challenges, Combination	<u>Key Vocabulary</u> Consistency, Creative, Track, Focus, Control	<u>Key Vocabulary</u> Relay, Changeover, Take-Off, Landing, Vertical



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	Mindful Movement	Dance	
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Copy and link yoga poses together to create a short flow. - Describe how yoga makes me feel. - Move from one pose to another in time with my breath. - Provide feedback using key words. - Work with others to create a flow including a number of poses. - Show some stability when holding my yoga poses.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Show respect to others when watching them perform. - Provide feedback using key words. - Repeat, remember and perform a dance phrase. - Use counts to keep in time with a partner and group. - Use dynamic and expressive qualities in relation to an idea. - Work with a partner and in a small group, sharing ideas. - Create short dance phrases that communicate the idea.	
	Key Vocabulary Breath, Wellbeing, Yoga Flow, Connections, Gratitude	Key Vocabulary Stimulus, Dynamics, Unison, Shape, Link, Partner	
	OAA	Gymnastics	Striking and Fielding Games (Cricket)
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Developing map reading skills. - Follow and give instructions. - Listen to and am accepting of others' ideas. - Plan and attempt to apply strategies to solve problems. - Reflect on when and why I was successful at solving challenges and am beginning to understand why. - Work collaboratively with a partner and a small group.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Adapt sequences to suit different types of apparatus. - Choose actions that flow well into one another. - Choose and plan sequences of contrasting actions. - Complete actions with increasing balance and control. - Move in unison with a partner. - Provide feedback using key words. - Use a greater number of my own ideas for movements in response to a task. - With help, recognise how performances could be improved.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Communicate with my teammates to apply simple tactics. - Explain what happens to my body when I exercise and how this helps to make me healthy. - Provide feedback using key terminology and understand what I need to do to improve. - Return to the ready position to defend my own court. - Sometimes play a continuous game. - Use a range of basic racket skills. - Share ideas and work with others to manage our game. - Understand the rules of the game and I can use them often and honestly.
	Key Vocabulary Co-Operation, Shared Goal, Directions, Map Reading, Follow	Key Vocabulary Jump, Control, Apparatus, Transition, Point	Key Vocabulary Bowling Technique, Batting Technique, Ball Placement, Fielding Technique, Retrieve, Tactics
	Invasion Games (Handball)	Invasion Games (Hockey)	Athletics
Y4	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: Accurately self-manage a match with my team-mates and officiate a match by applying the basic rules.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Delay an opponent and help to prevent the other team from scoring. - Dribble, pass, receive and shoot the ball with increasing control.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Demonstrate the difference in sprinting and jogging techniques. - Explain what happens in my body when I warm up.



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	- Delay an opponent and help to prevent the other team from scoring. - Move to space to help my team to keep possession and score goals. - Provide feedback using key terminology and understand what I need to do to improve. - Throw, catch, dribble and shoot the ball with increasing control. - Use simple tactics to help my team gain possession. - Share ideas and work with others to manage our game - Understand the rules of the game and I can use them often and honestly.	- Move to space to help my team to keep possession and score goals. - Provide feedback using key terminology and understand what I need to do to improve. - Use simple tactics to help my team score or gain possession. - Share ideas and work with others to manage our game. - Understand the rules of the game and I can use them often and honestly.	- Identify when I was successful and what I need to do to improve. - Jump for distance with balance and control. - Throw with some accuracy and power to a target area. - Show determination to improve my personal best. - Support and encourage others to work to their best.
	Key Vocabulary Goal, Defender, Shooting, Opponent, free throw, block	Key Vocabulary Stimulus, Dynamics, Unison, Shape, Link, Partner	Key Vocabulary Progressive, Pull-Throw, Speed and Pace, Officiating
	Fitness	Dance	
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Collect and record my scores and identify areas I need to improve. - Use key points to help me to improve my sprinting technique. - Share ideas and work with others to manage activities. - Show balance when changing direction at speed. - Show control when completing activities to improve balance. - Show determination to continue working over a period of time. - Understand there are different areas of fitness and that each area challenges my body differently.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Choose actions and dynamics to convey a character or idea. - Copy and remember set choreography. - Provide feedback using appropriate language relating to the lesson. - Respond imaginatively to a range of stimuli relating to character and narrative. - Use changes in timing and spacing to develop a dance. - Use counts to keep in time with others and the music. - Use simple movement patterns to structure dance phrases on my own, with a partner and in a group. - Show respect for others when working as a group and watching others perform.	
	Key Vocabulary Sprinting Technique, Determination, Co-ordination, Stamina	Key Vocabulary Stimulus, Dynamics, Unison, Shape, Link, Partner	
	OAA	Gymnastics	Net, Court & Wall Games (Tennis)
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Accurately follow and give instructions. - Confidently communicate ideas and listen to others. - Identify key symbols on a map and use a key to help navigate around a grid. - Plan and apply strategies to solve problems.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Explain what happens to my body when I exercise and how this helps to make me healthy. - Identify some muscle groups used in gymnastic activities. - Plan and perform sequences with a partner that include a change of level and shape. - Provide feedback using appropriate language relating to the lesson.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Communicate with my teammates to apply simple tactics. - Explain what happens to my body when I exercise and how this helps to make me healthy. - Provide feedback using key terminology and understand what I need to do to improve. - Return to the ready position to defend my own court.



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	- Reflect on when and why I was successful at solving challenges. - Work collaboratively and effectively with a partner and a small group.	- Safely perform balances individually and with a partner. - Watch, describe and suggest possible improvements to others' performances and my own. - Understand how body tension can improve the control and quality of my movements.	- Sometimes play a continuous game. - Use a range of basic racket skills. - Share ideas and work with others to manage our game. - Understand the rules of the game and I can use them often and honestly.
	Key Vocabulary Orientate, Navigate, Observational Skills, Route, Symbols	Key Vocabulary Extension, Body Tension, Momentum, Pathways	Key Vocabulary Opponent, Consecutive, Forehand, Backhand, Ready Position, Court
Y5	Net, Court & Wall Games (Volleyball)	Invasion Games (Basketball)	Athletics
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Develop a wider range of skills and I am beginning to use these under some pressure. - Identify when I was successful and what I need to do to improve. - Use feedback provided to improve my work. - Use the rules to referee a game. - Work co-operatively with others to manage our game. - Understand the need for tactics and can identify when to use them in different situations. - Understand the rules of the game and I can apply them honestly most of the time. - Understand there are different skills for different situations and I am beginning to use these.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Communicate with my team and move into space to keep possession and score. - Dribble, pass, receive and shoot the ball with some control under pressure. - Identify when I was successful and what I need to do to improve. - Use tracking and intercepting when playing in defence. - Understand the need for tactics and can identify when to use them in different situations. - Understand the rules of the game and I can apply them honestly most of the time. - Understand there are different skills for different situations and I am beginning to apply this.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Choose the best pace for a running event. - Identify good athletic performance and explain why it is good. - Perform a range of jumps showing some technique. - Show control at take-off and landing in jumping activities. - Take on the role of coach, official and timer when working in a group. - Use feedback to improve my sprinting technique. - Preserve to achieve my personal best. - Show accuracy and power when throwing for distance.
	Key Vocabulary Volley, Set Shot, Dig, Rally, Underarm Serve, Tournament	Key Vocabulary Protective, Opponent, Defending, Attacking, Shooting, Receive, Prevent	Key Vocabulary Consistent, Down sweep, Upsweep, Bounding, Momentum, Force
	Mindful Movement	Dance	
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Confident to lead others through poses and flows. - Create a yoga flow working safely with a partner. - Identify how different activities can benefit my physical health. - Move with control from one pose to another demonstrating good balance. - Provide feedback to others using key terminology. - Use feedback provided to improve my work.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Accurately copy and repeat set choreography. - Choreograph phrases individually and with others considering actions and dynamics. - Confidently perform different styles of dance, clearly and fluently, showing a good sense of timing. - Lead a group through short warm-up routines. - Refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus. - Suggest ways to improve my own and other peoples work using key terminology.	



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	- Use my breath to move from pose to pose. - Show strength and flexibility whilst holding yoga poses.	- Use counts when choreographing to stay in time with others and the music. - Use feedback provided to improve my work.	
	<u>Key Vocabulary</u> Sun Salutation, Strength, Control, Quality, Collaboration, Technique	<u>Key Vocabulary</u> Space, Appearance, Formations, Fluency, Timing, Phrase	
	OAA	Gymnastics	Invasion Games (Football)
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - To be inclusive of others and can share job roles. - Navigate around a course using a map. - Orientate a map confidently. - Reflect on when I was successful at solving challenges and alter my methods in order to improve. - Use critical thinking to approach a task. - Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Create and perform sequences using apparatus, individually and with a partner. - Lead a partner through short warm-up routines. - Use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. - Use feedback provided to improve my work. - Use set criteria to make simple judgments about performances and suggest ways they could be improved. - Use strength and flexibility to improve the quality of a performance. - Work safely when learning a new skill to keep myself and others safe.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Communicate with my team and move into space to keep possession and score. - Dribble, pass, receive and shoot the ball with some control under pressure. - Identify when I was successful and what I need to do to improve. - Often make the correct decision of who to pass to and when to use tracking and intercepting when playing in defence. - Understand the need for tactics and can identify when to use them in different situations. - Understand the rules of the game and I can use them most of the time to play honestly and fairly. - Understand there are different skills for different situations and I am beginning to apply this.
	<u>Key Vocabulary</u> Negotiation, Planning, Problem-Solving, Navigation, Critical Thinking, Team Strategy	<u>Key Vocabulary</u> Inversion, Symmetrical, Asymmetrical, Aesthetics, Synchronisation	<u>Key Vocabulary</u> Jockeying, Turning, Maintain Possession, Defensive Techniques, Dribbling
Y6	Fitness (Fundamentals)	Invasion Games (Netball)	Athletics
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Change my running technique to adapt to different distances. - Collect, record and analyse scores to identify areas where I have made the most improvement. - Work with others to organise, manage and record information at a station. - Encourage and motivate others to work to their best. - Understand that there are different areas of fitness and how this helps me in different activities.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Create and use space to help my team. - Pass, receive and shoot the ball with increasing control under pressure. - Select the appropriate action for the situation and make this decision quickly. - Use marking, and/or interception to improve my defence. - Use the rules of the game consistently to play honestly and fairly. - Work collaboratively to create tactics with my team and evaluate the effectiveness of these. - Work in collaboration with others so that games run smoothly.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Compete within the rules showing fair play and honesty. - Help others to improve their technique using key teaching points. - Identify my own and others' strengths and areas for development and can suggest ways to improve. - Perform jumps for distance using good technique. - Select and apply the best pace for a running event. - Show accuracy and good technique when throwing for distance. - Understand that there are different areas of fitness and how this helps me in different activities.



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	- Understand the different components of fitness and ways to test and develop them. - Work to my maximum consistently when presented with challenges.	- Recognise my own and others strengths and areas for development and can suggest ways to improve. - Confidently make decisions when refereeing. - Select the appropriate action for the situation and make this decision quickly. - Use a wider range of skills with increasing control under pressure.	Use different strategies to persevere to achieve my personal best.
	<u>Key Vocabulary</u> Analyse Scores, Motivation, Components of Fitness, Maximum	<u>Key Vocabulary</u> Conceding, Shoulder Pass, Bounce Pass, Pivot, Obstruction, Clearing, Contact	<u>Key Vocabulary</u> Strengths, Improvements, Record, Suitable Pace, Persevere, Timing
	Swimming – External Provider	Dance	
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - I can swim competently, confidently and proficiently over a distance of at least 25 meters. - I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. - Perform safe self-rescue in different water-based situations.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Choreograph a dance and work safely using a prop. - Lead a small group through a short warm-up routine. - Perform dances confidently and fluently with accuracy and good timing. - Refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters. - Use appropriate language to evaluate and refine my own and others' work. - Use feedback provided to improve the quality of my work. - Work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.	
		<u>Key Vocabulary</u> Direction, Prop, Structure, Flexibility, Choreograph, Contrasting	
	OAA	Gymnastics	Striking & Fielding Games (Rounders)
	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Inclusive of others, can share job roles and lead when necessary. - Orientate a map efficiently to navigate around a course. - Pool ideas within a group, selecting and applying the best method to solve a problem. - Use critical thinking skills to form ideas and strategies to solve challenges. - Work effectively with a partner and a group to solve challenges. - With increasing accuracy, I can reflect on when and how I successful at solving challenges and alter my methods in order to improve.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Combine and perform gymnastic actions, shapes and balances with control and fluency. - Create and perform sequences using compositional devices to improve the quality. - Lead a small group through a short warm-up routine. - Use appropriate language to evaluate and refine my own and others' work. - Work collaboratively with others to create a sequence. - Understand how to work safely when learning a new skill. - Understand what counter balance and counter tension is and can show examples with a partner.	CORE LEARNING (SKILLS & KNOWLEDGE) By the end of this unit, children will: - Strike a bowled ball with increasing consistency. - Use a wider range of skills with increasing control under pressure. - Use the rules of the game consistently to play fairly. - Work collaboratively with others to get batters out. - Work in collaboration with others so that games run smoothly. - Recognise my own and others strengths and areas for development and can suggest ways to improve. - Understand and can apply some tactics in the game as a batter, bowler and fielder.



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	<u>Key Vocabulary</u> Awareness of Safety, Collaboration, Tactical Planning, Critical Thinking, Locations, Orientate, Navigate	<u>Key Vocabulary</u> Counter Balance, Counter Tension, Headstand, Cartwheel, Compositional Devices, Combination	<u>Key Vocabulary</u> Consistency, Bowling Action, Stump, Long and Short Barriers, Retrieve, Tactics