

South Avenue Primary School

Physical Education Progression of Skills



Physical Education Curriculum Intent	<p>It is our aim at South Avenue Primary School to offer opportunities to our children that provide a variety of physical activity, school sport and physical education. Through continued professional development for school staff, we ensure that our children are provided with an improved, skill-based curriculum which supports the developmental needs throughout both key stages. In turn, we highlight the importance of a healthy, balanced lifestyle through cross curricular links in PSHE and Science. As a school we recognise the benefits of PE and how they provide support for not only the physical domain but also the social and emotional developmental needs. Through supporting the whole child, it is key that our sports clubs and competition cater for all abilities. When combining all of these attributes we hope that every child strives to succeed and has a positive and enjoyable experience in PE.</p>						
Multi-skills	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Experiment with different ways of balancing	Balance on lines with control and use equipment to balance on various parts of body	Balance on low apparatus with good control	Balancing on various body parts while moving	Balancing confidently using various equipment and body parts	In combination with different skills can balance equipment while moving and co-ordinating another body action	Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately
	Experiment with different ways of moving (agility)	Changing direction quickly with some control (agility)	Changing direction quickly with good balance and control (agility)	Agility focus - changing direction at speed	Agility focus - changing direction at speed with good technique	Agility focus – change direction quickly and efficiently with equipment	Agility focus – can change direction at speed with balance and control whilst using various equipment
	Experiment with different ways of throwing a moving a ball with different body parts (co-ordination)	Co-ordinating body whilst beginning to move with equipment	Co-ordinating body whilst beginning to move at different speeds with various equipment	Co-ordinate body to perform a combination of movements	Co-ordinate body efficiently to perform combination of movements or actions	Co-ordinate using both sides of the body	Co-ordinate using both sides of the body with fluency
	Working with friends in a team – taking turns	Co-operate, compete and challenge themselves as a	Compete challenges in a team in various	Complete a variety of fitness test successfully and get a personal best	Complete a variety of fitness tests		

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	<p>Continue to develop their ball-skills</p> <p>Show a preference for a dominant hand.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	team in various games	running/obstacle games and working together to improve team performance		confidently and achieve a number of personal bests	Test and measure balance agility and coordination confidently and accurately. <p>Can compare their performances with previous ones and a strive to achieve a personal best</p>	to perform combination of movements or actions <p>Complete each test with fluency and accurately measure and record</p> <p>Evaluate previous performance levels and demonstrate improvements to achieve their personal best</p>
Tennis	<p>(Taught through intro of first P.E. unit)</p> <p>Throw and catch to self with a soft ball and attempt to bounce catch to self</p> <p>Balance an object e.g. beanbag on racket</p>	<p>Throwing and catching a small ball with control and bounce catch to self and partner</p> <p>Balance a ball on racket</p> <p>Racket familiarisation-moving ball with</p>	<p>Throw and catch from one hand to the other and bounce catch into a target with a partner</p> <p>Balance a ball on racket with control</p> <p>Racket familiarisation-moving ball with</p>	<p>Move to catch a ball</p> <p>Control a ball on racket when moving Hit ball across the floor with forehand position</p> <p>Hit the ball across the floor using back hand position</p>	<p>Move with balance and control to catch a ball</p> <p>Hit/bounce ball on racket when moving</p> <p>Hit ball in forehand position with drop feed</p>	<p>Move to hit a ball with some control Hit/ bounce a ball with control when moving</p> <p>Moving into position to hit a ball with forehand in skills practice and game</p>	<p>Move in a variety of directions when hitting a ball Hit/bounce ball to a partner with control</p> <p>Move to hit a ball in game in forehand position</p>

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	<p>Hand eye co-ordination passing ball to a partner</p> <p>Move on the floor ball with hand in a variety of ways</p> <p>Push the ball with throw down strips to develop hand eye co-ordination</p> <p>Show a preference for a dominant hand.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>racket in forehand position</p> <p>Racket Familiarisation – moving a ball in backhand position</p> <p>Tap up tennis to self-keeping control</p>	<p>racket in forehand and backhand position whilst moving</p> <p>Racket Familiarisation – moving a ball in backhand position whilst moving</p> <p>Tap up tennis with a partner to keep control of the ball</p>	<p>Hit a ball into a target (with one bounce)</p>	<p>Hit a ball in backhand position with a drop feed</p> <p>Hit a ball into a target from a variety of distances with no bounce</p>	<p>Moving into position to hit a ball with backhand in skill practice and game</p> <p>Serve diagonally with underarm/overarm throwing into target/game.</p> <p>Begin to use with racket to serve into a target.</p>	<p>Move into position to hit a ball with backhand.</p> <p>Begin to choose which shot it best in a game.</p> <p>Serve diagonally under/overarm in a game of mini tennis</p>
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Athletics	(Taught through intro of first P.E. unit)	(Taught through indoor athletics)	(Taught through indoor athletics)	<p>Begin to perform 'FAST' technique</p> <p>Throw a javelin/vortex using correct stance rotating hips forward</p> <p>Perform a hop, step and jump (standing triple jump) in isolation and in combination In warm ups develop running for distance</p> <p>Develop relay change over techniques</p> <p>Run and take off over obstacles at some speed</p>	<p>Perform 'FAST' technique confidently when sprinting Throw a javelin/vortex with height and distance</p> <p>Perform a hop, step and jump (standing triple jump) In warm ups develop running for distance increasing each lesson</p> <p>Pass a relay baton with control with a partner in adapted games</p> <p>Run and jump over hurdles with some speed and control</p>	<p>React quickly and accelerate over short distances</p> <p>Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance</p> <p>Perform a variety of jumps (Long jump and triple jump) and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p>	<p>Accelerate quickly with speed and control in movement – timed/competitive races Throw a javelin/vortex /shot put safely with accuracy and power.</p> <p>Perform a jump for distance varying techniques to improve performance In an competitive game and begin to hit/place a ball into a space</p> <p>Develop long distance running- learning to pace and show good technique</p> <p>Pass a relay baton in competitive situations (timed)</p>
	<p>Marching/running for co-ordination</p> <p>Experiment with different ways of throwing under/overarm</p> <p>Experiment with different ways of jumping- measuring with various objects</p> <p>Working with friends in a team – taking turns</p>						

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Gymnastics	Continue to develop their balancing	Can perform shapes	Can perform shapes with a strong body and control	Can perform a variety of shapes with good control	Can perform a variety of shapes with good control when performing various skills	Can perform complex shapes with control and some flexibility	Can perform complex shapes when performing
	Go up steps and stairs, or climb up apparatus, using alternate feet.	Perform basic space jump (rocket jump)	Perform jumps (rocket, star, moon jump) with control and a strong body	Perform a rocket jump with a half turn Teddy bear roll	Perform a rocket jump with a ¾ and full turn with pointed toes Teddy bear roll with a partner/group in sequence with pointed toes	Perform more complex jumps, tuck, pike and begin leaps Side star roll and T-roll	Sequences and skills with flexibility
	Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing	Perform a moon rock and a moon roll	Perform a moon rock, moon roll and forward roll	Perform matching and mirroring balances	Perform a bunny hop across a mat run and onto/across low benches and apparatus	Perform point and patch balances Perform a 'squat on and squat off' on various apparatus	Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap Side star roll, T-roll (with pointed toes), backwards roll
	Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport	Perform a rocket roll with pointed toes	Perform a rocket roll and extend to a dish/saucer roll	Perform a bunny hop across a mat run and onto/across low benches and apparatus	Perform matching and mirroring balance routines on apparatus	To perform a hurdle step on the floor/springboard Link and sequence actions.	Perform more complex point and patches balances in a sequence on apparatus
	Combine different movements with ease and fluency.	Perform a bunny hop- hands first then feet	Perform a rocket roll and extend to a dish/saucer roll	Hopscotch on throw down feet	Perform a bunny hop onto variety of apparatus with control Hopscotch across the floor to develop hurdle step	Co-operate, communicate and collaborate with others.	Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)
	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Perform a basic sequence (roll and a jump)	Perform a bunny hop – hands flat with straight arms	Perform a short sequence on mats	Perform a short sequence on mats showing levels,		
	Develop overall body-strength, balance, co-ordination and agility.		Perform a sequence – (roll, jump and balance)				

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					control and pointed toes		Perform a hurdle step on the floor/springboard and onto low apparatus Compete in teams to win points with sequences and a vault competitions
Dance	<p>Moving in time to happy and sad music</p> <p>Experiment with different ways of moving</p> <p>Experiment with actions at different levels</p> <p>Moving around as different characters or animals to the music</p> <p style="color: red;">Continue to develop their movement</p>	<p>Listen to the music and begin to move in time to it</p> <p>Perform basic dance movements</p> <p>Perform dance movements showing some levels</p> <p>Perform basic dance travelling movements e.g. stepping, skipping, jumping</p> <p>Perform simple dance moves with some control</p>	<p>Move in time to the music showing some expression</p> <p>Perform dance movements with control</p> <p>Perform dance movements showing a variety of levels</p> <p>Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing</p>	<p>Collaborate to make a dance warm up</p> <p>Use a stimulus to create a dance</p> <p>Dance in unison with a partner</p> <p>Perform canon with a group</p> <p>Use some different levels and pathways</p>	<p>Cooperate to make a dance warm up and take on a leadership role</p> <p>Respond imaginatively to a stimulus</p> <p>Dance in unison with a partner/group</p> <p>Performing a range of movement patterns</p> <p>Perform canon showing a range of movement patterns</p>	<p>Co-operate and collaborate to create a warm up displaying a variety of movement patterns</p> <p>I can translate ideas from a stimulus showing control and fluency</p> <p>Dance in unison in a group keeping in time with each other</p> <p>Dance in canon showing good timing</p>	<p>Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing</p> <p>I can translate ideas from a stimulus into movement showing expression, precision, control and fluency</p> <p>Dance in unison in a group showing good timing,</p>

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	<p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large-muscle movements to wave flags and streamers</p> <p>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport</p>		<p>Remember simple dance steps perform with control in time to the music</p>		<p>Perform a variety of levels and pathways in a dance</p>	<p>Perform using a variety of levels and using the space</p>	<p>energy and strength</p> <p>Dance in canon in a group showing good timing, energy and strength</p> <p>Use levels, travelling and space with timing and musicality</p>
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	<p>Combine different movements with ease and fluency.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p>						
Cricket	<p>(Taught through intro of first P.E. unit)</p> <p>Rolling and stopping a ball sitting down and standing up</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Pushing a ball away from body with hands</p> <p>Push ball with throw down strips to develop hand eye co-ordination</p>	<p>Rolling and stopping a ball with one/two hands</p> <p>Throw and catch a ball with some control</p> <p>Bowl underarm towards a target</p> <p>Hit a ball off a tee using various bats</p> <p>Play a modified game hitting off a tee</p>	<p>Roll and stop a ball with control/accuracy</p> <p>Throw underarm with some accuracy and catch a ball</p> <p>Bowl underarm towards a target with control and accuracy</p> <p>Begin to hold the bat in correct position and hit a ball off a tee</p> <p>Play a modified game encouraging teamwork when fielding</p>	<p>Roll the ball with one hand and stop the ball attempting</p> <p>Long barrier method</p> <p>Throw and catch underarm with both hands (in isolation)</p> <p>Bowl at a wicket underarm and attempt overarm</p> <p>Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving</p> <p>Play a modified game using</p>	<p>Roll the ball with one hand and stop the ball from different directions using</p> <p>Long barrier method</p> <p>Throw and catch under pressure in modified games</p> <p>Bowl at a wicket underarm/overarm with accuracy and control</p> <p>Hit a drop fed ball and/or moving ball with a bat</p> <p>Play a game communicating as a team</p>	<p>Begin to use fielding techniques with throwing and stopping and scooping up the ball</p> <p>Throwing over/underarm and catching over various distances</p> <p>Bowl attempting to hit the wicket using under/overarm</p> <p>Hit a moving ball with control and some distance</p> <p>Communicate and collaborate as team to beat an opponent</p>	<p>Positioning in a modified game to field a ball (both throwing and stopping it)</p> <p>Making correct decisions with the type of throw to use in modified game</p> <p>Move body into a position to catch the ball</p> <p>Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket</p>

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	<p>Continue to develop their ball-skills</p> <p>Show a preference for a dominant hand.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</p>			fielding and batting skills			<p>In a competitive game begin to tactically hit/place a ball into a space</p> <p>Use a variety of tactics to attack and defend in a game of quick cricket</p>
Football	<p>(Taught through multi-skills unit)</p> <p>Explore stopping a ball with different parts of the body</p> <p>Experiment kicking the ball with feet to a partner</p> <p>Move a bean bag on the floor using inside of foot</p> <p>Object of the game is to move</p>	<p>(Taught through ball skills)</p> <p>Stopping a ball with the inside of feet</p> <p>Pass the ball beginning to use inside of feet</p> <p>Dribble the ball with the inside of feet</p>	<p>(Taught through ball skills)</p> <p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner with accuracy</p> <p>Dribble the ball with the inside of feet keeping the ball close to their body</p>	<p>Control a ball using inside, outside and sole of feet</p> <p>Pass the ball with inside of feet with accuracy</p> <p>Dribble the ball beginning to turn with some control (inside and outside hook)</p> <p>Begin to defend making a standing</p>	<p>Move body to correct position to stop and control a ball</p> <p>Pass the ball with inside of feet whist on the move</p> <p>Dribble the ball using inside, outside hook and drag back beginning to accelerate</p>	<p>Control the ball using either foot when moving</p> <p>Pass the ball with inside, front or laces on the foot</p> <p>Dribble the ball using various turns beginning to accelerate past an opponent</p> <p>Show good body position to defend</p>	<p>Move into space to receive the ball and control with either foot in a game</p> <p>Select the correct pass for various distances in a game situation</p> <p>Dribble the ball in a game situation around a defender</p> <p>Communicate with team when</p>

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	<p>away from the rabbit onto a spot (finding a space)</p> <p>Passing with a partner and counting to 5 and 10</p> <p style="color: red;">Continue to develop their ball-skills</p> <p style="color: red;">Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p style="color: red;">Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Follow my leader – trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p>	<p>Tag game– trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p>	<p>tackle in a 1v1 Kick a ball stationary past a goal keeper</p> <p>Embracing rules and playing fairly</p>	<p>Begin to defend making a standing tackle or intercept a pass</p> <p>Kick a ball whilst moving past a goal keeper with some accuracy Inspire others with fair play and being gracious in victory and defeat</p>	<p>and press in a 2v2 games</p> <p>Scoring using top of foot (laces)- aiming for corners of the goal</p> <p>Begin to communicate with team to develop tactics for attacking and defending</p>	<p>defending in a game -making interceptions, cover space</p> <p>To work as a team to score, shooting from various angles</p> <p>Communicate with team evaluate and recognise success to help improve individual and team performance</p>
Netball	<p>(Taught through first P.E. unit)</p> <p>Throw to self, catching a soft ball/balloon</p> <p>Experiment with rolling the ball,</p>	<p>(Taught through ball skills)</p> <p>Catch a soft ball safely</p> <p>Pass the soft ball from chest – ‘W’ shape when</p>	<p>(Taught through ball skills)</p> <p>Catch a ball in an adapted game</p> <p>Bounce pass from a short distance to a partner</p>	<p>Pass and receive a netball safely (chest and bounce pass)</p> <p>Perform a stride stop in netball</p>	<p>Pass and receive stepping into the pass (chest, bounce and shoulder pass)</p> <p>Perform a stride stop with a pivot</p>	<p>Pass and move (chest, shoulder and bounce)</p> <p>Receive the ball on the move and perform the correct footwork (stride stop,)</p>	<p>Perform a variety of passes within a game with precision and control</p> <p>Perform correct footwork in a</p>

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	<p>throw and catch to self and to a partner (hand eye coordination)</p> <p>Moving around at speed and changing direction</p> <p>Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and 10</p> <p style="color: red;">Continue to develop their ball-skills</p> <p style="color: red;">Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p style="color: red;">Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>passing and receiving.</p> <p>Small sided games (super hero ball)</p> <p>3v3 introducing passing and receiving a ball</p> <p>Play an adapted superhero game and introduces rules Scoring in a variety of ways</p>	<p>Small sided games (super hero ball)</p> <p>Small sided games 3v3 encouraging chest passes in game</p> <p>Play an adapted super hero netball game</p> <p>One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.</p> <p>Scoring in a variety of ways and begin to use in a game situation</p>	<p>Perform a jump stop in netball</p> <p>Perform a dodge in netball to get into a space</p> <p>Marking a player keeping on the balls of your feet</p> <p>Shooting the ball high and bending knees Introduce high fives game or an adapted game</p>	<p>Perform a jump top with a pivot</p> <p>Perform two different dodges (Drive and the dodge)</p> <p>Marking a player standing side on sticking to player</p> <p>Shooting- bend knees and place hand under the ball to shoot</p> <p>Begin to understand the positions in a high five game</p>	<p>Receive the ball on the move and perform the correct footwork (jump stop)</p> <p>Perform three different dodges (Drive dodge and double dodge) and receive a ball</p> <p>To defend a player and attempt to intercept a pass</p> <p>Flick my wrist to shoot into a goal</p> <p>Know where the positions are on a netball court</p>	<p>game (stride stop with a pivot)</p> <p>Perform correct footwork in a game (jump stop with a pivot)</p> <p>Perform a variety of dodges to move into a space and receive a ball in a practice and in a game situation</p> <p>To defend a player during a game to intercept the ball</p> <p>Shoot into a goal and attempt to get the rebound if missed</p> <p>Rotate into different positions on the court</p>
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Rugby	(Taught through first P.E. unit)	(Taught through balls skills unit)	(Taught through balls skills unit)	Tag a player in isolation using the tag belts	Tag a player whilst moving using tag belts	Tag more than one player using either hand whilst moving with tag belts	Tag a player using either hand when moving at full speed in a game situation
	Follow a partner to steal their bib	Play a simple game of tag	Play a tag game whilst moving at speed	Move with a ball in their hand using correct position 'dirty fingers clean palms'	Move with control in a variety of directions holding the ball in the correct position.	Choose different pathways to move with a ball in hands against a defender	Dodge around a defender at speed with a ball in hands avoiding being tagged
	Move with different objects in their hands	Move with control with the ball in their hands at chest height	Move with the ball holding it with hands - in 'W' shape at chest height	Pass the ball backwards and sideways in isolation	Pass the ball backwards/ sideways with control whilst moving	Pass and receive the ball in a game situation	Pass and receive the ball when in a pressurised modified game situation
	Passing an object to another child	Hand over the Rugby ball sideways	Pass the ball sideways- with smile technique	Move into a space to avoid a defender through dodging techniques	Use speed and space to avoid a passive defender	Use speed and space to avoid an active defender In a game situation	Play modified competitive games avoiding defenders
	Moving around in a space in different ways	Attempt to get past a defender	Dodge around a defender in small area	Beat a defender to score a try	Beat a defender at speed to score a try	beat defenders to score a try	Work as a team in a game situation to score a try
	Scoring points with beanbag treasure in a simple hoop invasion game.	Scoring a try in a modified drill using correct technique- stay on feet using 2 hands	Scoring a try in a 2v2 game in the end zone				
	Continue to develop their ball-skills						
	Show a preference for a dominant hand.						
	Further develop and refine a range of ball skills including: throwing,						

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	<p>catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>						
Hockey				<p>Dribble the ball holding the stick in correct position</p> <p>Perform a pass at a short distance and receive the ball with some control</p> <p>Pass the ball over a longer distance</p>	<p>Dribble the ball the ball with control</p> <p>Perform a short pass and begin to move into a space and receive the ball with some control</p> <p>Pass the ball over a longer distance with accuracy and power</p>	<p>Dribbling the ball in different directions keeping head up</p> <p>Perform a pass with control, accuracy and with movement into a space</p> <p>Pass the ball over a variety of distances with some</p>	<p>Dribble the ball at various speeds- both in isolation and a game situation</p> <p>Pass and move into a space with accuracy, control and speed (in isolation/game situation)</p>

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				<p>Begin to tackle a player safely</p> <p>Can occasionally score whilst the ball is stationary</p> <p>Embracing rules and playing fairly</p>	<p>Tackle a player using correct grip</p> <p>Can occasionally score whilst the ball is moving</p> <p>Inspire others with fair play and being gracious in victory and defeat</p>	<p>accuracy and power in a game situation</p> <p>I can begin to defend against an opponent in a game situation</p> <p>Can hit a moving ball with some accuracy and control into a goal</p> <p>Begin to communicate with team to develop tactics for attacking and defending</p>	<p>I can start to pass the ball over a variety of distances in attacking or defensive situations</p> <p>Begin to defend as an individual and communicate to defend as a team (marking and tackling)</p> <p>I can hit a moving ball into a goal from different angles and sometimes with different levels of power.</p> <p>Communicate with team evaluate and recognise success to help improve individual and team performance</p>
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Outdoor Adventurous Activities	Collaborate with your peers to achieve a task Different ways can you communicate Work as part of a team			Collaborate with your peers to achieve a task Different ways can you communicate Set up your own orienteering course Work as part of a team Trust your partner when blindfolded?
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*Physical Development is an Early Learning Goal and is embedded in the EYFS curriculum every day, as well as In the PE curriculum.