



Bowburn Primary School: Physical Education Knowledge and Skills Progression Document

(Adapted from Get Set 4 PE – Progression Ladders – October 2023)

SKILLS								
		EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals		Running – Explore running and stopping. Explore changing direction safely.	Running – Explore changing direction and dodging. Discover how the body moves at different speeds.	Running – Demonstrate balance when changing direction. Clearly show different speeds when running.	Running – Change direction. Show an increase and decrease in speeds.	Running – Change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate.	Running – Demonstrate improved body posture and balance when changing direction.	Running – Change direction with a fluent action. Transition smoothly between varying speeds.
		Balancing – Explore balancing whilst stationary and on the move.	Balancing – Move with some control and balance. Explore stability and landing safely.	Balance – Demonstrate balance when performing movements.	Balancing – Demonstrate balance when performing other fundamental skills.	Balancing – Demonstrate good balance and control when performing other fundamental skills.	Balancing – Consistently demonstrate good balance when performing other fundamental skills.	Balancing – Show fluency and control when travelling, landing, stopping and changing direction.
		Jumping – Begin to explore take off and landing safely.	Jumping – Demonstrate control in take off and landing.	Jumping – Demonstrate jumping for distance, height and in different directions.	Jumping and hopping – Link jumping and hopping actions.	Jumping and hopping – Link jumping and hopping actions with other fundamental skills.	Jumping and hopping – Demonstrate good technique and co-ordination when linking jumps.	Jumping and hopping – Demonstrate good technique when running and hopping for distance and height. Fluently link jumps together.
		Hopping – Explore hopping on both feet.	Hopping – Begin to explore hopping in different directions.	Hopping – Demonstrate hopping for distance, height and in different directions.	Skipping – Jump and turn in a skipping rope.	Skipping – Consistently skip in a rope.	Skipping – Show a range of skills when skipping in a rope.	Skipping – Consistently show a range of skills when skipping in a rope.
		Skipping – Explore skipping as a travelling action.	Skipping – Show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.	Skipping – Explore single and double bounce when jumping in a rope.				
Athletics	Running	Explore running and stopping safely.	Explore running at different speeds.	Develop sprinting action.	Develop the sprinting technique and apply it to relay events.	Develop an understanding of speed and pace in relation to distance.	Apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.	Demonstrate a clear understanding of pace and use it to develop their own and others’ sprinting technique.
	Jumping	Explore jumping and hopping safely.	Develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.	Develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.	Develop technique when jumping for distance in a range of approaches and take off positions.	Develop technique when jumping for distance.	Explore technique and rhythm in the triple jump.	Develop power, control and technique in triple jump.
	Throwing	Explore throwing to a target.	Explore throwing for distance and accuracy.	Explore throwing for distance and accuracy.	Explore the technique for a pull throw.	Explore power and technique when throwing for distance in a pull and heave throw.	Develop technique and power in javelin and shot put.	Develop power, control and technique when throwing discus and shot put.
Games	Ball Games	Sending – Explore sending an object with hands and feet.	Sending – Roll and throw with some accuracy towards a target.	Sending – Roll, throw and kick a ball to hit a target.	Sending – Send a ball with accuracy and increasing consistency to a target.	Sending – Accurately use a range of techniques to send a ball to a target.	Sending – Demonstrate clear technique with sending a ball under pressure.	Sending – Show good technique when sending a ball with increasing control, accuracy and consistency under pressure.
		Catching – Explore catching to self and partner.	Catching – Begin to catch with two hands. Catch after a bounce.	Catching – Develop catching a range of objects with two hands. Catch with and without a bounce.	Catching – Catch a range of objects with increasing consistency.	Catching – Catch different sized objects with increasing consistency with one and two hands.	Catching – Demonstrate good technique under pressure.	Catching – Demonstrate increasing consistency of catching under pressure in a variety of game situations.
		Tracking – Explore stopping a ball with hands and feet.	Tracking – Track a ball being sent directly.	Tracking – Consistently track and collect a ball being sent directly.	Tracking – Track a ball not sent directly.	Tracking – Consistently track a ball sent directly and indirectly.	Tracking – Demonstrate a range of techniques when tracking and collecting a ball.	Tracking – Demonstrate a wider range of techniques when tracking a ball under pressure.
		Dribbling – Explore dropping and catching with two hands and moving feet with a ball.	Dribbling – Explore dribbling with hands and feet.	Dribbling – Explore dribbling with hands and feet with increasing control on the move.	Dribbling – Dribble a ball with hands and feet with control.	Dribbling – Dribble a ball with increasing control and consistency.	Dribbling – Dribble with some control under pressure.	Dribbling – Dribble consistently using a range of techniques with increasing control under pressure.



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	Invasion Games	<p>Sending & receiving – Explore this with hands and feet using a variety of equipment.</p> <p>Dribbling – Explore dropping and catching with two hands and moving a ball with their feet.</p> <p>Space – Recognise their own space.</p> <p>Attacking & defending – Explore changing direction and tagging games.</p>	<p>Sending & receiving – Explore with hands and feet to a partner.</p> <p>Dribbling – Explore dribbling with hands and feet.</p> <p>Space – Recognise good space when playing games.</p> <p>Attacking – Explore changing direction to move away from a partner.</p> <p>Defending – Explore tracking and moving to stay with a partner.</p>	<p>Sending & receiving – Demonstrate these with increased control.</p> <p>Dribbling – Explore dribbling with hands and feet with increasing control on the move.</p> <p>Space – Explore moving into space away from defenders.</p> <p>Attacking – Develop moving into space away from defenders.</p> <p>Defending – Explore staying close to other players to try and stop them getting the ball.</p>	<p>Sending & receiving – Explore this, abiding by specific game rules.</p> <p>Dribbling – Explore dribbling the ball, abiding by the rules of the games, under some pressure.</p> <p>Space – Develop using space as a team.</p> <p>Attacking – Develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending – Develop tracking opponents to limit their scoring opportunities.</p>	<p>Sending & receiving – Develop passing, techniques appropriate to game, with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.</p> <p>Dribbling – Link dribbling the ball with other actions and change direction whilst dribbling with some control.</p> <p>Space – Develop moving into space to help my team.</p> <p>Attacking – Change direction to lose an opponent with some success.</p> <p>Defending – Develop defending one on one and begin to intercept.</p>	<p>Sending & receiving – Develop control when sending and receiving under pressure.</p> <p>Dribbling – Dribble with some control under pressure.</p> <p>Space – Explore moving to create space for themselves and others in their team.</p> <p>Attacking – Use a variety of techniques to lose an opponent eg. Change of direction or speed.</p> <p>Defending – Develop tracking and marking with increased success. Explore intercepting a ball using one or two hands.</p>	<p>Sending & receiving – Send and receive consistently using a range of techniques, with increasing control, under pressure.</p> <p>Dribbling – Dribble consistently using a range of techniques with increasing control under pressure.</p> <p>Space – Move to the correct space when transitioning from attack to defence or visa versa, and create and use space for self and others.</p> <p>Attacking – Confidently change direction to lose an opponent.</p> <p>Defending – Use a variety of defending skills (tracking, interception, jockeying) in game situations.</p>
	Net and Ball Games	<p>Hitting – Explore hitting a ball with hands and pushing with a racket.</p> <p>Feeding and rallying – Explore sending and tracking a ball with a partner.</p> <p>Footwork – Explore changing direction, running and stopping.</p>	<p>Hitting – Explore hitting a dropped ball with a racket.</p> <p>Feeding – Throw a ball over a net to land into the court area.</p> <p>Rallying – Explore sending a ball with hands and a racket.</p> <p>Footwork – Use the ready position to move towards a ball.</p>	<p>Hitting – Develop hitting a dropped ball over a net.</p> <p>Feeding – Accurately underarm throw over a net to a partner.</p> <p>Rallying – Explore underarm rallying with a partner, catching after one bounce.</p> <p>Footwork – Consistently use the ready position to move towards a ball.</p>	<p>Shots – Explore returning a ball using shots such as the forehand and backhand.</p> <p>Rallying – Explore rallying using a forehand.</p> <p>Footwork – Consistently use and return to the ready position between shots.</p>	<p>Shots – Demonstrate technique when using shots, paying co-operatively and beginning to execute this competitively.</p> <p>Rallying – Develop rallying using both forehand and backhand with increased techniques.</p> <p>Footwork -Begin to use appropriate footwork patterns to move around the court.</p>	<p>Shots – Develop the range of shots used in a variety of games.</p> <p>Serving – Develop the range of serving techniques appropriate to the game.</p> <p>Rallying – Use a variety of shots to keep a continuous rally.</p> <p>Footwork – Demonstrate effective footwork patterns to move around the court.</p>	<p>Shots – Demonstrate increased success and technique in a variety of shots.</p> <p>Serving – Serve accurately and consistently.</p> <p>Rallying – Successfully apply a variety of shots to keep a continuous rally.</p> <p>Footwork – Demonstrate a variety of footwork patterns relevant to the game being played.</p>
	Target Games	<p>Throwing – Explore throwing using a variety of equipment.</p> <p>Catching – Explore catching using a variety of equipment.</p>	<p>Throwing – Explore technique when throwing underarm and overarm towards a target.</p>	<p>Throwing – Develop co-ordination and technique when throwing overarm and underarm towards a target.</p> <p>Striking – Develop striking a ball with equipment and some consistency.</p>	<p>Throwing – Explore throwing at a moving target.</p> <p>Catching (dodgeball) – Begin to catch whilst on the move.</p> <p>Striking – Begin to strike a ball with accuracy and balance.</p>	<p>Throwing – Throw with increasing accuracy at a (moving) target.</p> <p>Catching (dodgeball) – Catch with increasing consistency, including whilst on the move.</p> <p>Striking – Strike a ball with increasing consistency.</p>	<p>Throwing – Demonstrate clear technique and accuracy when throwing at a (moving) target.</p> <p>Catching (dodgeball) – Demonstrate good technique and consistency in catching skills/</p> <p>Striking – Develop a wider range of striking techniques and begin to use them under pressure.</p>	<p>Throwing – Throw with increasing control under pressure.</p> <p>Catching (dodgeball) – Catch with increasing control under pressure.</p> <p>Striking – Use a variety of striking techniques with control under pressure.</p>
	Striking and Fielding	<p>Striking – Explore sending a ball to a partner.</p> <p>Fielding – Explore tracking and stopping a rolling ball.</p> <p>Throwing and catching – Explore rolling, throwing and catching, using a variety of equipment.</p>	<p>Striking – Explore striking a ball with hand/equipment.</p> <p>Fielding – Develop tracking and retrieving a ball.</p> <p>Throwing – Explore technique when throwing over and underarm.</p> <p>Catching – Develop co-ordination and technique when catching.</p>	<p>Striking – Develop striking a ball with hand/equipment with some consistency.</p> <p>Fielding – Develop tracking a ball and decision making with a ball.</p> <p>Throwing – Develop co-ordination and technique when throwing over and underarm.</p> <p>Catching – Catch with two hands with some co-ordination and technique.</p>	<p>Striking – Begin to strike a bowled ball, after a bounce, with different equipment.</p> <p>Fielding – Explore bowling to a target and fielding skills to include a two-handed pick up.</p> <p>Throwing – Use overarm and underarm throwing in game situations.</p> <p>Catching – Catch with some consistency in game situations.</p>	<p>Striking – Develop batting technique with a range of equipment.</p> <p>Fielding – Develop bowling with some consistency, abiding by the rules.</p> <p>Throwing – Use overarm and underarm throwing, with increased consistency, in game situations.</p> <p>Catching – Begin to catch with one and two hands, with some consistency, in game situations.</p>	<p>Striking – Explore defensive and driving hitting techniques, and directional batting.</p> <p>Fielding – Develop over and underarm bowling technique. Develop log and short barrier, and two-handed pick up.</p> <p>Throwing – Demonstrate good technique when using a variety of throws under pressure.</p> <p>Catching – Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>	<p>Striking – Strike a bowled ball with increasing accuracy and consistency.</p> <p>Fielding – Use a wider range of fielding skills, with increased control, under pressure.</p> <p>Throwing – Consistently demonstrate good technique in throwing skills under pressure.</p> <p>Catching - Consistently demonstrate good technique in catching skills under pressure.</p>



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Dance		Actions - Explore how my body moves. Copy basic body actions and rhythms. Dynamics - Explore actions in response to music and an idea. Space - Begin to explore pathways and the space around me and in relation to others. Performance - Perform short phrases of movement in front of others.	Actions - Copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme. Dynamics - Explore varying speeds to represent an idea. Space - Explore pathways within my performance. Relationships - Begin to explore actions and pathways with a partner. Performance - Perform on my own and with others to an audience.	Actions - Accurately remember, repeat and link actions to express an idea. Dynamics - Develop an understanding of dynamics. Space - Develop the use of pathways and travelling actions to include levels. Relationships - Explore working with a partner using unison, matching and mirroring. Performance - Develop the use of facial expressions in my performance.	Actions - Create actions in response to a stimulus individually and in groups. Dynamics - Use dynamics effectively to express an idea. Space - Use direction to transition between formations. Relationships - Develop an understanding of formations. Performance - Perform short, self-choreographed phrases showing an awareness of timing.	Actions - Respond imaginatively to a range of stimuli related to character and narrative. Dynamics - Change dynamics confidently within a performance to express changes in character. Space - Confidently use changes in level, direction and pathway. Relationships - Use action and reaction to represent an idea. Performance - Perform complex dances that communicate narrative and character well, performing clearly and fluently.	Actions - Choreograph dances by using, adapting and developing actions and steps from different dance styles. Dynamics - Confidently use dynamics to express different dance styles. Space - Confidently use direction and patterning to express different dance styles. Relationships: confidently use formations, canon and unison to express a dance idea. Performance - Perform dances expressively, using a range of performance skills, showing accuracy and fluency.	Actions - Show controlled movements which express emotion and feeling. Dynamics - Explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group. Space and relationships - Use a variety of compositional principles when creating my own dances. Performance - Demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.
Gymnastics	Shapes	Show contrast with body, including wide/narrow, straight/curved.	Explore the basic shapes: straight, tuck, straddle, pike.	Explore using shapes in different gymnastic balances.	Explore matching and contrasting shapes.	Develop the range of shapes to be used in sequences.	Perform shapes consistently and fluently, linked with other gymnastic actions.	Combine and perform gymnastic shapes more fluently and effectively.
	Balances	Explore shapes in stillness, using different body parts.	Perform balances, making body tense, stretched and curled.	Remember, repeat and link combinations of gymnastic balances.	Explore point and patch balances, transitioning smoothly into and out of them.	Develop control and fluency in individual and partner balances.	Explore symmetrical and asymmetrical balances.	Explore counter balances and counter tension.
	Jumps	Explore jumping safely.	Explore shape jumps, including jumping off low apparatus.	Explore shape jumps and take-off combinations.	Develop stepping into shape jumps with control.	Develop control in performing and landing rotation jumps.	Select a range of jumps to include in sequence work.	Combine and perform a range of gymnastic jumps more fluently and effectively.
	Rolls	Explore rocking and rolling.	Explore barrel, straight and forward roll progressions.	Explore barrel, straight and forward roll and put into sequence work.	Develop the straight, barrel and forward rolls.	Develop the straight, barrel, forward and straddle rolls and perform them with increased control.	Develop control in the straight, barrel, forward, straddle and backwards rolls.	Develop fluency and consistency in the straddle, forward and backward rolls.
	Inverted Movements					Develop strength in bridge and shoulder stand positions.	Explore progressions of a cartwheel.	Develop control in progressions of cartwheel, bridge and shoulder stand positions.
OAA	Problem Solving	Explore activities which require own decision making.	Suggest ideas in response to a task.	Begin to plan and apply strategies to overcome a challenge.	Discuss how to follow trails and solve problems. Work with others to select appropriate equipment for the task.	Plan independently and in small groups, implementing a strategy with increased success.	Explore tactical planning within a team to overcome increasingly challenging tasks.	Pool ideas within a group, selecting and applying the best method to solve a problem.
	Navigational Skills	Explore moving in space and following a path.	Follow a path and lead others.	Follow and create a simple diagram/map.	Identify own location on a simple map. Use and begin to create simple maps and diagrams to follow a trail.	Identify key symbols on a map and follow a route.	Develop navigational skills and map reading in increasingly challenging tasks.	Orientate a map efficiently to navigate around a course with multiple points.
	Communication	Develop confidence in self-expression.	Communicate simple instructions and listen to others.	Work co-operatively with a partner and a small group.	Follow and give instructions and accept other people's ideas.	Confidently communicate ideas and listen to others.	Explore a variety of communication methods with increasing success.	Inclusively communicate with others, share job roles and lead when necessary.
Swimming	Strokes and Breathing	Prerequisites: Submerge confidently in the water; Begin to explore breathing in-sync with kicking action; Swim over 10m with buoyancy aid.				Develop technique for specific strokes, to include head-above-water breaststroke, backstroke and front crawl, demonstrating improving breathing technique in front crawl.	Demonstrate increased technique in a range of strokes, swimming over a distance of 25m. Explore underwater breaststroke breathing technique over a distance of 25m.	Identify personal best in a range of strokes. Successfully select and apply fastest stroke over 25m. Demonstrate a smooth and consistent breathing technique in a range of strokes over 25m.
	Water Safety					Show confidence in some personal survival techniques, including treading water and sculling.	Explore safety techniques to include the H.E.L.P and huddle positions.	Perform a variety of survival techniques.



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Fitness	Agility - Explore changing direction safely.	Agility – Change direction whilst running.	Agility – Demonstrate increased technique when changing direction on the move.	Agility – Show balance when changing direction.	Agility – Show balance when changing direction at speed.	Agility – Demonstrate improved body posture and speed when changing direction.	Agility – Change direction with a fluent action and transition smoothly between varying speeds.
	Balance - Explore balancing whilst stationary and on the move.	Balance – Explore balancing in more challenging activities with some success.	Balance – Demonstrate increased balance whilst travelling along and over equipment.	Balance – Explore more complex activities which challenge balance.	Balance – Show control whilst completing activities which challenge balance.	Balance – Change body position to maintain a controlled centre of gravity.	Balance – Show fluency and control when travelling, landing, stopping and changing direction.
	Co-ordination - Explore moving different body parts together.	Co-ordination – Explore co-ordination when using equipment.	Co-ordination – Perform actions with increased control when co-ordinating body with/without equipment.	Co-ordination – Co-ordinate body with increased consistency in a variety of activities.	Co-ordination – Explore increased speed when co-ordinating body.	Co-ordination – Demonstrate increased speed when co-ordinating body.	Co-ordination – Co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.
	Speed - Explore moving and stopping with control.	Speed – Explore running at different speeds.	Speed – Demonstrate running at different speeds.	Speed – Explore sprinting technique.	Speed – Demonstrate improved sprinting technique.	Speed – Apply the best pace for a set distance or time.	Speed – Adapt running technique to suit the distance being run.
	Strength- Explore taking weight on different body parts.	Strength – Explore exercises using own body weight.	Speed – Demonstrate running at different speeds.	Strength – Explore building strength in different muscle groups.	Strength – Develop building strength in different muscle groups.	Strength – Demonstrate increased technique in body weight exercises.	Strength – Complete body weight exercises for increased repetitions with control and fluency.
	Stamina - Explore moving for extended periods of time.	Stamina – Explore moving for longer periods of time and identify how it feels.	Strength – Demonstrate increased control in body weight exercises. Stamina – Show an ability to work for longer periods of time.	Stamina – Explore using breath to increase ability to work for longer periods of time.	Stamina – Demonstrate using breath to maintain work rate.	Stamina – Use a steady pace to be able to move for sustained periods of time.	Stamina – Use breath to increase ability to move for sustained periods of time.

KNOWLEDGE							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals	Running – Know to use big steps to run and small steps to stop. Know that moving into space away from others helps keep you safe.	Running – Know that bending knees helps you change direction, and swinging arms helps you run faster.	Running – Know that putting weight into front of feet helps to stop in a balanced position. Know that running on balls of feet, with elbows bent and taking big steps, helps you run faster.	Running – Understand that leaning forwards helps to increase speed/acceleration; leaning in opposite direction to travel helps to show down (decelerate). Understand how agility helps us in everyday tasks.	Running – Know that keeping elbows bent when changing direction will help to keep balanced.	Running – Know that, to change direction, you need to push off outside foot and turn hips.	Running – Know that running develops stamina and speed and both can be improved by training over time. Understand that agility requires speed, strength, good balance and co-ordination.
	Balancing – Know to hold arms out to help balance.	Balancing – Know that looking ahead and landing on feet helps you to balance.	Balancing – Understand that squeezing muscles helps you balance.	Balancing – Understand how balance helps us in everyday tasks.	Balancing – Understand the need to squeeze different muscles to help stay balanced in different activities.	Balancing – Understand that balance is a skill used in many different activities and everyday life.	Balancing – Know that balance underpins many skills in PE and everyday life, and feels different in different situations.
	Jumping – Know to bend knees to help land safely.	Jumping – Know that landing on balls of feet helps to land with control.	Jumping – Know that swinging arms forwards helps you to jump further.	Jumping and hopping – Know that balance helps us in everyday tasks.	Jumping and hopping – Know that swinging non-hopping foot helps to create momentum.	Jumping and hopping – Understand that there are different techniques for different situations.	Jumping and hopping – Understand when to jump for height or distance in different activities, and what to do to achieve this.
	Hopping – Know to use one foot to hop.	Hopping – Know to hop with a soft, bent knee.	Hopping – Know that looking straight ahead will help you to land without falling over.	Jumping and hopping – Know that jumping and landing in quick succession will produce momentum to move further forward.	Skipping – Know that keeping chest up helps to keep balanced.	Skipping – Understand that different people will have different skipping abilities and can improve with practice.	Skipping – Know that skipping helps to develop co-ordination, stamina and balance.
	Skipping – Know that hop then step makes you skip.	Skipping – Know to use the opposite arm and leg to skip, and that jumping on balls of feet helps keep consistent rhythm.	Skipping – Know to swing opposite arm to leg to help balance when skipping without a rope.	Skipping – Understand to turn the rope from the wrists with wide hands to create a gap to step through.			
Athletics	Running	Know to use big steps to run and small steps to stop. Know that moving into space away from others helps keep you safe.	Understand that swinging your arms will help you run faster.	Know that running on balls of feet, with elbows bent and taking big steps, helps you run faster.	Understand that leaning forwards helps to increase speed/acceleration; leaning in opposite direction to travel helps to show down (decelerate).	Understand the need to pace yourself when running further or for longer periods of time. Understand that a high knee drive, pumping arms and running on balls of feet, gives power.	Understand that taking big, consistent strides will help to create a rhythm to run faster. Understand that keeping a steady breathing pattern will help when running longer distances.



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	Jumping	Know to bend knees to help land safely.	Know that landing on the balls of your feet helps to land with control. Understand that bending your knees will help you to jump further.	Know that swinging arms forwards helps you to jump further.	Know that jumping and landing quickly will help you jump further.	Understand that transferring weight will help to jump further.	Know that high, fast knee drive can build power and therefore distance in the jumps.	Understand that a run up builds speed and power, enabling you to jump further.
	Throwing	Understand that bigger targets are easier to hit.	Know that stepping forward with opposite foot to hand will help to throw further.	Know that you can throw in a straight line by pointing throwing hand at target whilst letting go of object.	Understand that the speed of a movement creates power.	Understand that transferring weight will help to throw further.	Know how to transfer weight in different throws to increase throwing distance.	Understand the need to prepare your body for throwing and know the muscle groups needed to throw.
	Rules	Know that rules help us to stay safe.	Know that rules help us to play fairly.	Know how to follow simple rules when working with others.	Know the rules of the event and apply them.	Know and understand the rules to be able to manage own event.	Understand and apply rules in a variety of events and equipment.	Understand and apply rules in events that pose an increased risk.
Games	Ball Games	<p>Sending – Know to look at the target when sending the ball.</p> <p>Catching – Know to have hands out ready to catch.</p> <p>Tracking – Know to watch the ball as it comes to you, and scoop it with two hands.</p> <p>Dribbling – Know that keeping the ball close will help with control.</p>	<p>Sending – Know to face body towards the target when rolling or throwing underarm to help with balance.</p> <p>Catching – Know to watch the ball as it comes towards you.</p> <p>Tracking – Know to move feet to get in line with the ball.</p> <p>Dribbling – Know that moving with a ball is called dribbling.</p>	<p>Sending – Know that stepping with opposite foot to throwing arm will help with balance.</p> <p>Catching – Know to use wide fingers and pull the ball into your chest to help securely catch.</p> <p>Tracking – Know that it is easier to move towards a ball to track it, rather than to chase it.</p> <p>Dribbling – Know to keep head up when dribbling, in order to see space or opponents.</p>	<p>Sending – Know that pointing hand/foot/stick towards target on release will help to send a ball accurately.</p> <p>Catching – Know to move feet to the ball.</p> <p>Tracking – Know that using a 'ready' position will help react to the ball.</p> <p>Dribbling – Know that dribbling is an attacking skill used in games, which helps us to move towards a goal or away from defenders.</p>	<p>Sending – Know that you can use a variety of ways to send the ball, and that it may depend on the situation (eg. Distance, speed, presence of defenders).</p> <p>Catching – Know to adjust hands to height of the ball.</p> <p>Tracking – Know that tracking the ball is an important skill used in games, and know some examples of this.</p> <p>Dribbling – Know that dribbling with soft hands/touches will help to keep control.</p>	<p>Sending – Know that controlling a ball before sending it will help with accuracy.</p> <p>Catching – Understand when to use different types of catching.</p> <p>Tracking – Know that tracking a ball will help to collect, stop or receive it quickly and successfully.</p> <p>Dribbling – Know that dribbling in different directions will help lose a defender in game situations.</p>	<p>Sending – Know the need to make quick decisions about when, how and who to pass to.</p> <p>Catching – Know how to catch a ball for different situations, considering trajectory, speed, height and size of ball.</p> <p>Tracking – Know to track a ball for different situations, considering trajectory, speed, height and size of ball.</p> <p>Dribbling – Know how to decide which skill to pick under pressure eg. Using a V dribble in basketball to keep the ball away from a defender.</p>
	Invasion Games	<p>Sending & receiving – Know to look at the target when sending a ball and watch the ball to receive it.</p> <p>Dribbling – Know that keeping the ball close will help with control.</p> <p>Space – Know that being in a space gives room to play.</p> <p>Attacking & defending – Know that there are different roles in games.</p> <p>Tactics – Make simple decisions in response to a task.</p> <p>Rules – Know that rules help us to stay safe.</p>	<p>Sending & receiving – Know to look at partner before sending the ball.</p> <p>Dribbling – Know that moving with the ball is called dribbling.</p> <p>Space – Understand that being in a good space helps to pass the ball.</p> <p>Attacking – Know that being able to move away from a partner helps your team to pass the ball.</p> <p>Defending – Know that staying with a partner makes it more difficult for them to receive the ball.</p> <p>Tactics – Know that tactics help us to play fairly during playing.</p> <p>Rules – Know that rules help us to play fairly.</p>	<p>Sending & receiving – Know to control the ball before sending it.</p> <p>Dribbling – Know that keeping head up will help know where defenders are.</p> <p>Space – Know that moving into space away from defenders helps to pass and receive the ball.</p> <p>Attacking – Know that, when your team is in possession of the ball, you are an attacker and can score.</p> <p>Defending – Know that, when your team is not in possession of the ball, you are a defender and need to try to get the ball. Know that standing between the ball and attacker will help you to stop them from getting the ball.</p> <p>Tactics – Understand and apply simple tactics for attack and defence.</p> <p>Rules – Know how to score points and follow simple rules.</p>	<p>Sending & receiving – Know that pointing hand/foot/stick to target on release will help to send a ball accurately.</p> <p>Dribbling – Know that dribbling is an attacking skill which helps us move towards a goal or away from a defender.</p> <p>Space – Know that, by spreading out as a team, you move defenders away from each other.</p> <p>Attacking & defending – Know your role as an attacker and defender.</p> <p>Tactics – Know that using simple tactics will help the team to achieve an outcome.</p> <p>Rules – Know the rules of the game and begin to apply them.</p>	<p>Sending & receiving – Know that cushioning a ball will help to control it when receiving it.</p> <p>Dribbling – Know that protecting the ball whilst dribbling will help to maintain possession.</p> <p>Space – Know that moving into space will help team keep possession and score goals.</p> <p>Attacking – Recognise when to pass and when to shoot.</p> <p>Defending – Know when to mark and when to attempt to win the ball.</p> <p>Tactics – Know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals.</p> <p>Rules – Know and understand the rules to be able to manage the game.</p>	<p>Sending & receiving – Know that not having a defender between you and the ball enables sending and receiving with greater control.</p> <p>Dribbling – Know that dribbling in different directions will help to lose a defender.</p> <p>Space – Know that by moving to space, even if not receiving the ball, will create space for a team mate.</p> <p>Tactics – Understand the need for tactics and identify when to use them in different situations.</p> <p>Rules – Understand and apply rules in a variety of invasion games, whilst playing and officiating.</p>	<p>Sending & receiving – Make quick decisions about when, how and who to pass to.</p> <p>Dribbling – Choose the appropriate skill for the situation under pressure.</p> <p>Space – Understand that transitioning quickly between attack and defence will help team to maintain or gain possession.</p> <p>Tactics – Know how to create and apply a tactic for a specific outcome or situation.</p> <p>Rules – Know and apply rules consistently in a variety of invasion games, whilst playing and officiating.</p>



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	Net and Wall Games	<p>Hitting – Know to point your hand/object at the target when hitting a ball.</p> <p>Feeding and rallying – Know to look at the target when sending a ball, and watch the ball to receive it.</p> <p>Footwork – Know to us big steps to run and small steps to stop.</p> <p>Tactics – Make simple decisions in response to a task.</p> <p>Rules – Know that rules help us to stay safe.</p>	<p>Hitting – Know to use the centre of the racket for control.</p> <p>Feeding – Know to use an underarm throw to feed to a partner.</p> <p>Rallying – Know that hitting/throwing to a partner with the right amount of power will help them to return the ball.</p> <p>Footwork – Know that using a ready position will help to move in any direction.</p> <p>Tactics – Know that using tactics can help us to be successful when playing games.</p> <p>Rules – Know that rules help us to play fairly.</p>	<p>Hitting – Know to watch the ball as it comes towards you to help prepare to hit it.</p> <p>Feeding – Know to place enough power on a ball to let it bounce once, but not so much that a partner can't return it.</p> <p>Rallying – Know that sending the ball towards a partner will help to keep the rally going.</p> <p>Footwork – Know that using a ready position helps to react quickly and to catch or return a ball.</p> <p>Tactics – Understand that applying simple tactics makes it difficult for an opponent.</p> <p>Rules – Know how to score points and follow simple rules.</p>	<p>Shots – Know that pointing the racket face/your hand where you want the ball to go, and turning your body, will help to hit shots accurately.</p> <p>Rallying – Know that hitting towards a partner will help them to return the ball easier and keep the rally going.</p> <p>Footwork – Know that moving to the middle of the court will enable you to cover the most space.</p> <p>Tactics – Know that using simple tactics will help to achieve an outcome eg. Spread out to cover more space.</p> <p>Rules – Know the rules of the game and begin to apply them.</p>	<p>Shots – Understand when and why to play forehand and backhand shots.</p> <p>Rallying – Know that moving feet to the ball will help to hit in a more balanced position and make a more accurate shot.</p> <p>Footwork – Know that getting feet in the right position will help to balance before playing a short.</p> <p>Tactics – Know that applying attacking tactics will help to score points and create space. Know that applying defending tactics will help to deny space, limit points and return a ball.</p> <p>Rules – Know and understand the rules to be able to manage own game.</p>	<p>Shots – Know which skill to choose for a situation eg. Volley if the ball is close to the net.</p> <p>Serving – Know that serving is how to start a game or rally, and use the rules applied to the activity for serving.</p> <p>Rallying – Know that playing the appropriate shot will help to keep the rally going. Know that control is more important than power to keep a rally going.</p> <p>Footwork – Know that using small, quick steps will allow you to adjust your stance and play a shot.</p> <p>Tactics – Understand the need for tactics and identify when to use them in different situations.</p> <p>Rules – Understand and apply rules in a variety of et and wall games, whilst playing and officiating.</p>	<p>Shots – Understand the appropriate skill for the situation under pressure (eg. Choosing to play the ball short over the net if the opponent is at the back of their court).</p> <p>Serving – Begin to apply tactics when serving eg. Aiming to serve short on the first point and then long on the second.</p> <p>Rallying – Understand how to play different shots depending on whether the rally is co-operative or competitive.</p> <p>Footwork – Know that using the appropriate footwork will help you to react to a ball quickly and give time to prepare for a shot.</p> <p>Tactics – Understand when to apply some tactics for attacking and/or defending.</p> <p>Rules – Understand, apply and use rules consistently in a variety of net and wall games, whilst playing and officiating.</p>
	Target Games	<p>Throwing – Know to point my hand at my target when throwing.</p> <p>Catching – Know to have hands out ready to catch.</p> <p>Tactics – Make simple decisions in response to a task.</p> <p>Rules – Know that rules help us to stay safe.</p>	<p>Throwing – Know which type of throw to use for distance and accuracy and that body position affects accuracy of the throw.</p> <p>Tactics – Know that tactics can help us when playing games.</p> <p>Rules – Know that rules help us to play fairly.</p>	<p>Throwing – Know that stepping with opposite foot to throwing arm will help you to balance.</p> <p>Striking – Know to finish with object/hand pointing towards the target.</p> <p>Tactics – Understand and apply simple tactics.</p> <p>Rules – Know how to score points and follow simple rules.</p>	<p>Throwing – Know to throw slightly ahead of a moving target.</p> <p>Catching (dodgeball) – Know that beginning in a ready position will help to react to the ball.</p> <p>Striking – Know that using a bigger swing will give more power.</p> <p>Tactics – Know that using simple tactics will help a team to achieve an outcome.</p> <p>Rules – Know the rules of the game and begin to apply them.</p>	<p>Throwing – Know that one-handed throws are used for speed and accuracy. Know that keeping your elbow high and stepping with your opposite foot will help to increase the power.</p> <p>Catching (dodgeball) – Know that moving feet to a ball and pulling it into chest will help to catch more consistently.</p> <p>Striking – Know that using a smooth action will help to increase accuracy.</p> <p>Tactics – Know that applying tactics will help to score points and get opponents out. Know that applying defending tactics will help keep you in the game.</p> <p>Rules – Know and understand the rules to be able to manage own game.</p>	<p>Throwing – Know to aim low it make it difficult for an opponent to catch.</p> <p>Catching (dodgeball) – Know to stay towards the back of the court area to give more time to catch,</p> <p>Striking – Know that aligning body and equipment before striking will help to keep balanced.</p> <p>Tactics – Understand the need for tactics and identify when to use them in different situations.</p> <p>Rules – Understand and apply the rules in a variety of target games whilst playing and officiating.</p>	<p>Throwing – Know who to throw at and when to throw, in order to get opponents out.</p> <p>Catching (dodgeball) – Know the need to make quick decisions on if to catch of dodge the ball.</p> <p>Striking – Know which skill to select for the situation.</p> <p>Tactics – Know how to create and apply a tactic for a specific situation or outcome.</p> <p>Rules – Understand, apply and use rules consistently in a variety of target games, whilst playing and officiating.</p>
	Striking and Fielding	<p>Striking – Know to point hand at target when striking a ball.</p> <p>Fielding – Know to scoop a ball with two hands.</p> <p>Throwing and catching – Know to point hand at target when throwing, and to have hands out ready to catch.</p>	<p>Striking – Understand that that harder you strike, the further the ball will travel.</p> <p>Fielding – Know that throwing the ball back is quicker than running with it.</p> <p>Throwing – Know which type of throw to use over longer distances.</p> <p>Catching – Know to watch the ball as it comes towards you.</p>	<p>Striking – Understand the role of a batter. Know that striking quickly will increase the power.</p> <p>Fielding – Understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.</p> <p>Throwing – Know that stepping with opposite foot to throwing arm will help balance.</p>	<p>Striking – Know that striking to space, away from fielders, will help you score.</p> <p>Fielding – Know to look at where the batter is before deciding what to do. Know to communicate with teammates before throwing them the ball.</p> <p>Throwing – Know that overarm throwing is used for long</p>	<p>Striking – Know that using the centre of the bat will provide most control and accuracy.</p> <p>Fielding – Know that it is easier to field a ball that is coming towards me, rather than away, so set it up accordingly.</p> <p>Throwing – Understand that being balanced before throwing will improve the accuracy of the throw.</p>	<p>Striking – Understand that stance is important to be balanced as you hit.</p> <p>Fielding – Know that backing up as a fielder as a ball is being thrown will help to increase fielding success.</p> <p>Throwing – Understand where to throw the ball in relation to the batter's position.</p>	<p>Striking – Know that momentum for hitting a ball comes from arms and legs.</p> <p>Fielding – Know which fielding action to apply for the situation.</p> <p>Throwing and catching – Consistently make good decisions on who to throw to and when to throw, to get batters out. Know that accuracy, speed and</p>



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		<p>Tactics – Make simple decisions in response to a task.</p> <p>Rules – Know that rules help us to stay safe.</p>	<p>Tactics – Know that tactics can help us when playing games.</p> <p>Rules – Know that the rules help us to play fairly.</p>	<p>Catching – Know to use wide fingers and pull ball back to chest to securely catch.</p> <p>Tactics – Know some simple attacking and defending tactics.</p> <p>Rules – Know how to score points and follow simple rules.</p>	<p>distances and underarm for shorter distances.</p> <p>Catching – Know to move your feet to the ball.</p> <p>Tactics – Know that using simple tactics will help a team to reach a collective outcome.</p> <p>Rules – Know the rules of the game and begin to apply them.</p>	<p>Catching – Know to track the ball as it is thrown to help improve catching consistency.</p> <p>Tactics – Know that applying tactics will help to score points and avoid getting out. Know that applying defending tactics will help to deny space, get opponents out and limit points.</p> <p>Rules – Know and understand the rules to manage own game.</p>	<p>Catching – Understand when to use close and deep catch techniques.</p> <p>Tactics – Know that applying tactics will help to score points and not get out, or deny space and points to the other team.</p> <p>Rules – Understand and apply rules in a variety of striking and fielding games, whilst playing and officiating.</p>	<p>consistency will help to limit a batter's score.</p> <p>Tactics – Understand and apply some tactics in game as batter, fielder and bowler.</p> <p>Rules – Understand, apply and use rules consistently in various striking and field games, whilst playing and officiating.</p>
Dance		<p>Actions – Understand that you can move your body in different ways to create interesting actions.</p> <p>Dynamics – Understand that you can change actions to show an idea.</p> <p>Space – Know that moving into space helps keep self and others safe.</p> <p>Performance – Know to sit quietly and clap at the end when watching others.</p> <p>Strategy - Know that using lots of space makes a dance more interesting.</p>	<p>Actions – Understand that actions can be sequenced to create a dance.</p> <p>Dynamics – Understand that fast and slow actions can be used to create an idea.</p> <p>Space – Understand that there are different directions and pathways within space.</p> <p>Relationships – Understand the need to be aware of, and keep in time with, each other when dancing with a partner.</p> <p>Performance – Know that standing still at the start and end of a dance shows when a dance starts and finishes.</p> <p>Strategy – Know that using exaggerated actions makes an audience see them more clearly.</p>	<p>Actions – Know that sequencing actions in an order will help to tell the story of a dance.</p> <p>Dynamics – Understand that you can change the way you perform to show an idea.</p> <p>Space – Know that you can use different directions and pathways within a space.</p> <p>Relationships – Know that counts of 8 will help stay in time with a partner and the music.</p> <p>Performance – Know that using facial expressions helps to show to mood of a dance.</p> <p>Strategy – Know that practicing a dance performance will make it better.</p>	<p>Actions – Understand that sharing ideas with others enables collaborative and effective group work.</p> <p>Dynamics – Understand that all actions can be performed differently to show effect.</p> <p>Space – Understand that space can be used to help a dance flow.</p> <p>Relationships – Understand that 'formation' means the same in dance as some other activities and sports.</p> <p>Performance – Understand that timing techniques such as canon and unison can be used to create effect.</p> <p>Strategy – Know that showing sensitivity to the music will make a more complete dance.</p>	<p>Actions – Understand that some actions are better suited to a certain character, mood or idea than others.</p> <p>Dynamics – Understand that some dynamics are better suited to a certain character, mood or idea than others.</p> <p>Space – Understand that space can be used to express a certain idea, mood or character.</p> <p>Relationships – Understand that some relationships are better suited to a certain character, mood or idea than others.</p> <p>Performance – Know that being aware of other performers in the group will help you to keep in time.</p> <p>Strategy – Know that you can select from a range of dance techniques to translate an idea.</p>	<p>Actions – Understand that different dance styles utilise selected actions to develop sequences in a specific style.</p> <p>Dynamics – Understand that different dance styles utilise selected dynamics to express mood.</p> <p>Space – Understand that space relates to where your body moves both on the floor and in the air.</p> <p>Relationships – Understand that different dance styles utilise selected relationships to express mood.</p> <p>Performance – Understand what makes a performance effective and know how to apply these principles to own and others' work.</p> <p>Strategy – Know that using dance principles will help to express an idea or mood.</p>	<p>Actions – Understand that actions can be improved with consideration to extension, shape and recognition of intent.</p> <p>Dynamics – Understand that selecting a variety of dynamics in a performance can help to take the audience on a dance journey.</p> <p>Space and relationships – Know that combining space and relationships with a prop can help to express a dance idea.</p> <p>Performance – Understand how a leader can ensure that a dance group performs together.</p> <p>Strategy – Know that keeping in character throughout will help to express an atmosphere or mood that can be interpreted by the audience.</p>
	Shapes	Know that your body can make different shapes.	Understand that shapes can be improved by extending body parts.	Know that some shapes link well together.	Understand how to use body tension to make shapes look better.	Understand how shapes can be used to improve a sequence.	Understand that shapes underpin all gymnastic skills.	Know which shapes to use for each skill.
	Balances	Know to be still whilst holding a balance.	Know that balances should be held till for five seconds.	Understand that squeezing muscles helps with balance.	Understand that using different levels makes balances look more interesting.	Know how to keep safe when performing partner balances.	Understand how to use contrasting balances to make sequences look more interesting.	Know where and when to apply force to maintain control and balance.
	Jumps	Know that bending knees will help to land safely.	Know that landing on balls of feet helps you to land with control.	Understand that looking forwards will help you to land with control.	Know that you can change take of and landing shapes within a jump.	Know to control landing by landing on toes first, looking forwards and bending knees.	Understand that you can use jumps to link actions, and changing the shapes of these will make a sequence more interesting.	Understand that taking off from two feet will give more height and time in the air.
	Rolls	Know that you can change your body shape to help you roll.	Know that you can use different shapes to roll.	Understand that there are different teaching points for different rolls.	Understand safety considerations when performing more difficult rolls.	Understand how to keep the shape of rolls by using body tension.	Understand that you must perform rolls safely within your limits.	Understand that momentum can be used to help with rolls and where that comes from.
	Inverted Movements						Know that inverted movements are actions in which hips go above the head.	Understand that sometimes slow movement may be needed for control, and at other times quick movements to build momentum.
Gymnastics	Strategy	Know that holding a shape and counting to five will make it clear to see.	Know that a starting and finishing position shows start and end of a routine.	Know that linking shapes together well will help a sequence to flow.	Know that using different levels will improve the interest levels of a sequence.			



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OAA	Problem Solving	Make simple decisions in response to a task.	Know that working collaboratively with others will help to solve challenges.	Knowing that listening to each other's ideas can be productive.	Know that trying out various ideas before picking a solution can help you come up with the best idea.	Know that discussing advantages and disadvantages about different ideas will lead to an informed conclusion.	Recognise that there may be multiple ways to solve a challenge and that trial and error may be the best way to approach this.	Understand that being able to solve problems is an important life skill.
	Navigational Skills	Know than moving into a space, and leaving a gap when following a path, will help to keep safe.	Know that deciding which way to go before starting will help.	Understand that a map tells you what to do.	Know to hold the map so that the items on the map match the environment.	Understand how to use a key and use the cardinal points on a map to orientate it.	Use a key to identify objects and locations.	Know why having good navigational skills are important in life and sport.
	Communication	Know that talking with a partner will help to solve challenges safely.	Know that short instructions will help when working with a partner.	Know to use encouraging words with others to gain trust.	Know to take turns when giving ideas and to listen to others without interrupting.	Understand that there are different types of communication, which don't always involve talking.	Know to be descriptive but concise when giving instructions.	Know that good communication skills are key to solving problems and working effectively as a team.
	Reflection	Begin to identify successes.	Identify successes and make basic observations about how to improve.	Verbalise successes and areas for improvement.	Reflect on when and why you are successful at solving challenges.	Reflect critically and accurately on when and why successful at different challenges.	Reflect on success at solving problems and alter methods in order to improve further.	With increasing accuracy, reflect on successes in problem solving and alter methods to improve further.
	Rules	Know that rules help us to stay safe.	Know that rules help us to play fairly.	Know how to follow and apply simple rules.	Know that using rules honestly will help to work safely and fairly with others.	Understand the importance of working with integrity.	Know that abiding by rules will enable others to solve problems too.	Understand the rules and think creatively to solve a challenge whilst abiding by them.
Swimming	Strokes and Breathing	Prerequisites: <ul style="list-style-type: none">- Know that using cupped hands and moving arms quickly will help you to swim.- Know to inhale through mouth when above water and exhale through mouth or nose when face is underwater.- Understand that floating help to stay safe and preserve energy.- Know that walking around a pool keeps you safe, and how to safely enter and exit a pool.				Know to lift hips and keep legs together in crawl strokes to stay afloat and straight in the water. Know to turn head to the side and to breathe out with slow and consistent breath to swim with good technique.	Understand that pulling harder through water will help to travel distance faster and in fewer strokes. Know that breathing every third strokes helps with balance.	Understand that streamlining body helps to glide effectively through water. Understand that practicing underwater breathing increases efficiency of heart and lungs and muscles in their oxygen use whilst swimming.
	Water Safety					Know that treading water keeps you upright and in the same space. Know what to do if you fall in water.	Know that a group of people can huddle together for heat and to create a larger target for rescuers.	Know which survival techniques to use in different situations.
	Rules					Know water safety rules.	Understand rules for being in and around water.	Understand that different water environments have different safety rules.
Fitness		Agility – Know that moving into space away from others helps keep you safe.	Agility – Understand that bending knees helps with changing direction.	Agility – Know that using small, quick steps helps with changing direction.	Agility – Understand how agility can help in everyday tasks.	Agility – Know that keeping elbows bent when changing direction helps to keep balanced.	Agility – Know that you push off outside foot and turn hips to change direction.	Agility – Understand that agility requires speed, strength, balance and co-ordination.
		Balance – Know that holding arms out helps with balance.	Balance – Know that looking ahead helps you to balance.	Balance – Understand that squeezing your muscles can help with balance.	Balance – Understand how balance helps us with everyday tasks.	Balance – Understand the need to squeeze different muscles to stay balanced in different activities.	Balance – Understand that dynamic balances are harder than static balances because the centre of gravity changes.	Balance – Know where and when to apply force to maintain control and balance.
		Co-ordination – Know that moving arms and legs simultaneously helps you run, walk and jump.	Co-ordination – Know that using the opposite leg and arm simultaneously helps with performing skills like running and jumping.	Co-ordination – Understand that some skills need different body parts to move at the same time, such as skipping.	Co-ordination – Understand how co-ordination helps us with everyday tasks.	Co-ordination – Understand that being in a ready position can help you to react quicker.	Co-ordination – Understand that people will have varying levels of this but that you can improve with practice.	Co-ordination – Understand that co-ordination also requires good balance and know how to achieve this.
		Speed – Know to use big steps to run and small steps to stop.	Speed – Understand that swinging arms helps you to move faster.	Speed – Know to take shorter steps to jog and bigger steps to run.	Speed – Understand that leaning forwards slightly helps to increase speed, and leaning in the opposite direction helps you to slow down.	Speed – Understand that a high knee drive, pumping arms and running on balls of the feet give power.	Speed – Know that taking bigger, consistent strides helps to create a rhythm and allows you to run faster.	Speed – Know that speed can be improved by training and know which speed to select for different distances.
		Strength- Understand that you can hold your weight on different parts of your body.	Strength – Understand that exercise helps you to become stronger.	Strength – Know that strength is important in everyday life.	Strength – Know that when completing strength activities, they should be performed slowly and with control to stay safe.	Strength – Understand that strength comes from different muscles and know ways to improve strength.	Strength – Know the names of some muscles you are using.	Strength – Understand that strength can be built up by practicing over time.
		Stamina – Understand that moving for a long time can make you feel tired.	Stamina – Understand that moving for a long time can make you feel hot and breathe faster.	Stamina – Know to run slower to sustain it for a longer period of time.	Stamina – Understand how stamina helps us in other life activities.	Stamina – Understand the need to pace yourself when running further and for longer periods of time.	Stamina – Understand that breathing steadily will help you to move for longer periods of time.	Stamina – Know which exercises can develop stamina and understand that it can be improved by training over time.