

PE LONG-TERM PLAN

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS	Games	Gymnastics	Dance	Gymnastics	Games	Athletics
Year 1	Gymnastics	Games	Gymnastics	Dance	Games	Athletics
Year 2	Dance	Games	Gymnastics	Dance	Games	Athletics
Year 3	Games	Gymnastics	Games	Gymnastics	Dance	Athletics
Year 4	Gymnastics	Gymnastics	Games	Games	Dance	Athletics
Year 5	Games	Gymnastics	Gymnastics	Games	Dance	Athletics Outdoor and adventurous
Year 6	Gymnastics	Games	Gymnastics	Games	Dance	Athletics Outdoor and adventurous

PE LONG TERM PLAN

	FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Travelling in different ways Travelling taking weight on diff body parts Stretching and curling	Flight – jumping and landing Points and patches – balance and - travel on small and large parts Rocking and rolling	Turn spin twist Travel with parts high and low Travel in different pathways	Symmetry and asymmetry – balance and travel Travel with change of front and direction	Rolling Balance on diff parts and in diff shapes Balance with change of front and direction	Flight – 5 basic jumps Spinning and turning Bridges	Synchronisation and canon Counter balance and tension Holes and barriers
Games	Throwing, catching, kicking and aiming with balls and beanbags Bat and ball skills Work with partners	As for FS and participate in small team games	As for Y1 and ball skills for specific sports	Basketball football tennis	Football tennis	Hockey basketball	Cricket football
Dance				Moving the body towards and away from a point using different body parts. Controlling the body to perform	Follow choreography to 8 beats using facial expressions to perform Follow choreography to 8	Perform fluid and continuous movements Create and perform jagged, angular, sharp	

				isolated movements. Using unison and canon to create a phrase	beats using different movements and timings Use strong precise movements to replicate a battle sequence Improve to create a sequence	movements in a phrase Use exaggerated movements to create a phrase in slow motion Perform a regimented routine as a group in unison and canon	
Athletics	Running and jumping						
Swimming					Swim 25 metres ½ term	Catch-up swimming	Catch-up swimming
Outdoor Adventures							

YEAR 3 MEDIUM-TERM PLAN GAMES FOOTBALL

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Learning objective	Receive and return ball to partner	pass and travel with the ball	Maintain possession of the ball	Intercept the ball	Goal scoring and goal keeping	Play as part of a team
Knowledge	Place foot on top of ball to stop it Link between force of kick and distance The closer together partners are then the easier it is to direct the ball to each other	Small kicks make it easier to control the ball Keep the ball close to the body to control Pass the ball slightly ahead of partner to receive the ball Run slightly ahead of partner to keep the ball moving down the pitch	Know when to pass to a team-mate Know how to signal for the ball	Run into the pathway of the ball to intercept	Know the rules for what a goalkeeper can do	Tactics for attack and defence Rules of the game
Skills	<u>Stop the ball with the foot</u> Make a wedge between foot and ground to trap the ball <u>Kick a stationary ball with top of foot</u>	<u>Dribbling a ball with feet</u> Ball on ground at all times and close to feet	Change speed and direction when moving with the ball Feign direction you will kick ball in	Mark opposite team player Anticipate space opponent will move into <u>Tackling with feet</u>	Catching balls thrown at different heights and angles with hands Anticipate direction ball will be kicked	<u>Thrown-in</u> Feet behind the line ball behind head to start throw

	<p>Non-kicking foot by the side of the ball and kicking foot behind the ball</p> <p><u>Kick a stationary ball with inside of foot</u></p> <p>The kick is with the flat inside surface of the foot</p> <p>The toes turn outwards</p> <p><u>Kick a stationary ball with outside of foot</u></p> <p>Non-kicking foot slightly to the side</p> <p>And strike with outside of foot</p>	<p>Football contact for as long as possible using inside arch of both feet</p> <p>Use the space to stop and change direction</p>	<p>Identify space to move into to receive the ball</p> <p><u>Control the ball with thighs</u></p> <p>Thighs move towards then the ball is dropped to the ground within controlling distance</p>	<p>Block the movement of the ball with the inside of the tackling foot</p> <p>Lean forward into the tackle</p> <p>Keep the tackling foot turned sideways</p> <p>Keep the non-tackling foot pointing forwards close alongside the ball</p>		
Vocabulary	stationary	Dribble contact	Opponent defender attacker feign	Anticipate tackle	Penalty off-side Goal kick	Kick-off Tactics referee
Health and safety						
Mini game						

YEAR 5 MEDIUM-TERM PLAN GAMES BASKETBALL

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
Learning objective	Control the height and speed of a bounce pass	Chest pass	Shoulder pass	Two-handed underarm pass	Control bouncing ball when moving in different directions	Footwork: move receive (bounce) pivot and pass	Getting the ball in the net	Use tactics for attack and defence to play as part of a team.
Knowledge	The longer the distance the lower the bounce when the ball hits the ground	A straight pass travels more quickly than a curved pass One foot in front of the other to make the pass	Throw ball slightly ahead of moving team-mate Use shoulder pass to pass ball quickly to team-mate	Use underarm pass to throw ball over opponent's head towards team-mate An underarm pass makes the ball move in a curved pathway and	Keep bouncing ball slightly ahead of feet when moving Push hard to make a high slow bounce Bend knees to make a low quick bounce	Use pivot to change direction	A lay-up shot is a two point shot	Toss-up is used at the start of a game and to restart a game after a team has scored Permitted distance when

				is slower than a chest or a shoulder pass				marking between self and opponent. Rules for the game.
Skills	<u>Bounce pass</u> One foot forward Hold ball at chest height with fingers of both hands spread behind the ball Push the ball forwards and downwards to bounce on the ground with straight arms following the ball	<u>Chest pass</u> grip the ball close to the chest opposition foot position push the ball quickly away from the chest in a straight line towards receiver's outstretched arms finish with stretched arms and fingers	<u>Shoulder pass</u> Opposition foot position As you throw lean forward to finish with weight on front foot Finish with outstretched arm and fingers	<u>Two-handed underarm pass</u> grip the ball with one hand on each side and slightly underneath the ball weight moves from back to front foot	<u>Bouncing ball on the move</u> Place hand: behind the ball to bounce forwards Over the top to bounce backwards To the right to bounce the ball to the left and vice versa	<u>Pivot</u> Keep the ball of one foot nailed to the ground as the other foot turns on the spot, touching the ground at least four times when making a complete circle	<u>Ball grip when shooting</u> Hold ball slightly above your head with one hand (back of hand towards you) and steady the ball with other hand. Use fingers to spin the ball into the air and finish with a floppy wrist. <u>Footwork when shooting</u> Bounce and catch as you step onto left foot, step right step left and shoot leaping from below. Use	<u>Toss-Up</u> Leap up, when the referee throws the ball up in the air at the centre circle and try to tap the ball in a direction to gain possession <u>Making decisions</u> Type of pass Using the space on the court When to keep possession of the ball and when to pass

							one hand to bounce ball off board and into the basket.	
Vocabulary	receiver	Opposition foot position		Pathway slightly	possession	Pivot foul	Lay-up shot obstruction	Toss-up Repossession
Health and safety								
Mini game								

Tennis Medium-Term Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	
Learning objective	Correct grip and body position for forehand	correct grip and body position for backhand	Vary the length and angle of shots to make opponent move	Correct grip and body position for volley shot	How to serve	Scoring system and rules of the game	
Knowledge	Move body to stand side-on to approaching ball.	Hold racquet in ready position If racquet swings back across body at end of backhand shot then ball will go to the side	Shots high in the air are slower and make it easier for opponent to get into position and return.	Ball that are high in the air can be hit before they bounce on the ground	When serving ball has to land in box diagonally opposite. If ball does not land in the right area the server can retake the shot. Players take it in turns to serve throughout a game.	Know what the following terminology means: love deuce all set 1st serve 2 nd serve let	
Skills	<u>Forehand body position</u> Body sideways to direction of hit with left foot leading.	<u>Backhand body position</u> Body sideways to direction of hit. Right arm across body and holding	Anticipate where ball will land and move body to get into position to return the shot	<u>Volley shot</u> Body facing the net. Reach up with racquet to hit the ball and finish by bringing racquet	<u>Serve</u> Hold racquet behind head Throw ball up into the air above	<u>Making decisions about:</u> Position of self Placement of ball Length and angle of shot	

	Racquet held in <i>shake hands</i> grip. Stiff wrist and smooth swing. <u>Forehand swing</u> Swing the racquet down and forwards and hit underneath the ball. Ball should be struck at between waist and knee height. Swing racquet round body and stop with other hand.	the racquet behind. Hold the racquet in a frying pan grip. <u>Backhand swing</u> Swing the racquet under the ball and finish shot with arm outstretched and straight. (Do not let arm cross body)		down at an angle of 45 degrees.	head with the other hand. Use a throwing action with the racquet to hit the ball		
Vocabulary	Forehand	backhand	Court anticipate return	Volley	serve	Love deuce advantage set	

Throwing catching and bouncing medium term-plans

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Learning objective	Underarm throw with a beanbag / small ball	Catch a beanbag or large ball	Throwing a beanbag at a target or into a target area	Pat and bounce a ball	Individual controlled throwing and catching	
Knowledge	The higher you throw the beanbag the shorter the distance it will travel	Watch the ball at all times Move towards the ball to catch it	The closer you stand the easier it is to hit the target	The harder you push the ball the higher it will bounce Gentle bounces when patting the ball are easier	Throwing the ball higher will give you more time to do the action	
Skills	<u>Underarm throw</u>	<u>Big hands</u> arms outstretched	<u>Hand /eye co-ordination</u>	<u>Patting a ball</u>	Clap, turn around, touch the ground	

	Swing your arm upwards and throw when beanbag is about head height	hands open as soon as ball touches hands pull into chest	Keep looking at the target as you throw	Keep ball close to feet when patting a ball on the ground <u>Bounce a ball to a partner</u> Ball at chest height and aim to bounce in the middle space between self and partner	before you catch the ball	
vocabulary	Underarm high low	Outstretched position towards	Further away	Upwards downwards bounce		

Using a large ball with feet

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	
Learning objective	Use feet to steer a large ball	Use feet to stop the ball	Dribble the ball with feet	Steer and stop a ball with a bat or unihock stick		
Knowledge	Keeping ball close to feet makes it easier to control	Stop ball with foot before changing direction	Watch the ball and watch space where you are moving into It's easier to control the ball when you use the inside of your foot	Keeping bat/stick in contact with the ball for as long as possible makes it easier to control		
Skills	Keep ball in contact with feet for as long as possible	Put foot on top of ball to stop it and before changing direction	Small taps to keep ball near to feet Kick the ball with the inside of your foot	Stop the ball by putting bat on top of it or by putting unihock stick in front of it Keep bat in contact with ball for as much of the time as you can		

vocabulary	Contact control steer	direction	dribble			

Athletics Medium-Term Plan Jumping KS1

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Learning objective	Hopping on the spot and while moving	Jump on the move	Scissors jump	Long jump	High jump	Run-ups, take-offs and landings
Knowledge	Strong arm swing take you forward when hopping	Jumps need to have head up and torso torso erect	Bend knees for a soft landing	Jump from strongest foot A long stride before take-off makes jump longer To jump long height is required <u>Flat-footed landing</u> Give in ankles knees and hips absorbs the shock <u>Triple jump</u> is long jump with three landings	Know the actions needed when jumping for height Understand that a long last stride will increase height	How to land safely Run-ups help to increase distance of jump Which take-off and landing is best for each type of jump Understand how some jumps are better for height and others for distance

Skills	<u>Hopping on the spot</u> Tight strong body Use arms to help balance Look straight ahead <u>Hop from one foot to the other</u> Bent elbows and short arm swings forwards and backwards Look straight ahead Don't pause – land and push off again <u>Hop and move</u> Lean forward slightly Push forward off the ball of the foot Bend arms and swing strongly forward Look ahead Tight body	<u>Jumping</u> Look forward as you jump Swing arms upwards and forwards Give in knees when you land Land on two feet	<u>Scissors jump (leap)</u> push hard from take-off leg swing arms vigorously reach as far as possible with the front leg move through the air in a stretched out shape land the leading foot first and then back foot lands in front of first foot keep head up and look forward	<u>Long jump</u> Long stride before take-off Extend the take-off leg Drive the leading knee upwards and forwards Drive arms upwards and sweep back during landing Flat-footed landing	<u>High jump</u> Head up Push off foot and extend the take-off knee Drive arms upwards and Swing lead leg up then back leg up Arms spread wide to balance on landing Flat-footed landing in a standing position	<u>Take-offs and landings</u> One foot to one foot One foot to the other Two feet to two feet <u>Maintain momentum</u> Swing arms upwards and forwards for height and to maintain momentum
vocabulary	On the spot Balance forwards backwards pause Ball of the foot	torso erect	Vigorously		stride	momentum

MTP KS2 JUMPING

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	
Learning objective	Combine jumps into a pattern of jumping in a rhythmical way	Make an improvement to their own jumps and that of other children				
Knowledge	Head up and erect torso throughout to maintain balance Knees should give on the flat-footed grounding between each phase	Good jumps need to an even rhythm and flat-footed landing Know and recognise the teaching points of good technique for each type of jump taught				
Skills	Maintain a rhythm and equal distance through each phase	Evaluate jumps and sequences of jumps of other children				

	Hop stride / stride hop Hop hop stride/ stride stride hop Hops stride hop Hop hop stride stride / stride stride stride hop hop					
vocabulary	Maintain combine					

Running Medium Term- Plan

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Learning objective	Run to create an even pace and maintain quality of actions over different distance	Sprint starts and techniques	Face to face baton exchange in relay	Takeover from behind in relay	Jump over hurdles in a rhythmical way
Knowledge	Understand that arm action and leg drive are important when running Arms swing high for sprinting Know different types of running – sprinting jogging and long distance To sustain pace over longer distance need to run at a slower steadier pace than for sprinting Estimate distance speed and duration	Sprinting – run fast over a short distance and need to stay in line Know the different types of starts – standing, falling reaction Understand what is needed to make a fast start	Passing right hand to right hand helps to avoid collisions and enables the receiver to make a speedy getaway Incoming runner needs to look at hand of outgoing runner Outgoing runner needs to look forward and keep arm outstretched pass the baton when both are moving	Both runners need to keep running before during and after takeover	Know which is my leading leg when jumping over hurdles Same leg always leads. Know the back foot at the start of the race will be the lead leg over a hurdle
Skills Run at a steady pace when running at different speeds	<u>Running/sprinting</u> Bent arms swing close to your body Hands relaxed (not fists) Head level and still (not to one side or swaying from side to side) Look straight ahead	<u>Sprint-start</u> On your marks- crouch down with weight on toes and one knee off the ground Hands shoulder width apart and level with front	<u>Face to face baton exchange</u> <u>Incoming runner</u> Holds baton in right hand Baton is held vertically and with an almost straight arm out in front	<u>Take over down- sweep</u> Back person keeps looking at outstretched hand Receiver’s hand is stretched backwards with palm facing upwards Receiver looks forward	<u>Rhythm in running over obstacles</u> Pull stretch lead leg down fast when it has cleared the obstacle Bring the trailing knee up and around with the

Able to change speed and direction		knee and thumbs pointing inwards Get set – raise hips to higher than shoulders Look down Body should be almost overbalancing forward Go – push off hard with front foot Bring back foot through quickly to make first stride Swing arms vigorously	Concentrate on looking at receiver's hand <u>Receiver</u> Holds out an almost straight right arm with the palm facing the incoming runner (little finger nearest the ground) The pass is made right hand to right hand	The baton is swept downwards into the receiver's hand <u>Take-over up-sweep</u> Receiver Look forward Left hand is stretched out behind at waist height Palm of the left hand is looking at incoming runner with thumb and first finger pointing to the ground Passer Keeps looking at hand of receiver Baton is passed with an upward motion between receiver's thumb and first finger	ankle tucked in and the foot turned out Balance the leg action with the arms in opposition
vocabulary	pace decelerate accelerate Sustain momentum Stamina suppleness	Crouch Reaction Staggered start	Incoming receiver getaway vertical baton Look forward in direction of run motion		Hurdles obstacle trailing

Throwing Medium-Term Plans

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Learning objective	Underarm throw	Push throw	Pull throw	One-handed overarm throw	Improve accuracy in hitting targets
Knowledge	Use this throw for distance and accuracy <u>Sequence of events in a throw</u> Legs first, arms last Low to high slow to fast and strong to weak Transference of weight from back to front foot	Understand that the force applied to a throwing implement will affect its speed and distance	Understand that co-ordinated use of arms trunk and legs will affect the speed and distance of a throw Throwing implement starts low and is released high	Understand that different types of throws give different results Correct throwing stance	Understand that the co-ordinated use of arms trunk and legs will affect the speed and distance of the throw Strong release position and strong braced side improves throw

Skills	<u>Underarm throw</u> One foot in front of the other Strong non-throwing side of the body Lean on back foot as you take the throwing arm back Swing arm forward to release the ball and other arm swings back to balance Move weight forward onto the front foot Keep looking forward <u>Underarm release high and low</u> Release between waist and shoulder for short low flight Release head height or above for high longer flight	<u>Push Throw</u> Stand with one foot in front of other Hold ball at chest height with fingers of both hands spread behind the ball Lean back briefly to take weight on back foot Push the ball away from the chest in a forwards and upwards direction Transfer weight to front foot and follow through with stretched arms	<u>Pull throw</u> Overarm throw Ball in right hand and left foot forward lean back with weight on back foot pull the ball through strongly to release in front of the body transfer weight to front foot follow through with arms <u>Pull throw with two hands</u> Ball behind head Lean back with weight on back foot Pull the ball through strongly over the head to release in front of the body Follow through with arms high	<u>One-handed overarm throw</u> Feet in opposition Look the way you are throwing Arm above head and behind you Palm of throwing hand is up Body weight on back foot and then transferred to front foot Arm is pulled through fast with elbow leading	Change throwing action to affect distance height and speed Vary the level direction and distance of the throw
vocabulary	Release	Direction briefly	Transfer implement	Pivot spin balls of feet	Stance co-ordinated braced

KS1 is developing the basics for more structured categories of running jumping and throwing

Take part in simple challenges and competitions

Basic co-ordination for controlled take-offs and landings

Recognise the teaching points of a good technique

Mobilisation of joints

Mobility exercises

Pulse raising

Set and achieve goals for personal or team performance

Retain the competitive element in a positive way

Challenge

Fitness and health

Run jump and throw in a controlled and co-ordinated way

Understand basic athletic tactics

Pivot turn

One foot forward

Look over your shoulder at back foot

Keep feet on the floor and spin on the balls of your feet

Stand well back from throwers

Never retrieve throwing implements until there is a signal from the teacher to do so. stand in the safe zone

MTP CRICKET

	Lesson 1	Lesson 2	Lesson 3	
Learning objective	fielding skills from different angles, heights, speeds and direction	Batting	Bowling	Play as part of a team
Knowledge	Watch the ball at all times Pull the ball into the chest <u>Downward cradle</u> Finger tips towards the ground Run after a ball to the left of it so that you can pick it up with your right hand <u>Wicket keeping</u> Position stance	Correct stance Track the ball's pathway	Always one foot in front of the other Weight always transfers from back to front foot Follow through Ball should bounce before it gets to partner or wicket	Know and understand strategies that can be used between bowler/ wicketkeeper/ backstop and bases

<p>Skills</p>	<p>Field a rolling ball travelling towards/ to one side/or run after to retrieve and return Accurate fielding along the ground <u>Catch a high ball</u> Move underneath to catch it Cup hands underneath Heels of hands close together <u>Catch a low ball</u> Move into the ball's pathway Bend knees Cup hands underneath ball with fingers pointing downwards <u>Field a ball rolling towards you or to one side of you</u> Move into pathway of ball Left knee goes down for ball on left-hand side of body and vice versa Hands in a downward cradle Stand up quickly to throw ball <u>Field a ball which is running away from you</u> Overtake the ball before it stops rolling Without turning bend knees Scoop ball up with a backwards swing of the arm Turn and return ball</p> <p>bouncing balls Support another fielder Hit a ball with a bat Overtake a ball Tracking a ball travelling directly towards them Moving to intercept a ball travelling to either side of them Running to catch up a ball</p>	<p><u>Strike a ball bowled to you</u> Stand sideways to bowler Left foot nearest the bowler Feet shoulder width apart Chin in shoulder looking at bowler grip hands together with the face of the bat towards the bowler bat held back ready move forward to strike Watch the ball firm wrists and smooth forward swing as step onto front foot</p> <p>Receive a ball from one direction and strike it away in another Direct the ball away from fielders using various angles and speeds Judge when to run after hitting a ball</p>	<p><u>Underarm bowling</u> Step forward on to right foot then onto left whilst taking right arm back As left foot is put down the right arm swings forward Ball is released at waist height <u>Overarm bowling</u> Stand sideways with left arm leading Left arm and left foot point at target Look over left shoulder Hold ball with right arm bent and ball next to chin Swing the arm round and down in a complete circle Release the ball at the highest point and follow through</p> <p>Hold ball on one hand Swing it back Arms straight and close to body Ball released at waist height Follow though so throwing arm is pointing at partner</p> <p>Overarm throw</p>	<p><u>Making decisions</u> Work co-operatively Select appropriate batting and striking skills</p>
---------------	---	---	--	---

	collect high low short deliveries and ones rolling directly towards or away from the player			
vocabulary	Bowler batter wicket wicketkeeper			

MTP HOCKEY

		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	
Learning objective	Pushing and dribbling with hockey stick	Receive and return ball to partner	pass and travel with the ball with control and accuracy	Maintain possession of the ball	Intercept the ball	Goal scoring and goal keeping	Play as part of a team
Knowledge Strong release position and strong braced side	How to hold stick		Plan your move before you pass	Pass to team member in a space who is not being marked Sometimes a pass backwards will increase the options of moving forwards	Dodging and marking skills As soon as you lose possession mark your opponent Good marking will cut down the opposition's chances to pass successfully Do not hit the opponent's stick when tackling	Pass to a team member if they are nearer the goal than you are	Tactics for attack and defence Numerical advantage Preserve succeed and acknowledge others' successes
Skills	<u>Holding a stick when dribbling</u> Left hand at top and right hand halfway down <u>Dribbling a ball with stick</u> Ball on ground at all times and close to stick	Signal and move into a space to receive the ball Stop a ball with stick	Pass and move to retain possession of the ball Sequence passing Keep possession and travel down the pitch Pass the ball slightly ahead of partner <u>Hitting the ball along the ground</u>	Aiming and aiming into spaces to make it difficult for a partner Feign moves and dodges in different directions and at different speeds Shielding the ball	<u>Tackling</u> Block the ball with the flat side of the stick Keep pushing and niggling the ball to dispossess opponent Try to keep feet pointing in direction of play	Get into position to score Defending a goal	Making decisions About when how and where to pass to

	<p>Ball in contact for as long as possible</p> <p>Use the space to stop and change direction</p> <p><u>Pushing a ball with a stick</u></p> <p>Left foot forward</p> <p>Ball midway between front and back foot</p> <p>Flat face of the stick to the ball and push the ball forward</p> <p>Follow through so that the stick is stretched out pointing after the ball</p> <p>Pushing ball remains in contact with stick for as long as possible</p>		<p>Stand sideways on</p> <p>Ball just inside the left foot</p> <p>Left hand at top of stick and right hand immediately below it</p> <p>Weight on back foot</p> <p>Take stick back behind body to knee height</p> <p>Strike ball with stick in downwards arc as weight transfers to front foot</p> <p>stick follows through no higher than shoulder height</p>	<p>Falling back to gain time and narrow the space</p> <p><u>Evasion</u></p> <p>Pass the ball slightly ahead of partner</p> <p><u>Closing down an opponent</u></p> <p>Making an opponent move to an unsuitable position or limited space by marking him closely</p> <p><u>Shielding the ball</u></p>	<p>Dodging - getting away from opponent and signalling for the ball</p> <p>Anticipate where the pass will be made to</p>		
vocabulary					niggling		

perform dances using simple movement patterns.

sequences of movement

of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

compare their performances with previous ones and demonstrate improvement to achieve their personal best.

use a range of strokes effectively