



PE Skill and **Knowledge** Progression 2023-2024



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Multiskills</p> <p>I can explore running and stopping.</p> <p>I can change direction safely.</p> <p>I can begin to explore take off and landing safely.</p> <p>I can hop with both feet</p> <p>I can explore skipping as a locomotion.</p> <p>I know that I use big steps to run and smaller steps to stop.</p> <p>I know that moving into space away from</p>	<p>Games</p> <p>I can explore sending an object with hands and feet.</p> <p>I can explore catching using a variety of larger balls and beanbags.</p> <p>I can explore stopping a ball with hands and feet.</p> <p>I can explore bouncing and catching.</p> <p>I know that I need to look at the target when sending pieces of equipment.</p>	<p>Dance</p> <p>I can explore body movement in different ways.</p> <p>I can explore basic actions and rhythms.</p> <p>I can explore actions in response to the volume and pace of music.</p> <p>I can explore a pathway showing awareness of the space others occupy.</p> <p>I know that I can move my body in different ways to create interesting actions.</p>	<p>Cricket</p> <p>I can roll, throw and catch a ball.</p> <p>I can explore tracking and stopping a ball that is rolled to me.</p> <p>I can send a ball to a partner.</p> <p>I know to point my hand and bat at my target when striking a ball.</p>	<p>Athletics</p> <p>I can run at different speeds and stop.</p> <p>I can change direction when using different locomotion safely.</p> <p>I can balance during when still and on the move.</p> <p>I can move different body parts together.</p> <p>I can jump and land safely.</p> <p>I can throw to different equipment.</p> <p>I know that I use big steps to run and smaller steps to stop.</p>	<p>Football</p> <p>I can use my feet to kick a ball forwards.</p> <p>I can stop a ball that has been sent directly to me.</p> <p>I can explore changing direction.</p> <p>I know to look at the target when sending a ball and watch the ball to receive it.</p>

	<p>other will help to keep me safe.</p> <p>I know that bending my knees will help me to land safely.</p> <p>I understand that I use one foot to hoop.</p> <p>I know that if I hop and then step it will help me to skip.</p>	<p>I know to have my hand out ready to catch.</p> <p>I know to watch the ball as it comes towards me.</p> <p>I know that keeping the ball close will help with control.</p>	<p>I know that I can change my action to show an idea.</p> <p>I know that if I move into a space it will help to keep me and others safe.</p> <p>I know to watch others quietly and clap when they have finished.</p>	<p>I know to use two hands when scooping a ball.</p> <p>I know to have my hands ready when catching.</p> <p>I know when throwing to point my hand at the target.</p>	<p>I know that bending my knees will help me to land safely.</p> <p>I know that I need to look at the target when sending pieces of equipment.</p>	<p>I know to keep the ball close to help control.</p> <p>I know being in space gives me more room to play.</p>
Y1	<p>Multiskills</p> <p>I can safely change direction and dodge.</p> <p>I can move with some control and balance.</p> <p>I can show control in take off and landing when jumping.</p> <p>I can begin to hop in different directions on one and two feet.</p> <p>I can consistently jump using a rope for</p>	<p>Games</p> <p>I can send an object with some accuracy towards a target by rolling and throwing.</p> <p>I can begin to catch different sized objects with two hands.</p> <p>I can stop a ball with my hands and feet when sent to me directly.</p> <p>I can begin to catch and bounce a large ball in pairs.</p>	<p>Dance</p> <p>I can copy, remember and repeat actions.</p> <p>I can copy basic actions and rhythms.</p> <p>I can explore actions in response to the volume and pace of music.</p> <p>I can explore a pathway showing awareness of the space others occupy.</p>	<p>Cricket</p> <p>I can throw under arm and overarm.</p> <p>I can catch a ball from different heights and directions.</p> <p>I can track and collect a ball in small groups.</p> <p>I can strike a ball using my hands and equipment.</p>	<p>Athletics</p> <p>I can run at different speeds and around obstacles safely.</p> <p>I can change direction when running.</p> <p>I can balance when jumping and landing for distance.</p> <p>I can throw for distance and accuracy.</p>	<p>Football</p> <p>I can dribble a ball using my feet with some control.</p> <p>I can receive a ball which has been sent directly to me.</p> <p>I can send a ball to a partner.</p> <p>I can change direction to move away from a partner.</p> <p>I can move to stay close to a partner.</p>

	<p>longer periods of time.</p> <p>I know that if I swing my arms it will help me to run faster.</p> <p>I know that when running if I bend my knees it easier to change direction.</p> <p>I know that if I look forwards when jumping it will help me to keep my balance.</p> <p>I know that when jumping if I land on the balls of my feet it will help me to land with control.</p> <p>I know that when skipping I should use opposite arm to leg.</p>	<p>I know to face my body toward my target when rolling and throwing.</p> <p>I know to watch the ball as it comes towards me.</p> <p>I know to move my feet to get in line with the ball.</p>	<p>I can do this with a partner.</p> <p>I can begin to show an awareness of timing by counting when watching a performance.</p> <p>I know that actions can be performed together to create a dance.</p> <p>I understand that I can create fast and slow actions to show an idea.</p> <p>I know that there is different direction and pathways within space.</p> <p>I know that when dancing with a partner it is important to be aware of each other and keep in time.</p>	<p>I understand that the harder I strike the further the ball will travel.</p> <p>I know that throwing the ball is quicker than running it back.</p> <p>I know what throw to use to throw over long distance.</p> <p>I know when catching I need to watch the ball.</p> <p>I know that rules help us play fairly.</p> <p>I know that tactics can help us when playing games.</p>	<p>I know to swing my arms when running to go faster.</p> <p>I know that bending my knees will jumping will help me to jump further and landing on the balls of my feet will help me to land with control.</p> <p>I know to throw further to step with my opposite foot.</p> <p>I know that rules help us to play fairly.</p>	<p>I know to look at my partner when passing the ball.</p> <p>I know that when moving with the ball it is called dribbling and to use lots of little touches.</p> <p>I know when I'm in space it is easier for my team mates to pass me the ball.</p> <p>I know that when defending to stand close to the other team.</p> <p>I know that rules help to play the game fairly.</p>
<p>Y2</p>	<p>Multiskills</p> <p>I can demonstrate balance when changing direction.</p>	<p>Games</p> <p>I can send an object with some accuracy towards a target by</p>	<p>Dance</p> <p>I can copy, remember and repeat actions</p>	<p>Cricket</p> <p>I can develop coordination and technique when</p>	<p>Athletics</p> <p>I am starting to show a sprinting action.</p>	<p>Football</p> <p>I can dribble a ball using different parts</p>

<p>I can demonstrate and maintain balance when moving.</p> <p>I can demonstrate control and choice when jumping different distances and heights.</p> <p>I can demonstrate control and choice when hopping in different directions, in particular on one foot.</p> <p>I know that putting weight into the front of my feet will help me to stop in a balanced position.</p> <p>I know that squeezing my muscles will help me to balance.</p> <p>I know that swinging my arms forward will help me to jump further.</p> <p>I know that when hopping if I look straight ahead it will</p>	<p>rolling and throwing at different distances.</p> <p>I can catch different sized objects with two hands and begin to catch a ball with one hand.</p> <p>I can track a ball and stop it with my hands and feet.</p> <p>I can catch and bounce different sized balls in pairs.</p> <p>I know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>I know to use wide fingers and bring the ball into my chest to help securely catch it.</p> <p>I know that it is easier to move toward a ball to track it than chase it.</p> <p>I know to keep my head up to see</p>	<p>including adding simple actions of my own.</p> <p>I can explore matching and mirroring.</p> <p>I can develop an understanding of dynamics.</p> <p>I can begin to use levels and travelling actions when developing the use of space.</p> <p>I can develop my use of facial expressions in a short performance.</p> <p>I know that sequencing actions in a particular order will help to me to tell a story.</p> <p>I know that I can change the way I perform actions to show an idea.</p> <p>I know that using the count of 4 will help</p>	<p>using underarm and overarm throw.</p> <p>I can successfully catch a ball with two hands.</p> <p>I know there are different roles in the fielding team.</p> <p>I can strike a ball with equipment with more success.</p> <p>I know the role of the batter.</p> <p>I know that striking the ball quickly will increase the power.</p> <p>I know that there is different roles within a fielding team.</p> <p>I know to move quickly towards the ball to limit the batters score.</p> <p>I know that stepping with the opposite foot to my throwing arm will help me to balance.</p>	<p>I can safely run over and around different obstacles.</p> <p>I can safely jump for distance and height.</p> <p>I can overarm throw for distance.</p> <p>I know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p>I know that swinging my arms forwards will help jump further.</p> <p>I know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</p> <p>I know how to follow simple rules to help us play fairly.</p>	<p>of my feet with some control.</p> <p>I can consistently track and receive a ball which has been sent directly to me.</p> <p>I can send a ball with increased control.</p> <p>I can decide when to move into a space away from defenders.</p> <p>I can explore staying close to others to stop them getting the ball.</p> <p>I know to have control of the ball before I pass it to a teammate.</p> <p>I know that when dribbling I need to keep my head up and look for space.</p> <p>I know that moving away from the defenders will make it easier when sending and receiving the ball.</p>
--	---	--	---	--	---

Striving for Excellence

	<p>stop me falling over when I land.</p>	<p>spaces, teammates and opponents.</p>	<p>me to stay I time with my partner.</p> <p>I know that using facial expression helps to show the mood of the dance.</p> <p>I know that I if practice my dance, my performance will improve.</p>	<p>I know that to use wide fingers and pull the ball into my chest.</p> <p>I understand and can apply some tactics when batting and fielding.</p>		
<p>Y3</p>	<p>Handball</p> <p>I can send a ball to a target.</p> <p>I can catch whilst travelling at different speeds.</p> <p>I can plan to attack as a team.</p> <p>I can decide when to defend.</p> <p>I know that having my hand pointing towards the target on release will help me to throw the ball more accurately.</p>	<p>Handball</p> <p>I can send a ball to a target.</p> <p>I can catch whilst travelling at different speeds.</p> <p>I can plan to attack as a team.</p> <p>I can decide when to defend.</p> <p>I know that having my stick pointing towards the target on release will help me to pass the ball more accurately.</p>	<p>Dance</p> <p>I can create actions in response to a stimulus by myself and in groups.</p> <p>I can use dynamics to show an idea.</p> <p>I can use direction to transition between formations and shapes.</p> <p>I can show a developed understanding of formations.</p> <p>I can perform short self-choreographed sections showing a</p>	<p>Cricket</p> <p>I can strike a bowled ball after a bounce with some consistency.</p> <p>I can bowl towards, target, and use short barrier.</p> <p>I can use both overarm and underarm throws in game situations.</p> <p>I can catch with some consistency in game situations.</p>	<p>Athletics</p> <p>I can use a sprinting technique in individual and team events.</p> <p>I can fluently move over and around obstacles.</p> <p>I am developing technique when landing and taking off, for both height and distance jumps.</p> <p>I am starting to show technique when performing a javelin throw and chest push.</p>	<p>Tennis</p> <p>I can return a ball using both forehand and backhand shots.</p> <p>I can successfully participate in a rally.</p> <p>I can perform an underarm serve.</p> <p>I can return to the middle of the court between shots.</p> <p>I know that pointing the racket race where I want the ball to go and turning my body will help me to</p>

	<p>I know that combing my three steps and throwing will help gain more power.</p> <p>I know that by spreading out as a team will move the defenders away from each other.</p> <p>I know my role when attacking and defending.</p> <p>I know simple tactics will help my team achieve an outcome. For example, everyone marking a player will help us gain back possession.</p> <p>I know the rules of the game and are beginning to apply them.</p>	<p>I know that dribbling is an attacking skill which help us to move towards the goal and away from the opponent.</p> <p>I know that by spreading out as a team will move the defenders away from each other.</p> <p>I know my role when attacking and defending.</p> <p>I know simple tactics will help my team achieve an outcome. For example, everyone marking a player will help us gain back possession.</p> <p>I know the rules of the game and are beginning to apply them.</p>	<p>range of timing over a short period in pairs.</p> <p>I can identify areas of my dance performances that went well.</p> <p>I know that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best action for our dance.</p> <p>I know that all actions can be performed differently to help show effect.</p> <p>I know that I can use space to help my dance to flow.</p> <p>I know that formation mean that same in dance as in other sporting activities.</p> <p>I know to use a timing technique such as a canon and unison to create effect.</p>	<p>I know that striking the ball into space away from the fielders will help me to score runs for my team.</p> <p>I know to look where the batter is before deciding what to do and to communicate with teammate before throwing.</p> <p>I know that overarm throws are used for long distance and underarm throws are used for short distance.</p> <p>I know to move my feet to the ball.</p> <p>I know that using simple tactics will help my team to achieve different outcomes. For example, spreading out will deny the batter space.</p>	<p>I know that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction will help to slow me down.</p> <p>I know that if I jump and land in quick succession. The momentum will help me to jump further.</p> <p>I know that the speed of the movement helps to create power and the equipment will travel further.</p> <p>I know the rules of the event and am beginning to apply them.</p>	<p>hit the tennis ball more accurately.</p> <p>I know to keep a rally going, I need to send the ball towards my partner.</p> <p>I know that after a shot I need to return to the middle of the court to be able to cover the most space.</p> <p>I know the rules of the game and am starting to apply them.</p>
--	---	---	--	--	---	---

I know that if show sensitivity to the music, my performance will look more complete.

Swimming

I can explore techniques for specific strokes.

I can begin to explore front crawl breathing technique.

I can explore techniques for personal survival strokes such as sculling and treading water.

I know that lifting my hips will help me to stay afloat whilst swimming.

I know that turning my head to the side to breathe will allow me to swim with a good technique.

I know that reading water enable me to keep upright and in the same position.

Tag Rugby

I can show technique when sending a ball to different targets.

I can catch from a variety of distances and heights.

I can make decisions that support my team to invade and attack the opposition.

I can make decisions to support my team when defending.

I know that having a big target when catching will increase my chance of gaining possession of the ball.

I know that keeping the ball tucked into my side when moving with the ball will help me maintain possession.

I know that 'keeping the line' will deny the other team space.

Hockey

I can dribble and stop the ball with control.

I can pass the ball, over various distances with power and accuracy, to a teammate.

I can receive a pass, whilst still and moving, from a teammate with some control.

I can use the correct technique when tackling.

I can score, from different places on the pitch, when the ball is moving and still.

I know to cushion the ball with the hockey stick for more control when receiving the ball.

I know that protecting the ball as I dribble

Dance

I can respond imaginatively to a range of music and begin to show an emotion.

I can plan to change dynamics in a piece to express changes in character.

I can use changes in level, direction and pathway.

I can use action and reaction to represent an idea.

I can perform longer pieces showing an emotion or feeling. I can do this with increasing confidence.

I can identify areas of my dance performances I wish to change.

I know that some actions are better suited to a certain

Cricket

I can use overarm and underarm throw consistency over varied distances.

I can use one and two handed catches with some consistency.

I can bowl a ball with some consistency.

I can show consistent technique when batting.

I know when batting to use the centre of the bat for more accuracy and control.

I know when fielding to use the space appropriately because it is easier to field a ball coming towards me.

I know that by being balanced before throwing will help to improve the

Athletics

I am developing speed and power when taking part in different sprint events.

I know what pace to run at during different medium and long distanced races.

I can show technique when participating in the vertical jump event.

I can show technique with increasing power when throwing a javelin and chest push.

I know that I need to pace myself when running further distances or for a long periods of time.

I know that a high knee drive, pumping my arms and running on the balls of my feet give me more power.

Tennis

I can return a ball using both forehand and backhand shots with increasing accuracy and in competitive situations.

I can successfully participate in a rally using both forehand and backhand shot.

I can perform an underarm serve with increased consistency.

I can adjust my footwork to fluidly move across the court.

I know when to use a backhand and forehand shot

I know that moving my feet to the ball will help me to hit in a more balanced position and therefore

	<p>Also when attacking running into space will increase my chance of scoring a 'try'.</p> <p>I know when to pass and when to try and score a 'try'.</p> <p>I know that attacking tactic will help maintain possession and score goals. Defending tactics will help to deny the other team space, gain possession as well as prevent the team from scoring points.</p> <p>I know and understand the rules to be able to manage our own games.</p>	<p>will help me to maintain possession.</p> <p>I know that moving in to space will help my team keep possession of the ball and score goal.</p> <p>I know when to pass and when to shoot. Also when to mark and when to attempt to win the ball.</p> <p>I know that attacking tactic will help maintain possession and score goals. Defending tactics will help to deny the other team space, gain possession as well as prevent the team from scoring goals.</p> <p>I know and understand the rules to be able to manage our own games.</p>	<p>character, mood or ideas.</p> <p>I know that some dynamics are better suited to certain characters, mood or ideas.</p> <p>I know that being aware of the other performer in my group will help us to move in time.</p> <p>I know that i can use a range of dance technique to show my ideas.</p>	<p>accuracy of the throw.</p> <p>I know to track the ball when it is thrown to improve the consistency of catching.</p> <p>I know that applying attacking tactics will help to score runs and avoid getting out. In addition, that applying defending tactics will help deny space. Get opponents out and limit runs scored.</p>	<p>I know that transferring weight will help jump and throw further.</p> <p>I know and understand the rules of different events and can manages these as a group.</p>	<p>will increase accuracy.</p> <p>I know different attacking and defending tactics and can apply these.</p> <p>I understand the rules and can apply these when singles and double matches.</p>
Y5	Basketball	Badminton	Dance	Cricket	Athletics	OAA

<p>I can send and receive a ball in different game situation when under pressure.</p> <p>I can show control when dribbling in game situations.</p> <p>I know when to shoot and when to pass in game situations.</p> <p>I can work as a team to create tactics and apply these in different game situations.</p> <p>I can track and mark the opposition using a variety of techniques when in different positions.</p> <p>I can create space for myself and other teammates.</p> <p>I know that not having a defender between myself and the person with the ball will allow me to</p>	<p>I can serve to start a game of badminton.</p> <p>I can confidently maintain a rally in singles and in doubles games.</p> <p>I can strike a shuttlecock to different areas of the court.</p> <p>I can use attacking shots to win a point.</p> <p>I can use defensive shots to gain time to recover.</p> <p>I can return to centre point and show a ready stance.</p> <p>I know which shots and skills to choose for different situation.</p> <p>I know that to start a game you use a serve and the different rules around serving.</p>	<p>I can show planned, controlled movements which express emotion to different types of music.</p> <p>I can begin to improvise and use different dynamics to different dance styles both in unison and in groups.</p> <p>I can use formations to express a dance idea.</p> <p>I can perform dance expressively developing accuracy in timing and fluency.</p> <p>I can identify areas of my dance performances I wish to change and make these ahead of following performances.</p> <p>I know that different dance styles utilise selected action to</p>	<p>I can show clear technique and control when throwing a ball when under pressure.</p> <p>I can consistently catch a ball in different position with accuracy.</p> <p>I can show over and underarm bowling technique.</p> <p>I can use the long and short barrier in the correct situations.</p> <p>I can use different techniques when batting for defensive and direction.</p> <p>I know that having the correct stance is important for balance when striking the ball.</p> <p>I know that backing up a fielder as a ball is thrown will increase the chances of fielding successfully.</p>	<p>I can successful pass the baton at speed in relay events.</p> <p>I can apply the correct speed and pace in different running events.</p> <p>I can show technique and fluidity participating in triple jump.</p> <p>I can show technique and increasing power in events such as javelin and shot put.</p> <p>I know what technique to use when running different running events. Having a steady breath will help me when running longer distances.</p> <p>I know that I drive my knees high and fast I can build and</p>	<p>I can explore strategic planning within a team to overcome increasingly challenging tasks.</p> <p>I can develop navigational skills and map reading in a variety of situations.</p> <p>I can explore a variety of communication methods with increasing success.</p> <p>I can evaluate my performance in problem solving activities and identify areas to improve.</p> <p>I know that there can be numerous ways to solve a challenge using trial and error will help me to make the best solution.</p> <p>I know how to identify objects and location using a map.</p>
--	---	---	---	---	--

Striving for Excellence

	<p>send and receive with better control.</p> <p>I know that moving into space will give my teammate an option to pass to and allow them more space to dribble into.</p> <p>I know why a team needs tactics and identify when to use them in different situations.</p> <p>I understand the rules of netball and can apply them when playing or officiating.</p>	<p>I know that choosing the most appropriate shot will keep the rally going as well as having control is more important than power.</p> <p>I know that sidestepping and lunging as well as returning to the T will allow me to be ready for the next shot.</p> <p>I know the rules and can applying these when playing and officiating.</p>	<p>develop sequence ins a specific style.</p> <p>I know that different dance styles utilise selected dynamics to express mood.</p> <p>I now that space relates to where my body moves both on the floor and in the air.</p> <p>I know that different dance styles utilise selected relationship to express mood.</p> <p>I know what makes a good performance and know how to apply these principles to my own and others work.</p>	<p>I know where to throw the ball in relation to where a batter is.</p> <p>I know when to use different catching techniques.</p> <p>I know that tactics are important and can identify them in different situations.</p> <p>I know and can apply different rules when playing as well as when officiating.</p>	<p>improve my jump distanced.</p> <p>I know how to transfer my weight in different throwing event to increase the distance thrown.</p> <p>I know and can apply rules in various event and can use official equipment.</p>	<p>I know to reflect after solving challenges, knowing when ive been successful and change my methods to improve.</p>
Y6	<p>Netball</p> <p>I can quickly make decisions in game situation to know when and who to pass to.</p>	<p>Badminton</p> <p>I can start a game of badminton using different serving techniques.</p>	<p>Dance</p> <p>I can show planned, controlled movements which express emotion and feeling, creating atmosphere.</p>	<p>Cricket</p> <p>I can make decision on who and when to pass the ball to in order to get the other team out.</p> <p>I can show good technique when</p>	<p>Athletics</p> <p>I can improve my own and other performance by using my understanding of pace.</p>	<p>OAA</p> <p>I can gather ideas in a group, selecting and applying the most effective method when problem solving.</p>

	<p>I can combine the pivot technique with an appropriate pass.</p> <p>I can create tactics with my team to attack and defend in response to the game.</p> <p>I can use space effectively when transitioning from attacking and defending.</p> <p>I understand and can make quick decisions about when, how and who to pass to.</p> <p>I can choose the appropriate skill for different under pressured situation.</p> <p>I know that transitioning quickly between attack and defence will help my team to maintain or gain possession.</p>	<p>I can use appropriate shots to attack and to defend.</p> <p>I know when to use different stances during a game situation.</p> <p>I can evaluate my performance, identifying areas that went well and area to improve.</p> <p>I know what shot to use when under pressured in different game situations.</p> <p>I know and can apply tactics when serving. For example playing 1st serve short, 2nd long.</p> <p>I know to play different shots depending on if the rally is co-operative or competitive.</p> <p>I know, understand, apply and use rules consistency in</p>	<p>I can improvise and fluently sequence events by combining dynamics to a set piece of music. I can do this both in unison and for a group.</p> <p>I can demonstrate an understanding of timing and rhythm to a performance.</p> <p>I can evaluate performances and make adaptations to choreography.</p> <p>I know that actions can be improved with the consideration to extension, shape and recognition of intent.</p> <p>I know that selecting a variety of dynamic in my performance can help to take the audience on a journey through my dance idea.</p> <p>I know that combining space and relationship with a prop can help to</p>	<p>catching the ball in pressured situation.</p> <p>I can select and apply the appropriate fielding technique in different game situations.</p> <p>I can strike a bowled ball with increasing accuracy and consistency.</p> <p>I know that momentum and power for striking a ball comes from the legs as well as arms.</p> <p>I know which fielding action to apply in different situations.</p> <p>I know and can apply some tactics in the game when being a bowler, fielder and batter.</p>	<p>I can hurdle with greater control and coordination.</p> <p>I can show technique, power and control when participating in a variety of jumping events.</p> <p>I can show technique, power and control when participating in a variety of throwing events such as discus and shotput.</p> <p>I know that I need to prepare my body for running and know the muscle groups I will need to use.</p> <p>I know that a run builds speed and power and will enable me to jump further.</p> <p>I know that I need to prepare for throwing events and know the</p>	<p>I can orientate a map effectively to navigate around a course.</p> <p>I can inclusively communicate with others, lead and share roles.</p> <p>I can evaluate my team's performance in problem solving activities and adapt in situ.</p> <p>I understand problem solving is an important life skill.</p> <p>I understand why having good navigational skills are important.</p> <p>I know that having good communication skills is key to working as a team and problem solving.</p> <p>I can accurately reflect on when and how I have been successful when problem solving and</p>
--	--	--	--	---	--	---

Striving for Excellence

	<p>I know how to create and apply a tactic for a specific situation.</p> <p>I understand the rules of netball and can consistently apply them when playing or officiating.</p>	<p>badminton when playing or refereeing.</p>	<p>express my dance idea.</p> <p>I know that a leader can ensure our dance group performs well together.</p> <p>I know that if keep in character throughout the routine, it will help to express an atmosphere or mood that can interpreted by the audience.</p>		<p>muscle groups I will need to use.</p>	<p>change my methods in order to make improvements.</p> <p>I can think creativity to solve the challenges whilst following the rules.</p>
--	--	--	--	--	--	---