



## Physical Education Curriculum Intent:

At Perton First School, we provide opportunities for our children to become physically confident in a way which supports their health and fitness. We inspire all children to succeed and excel in competitive sport and develop competence to excel in a broad range of physical activities.

## Implementation

At Perton First School, we have a bespoke PE curriculum that has been created to ensure our children leave our school having learnt different games skills, to compete in a sporting manner, to co-operate and work as a team and improve their fitness in order to lead a healthy lifestyle.

## Impact

We aim to develop the children's physical confidence, have children striving to do their best and embed values such as fairness and respect. Teachers and staff make assessments through observations and children are encouraged to peer evaluate in a positive manner. We then use teacher judgments and children's voice to measure the impact of our curriculum.

## I am a... Sports Star



### Vision and Values

I have happy memories of PE.

I enjoy using all the sports equipment during PE lessons on the playground and field.

I feel safe when participating in sports.

I feel valued in PE.

I demonstrate British Values in PE.



### Head

I know how to use PE equipment safely.

I know how to show respect in sports.

I understand key vocabulary about different sports.

I am a reflective athlete.

I am resilient when trying new skills and sports.

I can give feedback on others' performances in a constructive way.



### Hand

I can run, jump and throw in a variety of sports.

I can compete in competitive game situations.

I can perform dances using a range of movement patterns.

I have developed my flexibility, strength, technique and balance across PE.

I have taken part in outdoor and adventurous activities.

I can swim 25m to help keep me safe around Perton.

### Heart

I am proud to be a competitive sports star.

I appreciate others when playing sports.

I care about helping others enjoy sports and physical activity.

I enjoy working as a team and encouraging team players.







Early Years		KS1		LKS2	
Nursery	Reception	Year 1	Year 2	Year 3	Year 4
Fundamental movement Physical development: Core strength/Gross/fine motor skills /spatial awareness/ throwing, catching , striking, building, walk, run, jump and climb, spin roll, jump, push along on a wheeled toy or tricycle. Fasten coats and zip. Pouring drinks. Using a knife and fork.. Skip and hop. Forest School. Dance. Painting. Balancing.	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
	Dance	Dance	Dance	Dance Tag Rugby	Dance Tag Rugby
	Dance	Dance	Dance	Dance	Dance
	Cooperate and solve problems	Send and return	Hit, catch, run	Athletics	Athletics
	Cooperate and solve problems	Send and return	Hit, catch, run	Tennis	Tennis





Early Years		KS1		LKS2	
Nursery	Reception	Year 1	Year 2	Year 3	Year 4
Fundamental movement Physical development: Core strength/Gross/fine motor skills /spatial awareness/ throwing, catching, striking, building, walk, run, jump and climb, spin roll, jump, push along on a wheeled toy or tricycle. Fasten coats and zip. Pouring drinks. Using a knife and fork.. Skip and hop. Forest School. Dance. Painting. Balancing.	Body Management	Attack, defend, shoot	Attack, defend, shoot	Hockey	Hockey
	Body Management	Attack, defend, shoot	Attack, defend, shoot	Netball	Netball
	Speed, Agility and travel	Hit, catch, run	Run, jump and throw	Tag Rugby	Tag Rugby
	Speed, Agility and travel	Hit, catch, run	Run, jump and throw	Football	Football
	Manipulation and coordination	Run, jump and throw	Send and return	Rounders	Rounders
	Manipulation and coordination	Run, jump and throw	Send and return	Cricket	Cricket



# Physical Development



Year Group	Milestones (Children at the expected level of development will)	Content
Nursery 0 Little Chicks	<p>Kick and roll a ball. Reach for objects. Explore paint and manipulate playdough. Begin to complete puzzles and thread large objects.</p> <p>Move around the setting freely and confidently without bumping into obstacles. Utilise a range of movements when playing with toys and objects, carrying toys around in baskets and connecting large blocks together. Squat steadily to pick up an object. Climb confidently. Move around with peers, playing together. Join in with group movement games and activities.</p> <p>Scribble spontaneously. Point to body parts in a mirror.</p>	<p>Our EYFS oozes physical development opportunities and all children are expected to part to the best of their ability.</p> <p>The children are busy and they move around a lot because we know that they need lots of exercise. We also have spaces to rest in, as we recognise the importance of calm and quiet too.</p> <p>Our outdoor area is large and there is plenty of space to move around in. We have zones to ensure that learning in a range of ways is happening.</p> <p>We have a target zone to work the gross motor muscles, particularly shoulders, elbows, wrists and hands. The children aim and throw a range of balls and beanbags to different heights. We have P.E. equipment to ensure that the children use bats and balls, balancing toys and ribbons. The children have large sand areas and gardening boxes to dig, fill and pour. We have a bike track to get their legs and core working. The natural area has large instruments and bug hunts to keep the children engaged and moving around.</p> <p>Indoors, we have a range of activities which are planned to progress their motor skills. From playdough to painting at easels.</p>
Nursery 1 Little Chicks	<p>Run and jump with both feet off the ground. Spin, roll and use ropes and swings independently. Use a scooter, trike or other wheeled toy. Catch a large ball. Sit comfortably on a chair.</p> <p>Explore paper, materials and tools. Explore a range of large scale mark making activities, on easels, walls and the floor</p> <p>Be nearly clean and dry, and using the toilet rather than a potty.</p>	
Nursery 2 Little Owls	<p>Demonstrate a range of gross motor movements such as crawling, creeping, jumping and going up and down steps. Use large movements for ribbons, parachutes, wheeled toys and construction. Move confidently, creatively and adaptively. Balance along a range of objects and beams.</p> <p>Move lower arms, wrists, hands and fingers independently of shoulders and tummies. Drink from a cup effectively and feed independently using a fork or spoon. Use a range of tools such as hammers, scissors, brushes, sponges, chalks, screwdrivers in a range of ways.</p> <p>Be clean and dry the majority of the time and look after my personal hygiene wiping, washing hands and blowing nose. Begin to talk about healthy choices around food, drink, exercise and dental hygiene.</p>	
Reception ELG	<p>Gross Motor Skills:</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Fine Motor Skills:</p> <p>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; - Use a range of small tools, including scissors, paint brushes and cutlery; - Begin to show accuracy and care when drawing.</p>	



# PE - Units of Work



## Early Years

### Nursery

#### Sequence of knowledge and skills

Unit 1	<ul style="list-style-type: none"><li>Able to move around the setting by myself on 2 feet</li><li>Can walk up and down the ramp to the outdoor area safely</li><li>Develop a range of movement, balancing, riding and ball skills</li><li>Go up and down stairs using alternating feet</li></ul>					
Unit 2	<ul style="list-style-type: none"><li>Can climb onto the changing table and back down safely</li><li>Skip, hop, stand on one leg and hold a pose</li><li>Take part in physical group activities</li><li>Choose the right tool for the job</li></ul>					
Unit 3	<ul style="list-style-type: none"><li>Fit into spaces, like tunnels, dens and large boxes and move around in them</li><li>Starting to kick, throw and catch balls</li><li>Can walk, run, jump and climb stairs independently (ask parents to video stair climbing)</li><li>Develop my movement, balancing, riding and ball skills</li><li>Climb up and down steps and apparatus using alternate feet</li><li>Skip, hop, stand on one leg and hold a pose for a game like musical statues</li><li>Use large muscle movements to wave flags and streamers, paint and make marks</li></ul>					
Unit 4	<ul style="list-style-type: none"><li>Can crawl and creep (stomach on the floor)</li><li>Manipulation and control skills are developing</li><li>Build independently with a range of resources</li><li>Use tools, including cutlery</li><li>Zip up own coat</li><li>Use onehanded tools and equipment (making snips with scissors, pouring from a jug, hammering)</li><li>Learn to use a knife and fork and eat independently</li><li>Join in with activities which cross the mid line (large vertical painting, water painting outside, dances, chalk marks)</li></ul>					
Unit 5	<ul style="list-style-type: none"><li>Spin, roll and use ropes and swings independently</li><li>Sit on a push-along wheeled toy, use a scooter or ride a tricycle</li><li>Explore paper (tearing, mark making, printing, scrunching)</li><li>Explore materials and tools with my hands (clay, finger paint, spoons, brushes, shells)</li><li>Sit comfortably on a chair</li><li>Collaborate with others to manage large items</li><li>Know how to move in different spaces</li><li>Copy and make up some patterns of movement related to music and rhythm</li><li>Be a competent, creative, confident and adaptive mover</li><li>Join in with group exercise challenges (adult-led or child-led)</li><li>Use large muscle movements</li></ul>					
Unit 6	<ul style="list-style-type: none"><li>Catch a large ball</li><li>Run well</li><li>Jump with both feet off the ground at the same time</li><li>Follow instructions</li><li>Find a space</li><li>Move my hands and fingers without moving my shoulders</li><li>Move and rotate my lower arms and wrists independently</li><li>Make healthy choices about food, drink, activity and tooth brushing</li></ul>					



Unit 5	<ul style="list-style-type: none"><li>• <i>Spin, roll and use ropes and swings independently</i></li><li>• <i>Sit on a push-along wheeled toy, use a scooter or ride a tricycle</i></li><li>• <i>Explore paper (tearing, mark making, printing, scrunching)</i></li><li>• <i>Explore materials and tools with my hands (clay, finger paint, spoons, brushes, shells)</i></li><li>• <i>Sit comfortably on a chair</i></li><li>• <i>Collaborate with others to manage large items</i></li><li>• <i>Know how to move in different spaces</i></li><li>• <i>Copy and make up some patterns of movement related to music and rhythm</i></li><li>• <i>Be a competent, creative, confident and adaptive mover</i></li><li>• <i>Join in with group exercise challenges (adult-led or child-led)</i></li><li>• <i>Use large muscle movements</i></li></ul>
Unit 6	<ul style="list-style-type: none"><li>• <i>Catch a large ball</i></li><li>• <i>Run well</i></li><li>• <i>Jump with both feet off the ground at the same time</i></li><li>• <i>Follow instructions</i></li><li>• <i>Find a space</i></li><li>• <i>Move my hands and fingers without moving my shoulders</i></li><li>• <i>Move and rotate my lower arms and wrists independently</i></li><li>• <i>Make healthy choices about food, drink, activity and tooth brushing</i></li></ul>







Early Years						
Reception						
Sequence of knowledge and skills						
Gymnastics	Move safely	Take off and land	Balance	Travel	Copy and repeat	Perform
Gymnastics	Link ways of moving	Roll	Follow pathways	Balance	Link movements	Use a start and finish position
Dance	Use colours and feelings in dance	Perform	Work with a partner	Show expression	Use seasons in our dance	Match our actions to transport
Dance	Move to the count of 8	Perform with a partner	Perform (animal actions)	Perform (4 actions)	Link actions	Perform (Africa)
Cooperate and solve problems	Match	Work as a team	Use bodies to make shapes	Follow a trail	Work with others	Work with a partner
Cooperate and solve problems	Follow a trail with a partner	Play parachute games	Jump	Movement patterns	Lead a partner	Navigate obstacles





Early Years						
Reception						
Sequence of knowledge and skills						
Body Management	Balance	Travel	Reach and stretch	Make shapes with our body	Travel over/under apparatus	Make shapes with our body
Body Management	Roll	Control our bodies	Jump	Jump using apparatus	Travel across apparatus	Work as a team
Speed, agility and travel	Travel in different directions	Stay safe when travelling	Jump	Stop safely	Change speed when travelling	Stop safely
Speed, agility and travel	Move objects	Travel in different ways	Jump	Perform circle dances	Use strength	Work as a team
Manipulation and co-ordination	Handle a balloon	Handle a ball	Kick a ball	Hop, jump and step	Send a ball/beanbag	Send and stop
Manipulation and co-ordination	Play parachute games	Use equipment	Use equipment to push balls/beanbags	Use a baton to dribble	Jump	Handle a hoop





KS1						
Year 1						
Sequence of knowledge and skills						
Gymnastics	Perform	Carry/set up equipment safely	Use strength	Jump	Travel	Create a short movement pattern
Gymnastics	Move on/off apparatus	Rock on different body parts	Perform spins/turns	Perform in unison	Perform in canon	Create a sequence with a partner
Dance	Show moods and feelings	Move (as if we are living in the jungle)	Create a perform	Perform (leading and following movements)	Perform (short dance with start, middle and end)	Use repeated actions in a dance
Dance	Perform actions	To march to a beat	March as a group	Perform in canon	Perform a dance in canon	Perform in rounds
Send and return	Slide to a target	Strike a ball	Return a ball	Work with a partner	Rally	Send a ball
Send and return	Send a ball	Track and stop	Understand why muscles are important	Send balls	Sport space	Play a game





KS1						
Year 1						
Sequence of knowledge and skills						
Attack, defend, shoot	Hit a target	Defend a target	Roll and slide balls	Shoot	Work with a partner	Apply skills in a game
Attack, defend, shoot	Find our pulse	Move sideward	Bounce a ball	Aim	Adapt to a game	Defend
Hit, catch, run	Find space	Track and collect	Intercept	Strike a ball	Run between bases	Work as a team
Hit, catch, run	Catch	Strike a ball	Position ourselves	Field	Catch	Defend
Run, jump and throw	Start and stop	Run	Jump	Throw	Throw	Run, jump and throw
Run, jump and throw	Use agility	Recognise the start and end of an activity	Develop stamina	Develop core strength	Stride and jump	Choose a starting position





KS1						
Year 2						
Sequence of knowledge and skills						
Gymnastics	Combine 4 elements for a floor sequence	Create a variety of jumps	Link actions	Show flexibility in shapes	Travel at different speeds	Judge a short sequence
Gymnastics	Perform a front support position with control	Perform an arch and dish shape	Perform a back support	Leapfrog	Jump for distance with control	Perform a 10 element sequence
Dance	Use a theme to inspire our dance	Show feelings through dance	Create movements to show friendships	Create solo dance	Match our movements to music	Choose a formation for a dance routine
Dance	Develop a dance that shows emotions	Perform a short movement phrase	Perform a short movement phrase	Create a motif	Perform a motif in different formations	Use different movement pathways
Hit, catch and run	Strike a ball	Defend a target	Bowl underarm with control	Strike a ball with different bats	Throw accurately	Strike a ball into space
Hit, catch and run	Time our run	Kick a ball with different parts of our foot	Bowl	The role of the wicket-keeper	Understand the role of backstop	Bowl underarm





KS1						
Year 2						
Sequence of knowledge and skills						
Attack, defend and shoot	Kick a ball over distance	Stop a ball with control	Keep possession	Bounce a ball	Dribble	Pass the ball forward
Attack, defend and shoot	Throw different types of equipment	Move into pass	Pass and move	Position ourselves as a goalkeeper	Intercept a ball	Apply skills
Run, jump and throw	Be spatial aware	Run at speed	Move through an obstacle	Choose an appropriate throw	Use quick feet while sprinting	Perform static and dynamic balances
Run, jump and throw	Run long distance	Jump over distance	Throw for distance	Use breathing techniques when running	Cooperate with a partner	Work as a team
Send and return	Stay on our toes	Recognise a dominant hand	Serve	Develop agility	Use the correct-grip	Use the ready position
Send and return	Feed a ball	Send the ball to different parts of the court	Throw and catch from a seated position	Serve the ball	Use overarm attacking shots	Compete





KS2						
Year 3						
Sequence of knowledge and skills						
Gymnastics	Fully extend when balancing	Move in and out of shapes	Perform a sequence	Perform powerful jumps	Perform unison with a partner	Create a group performance
Gymnastics	Perform a japa	Use bounces and broad jumps	Attempt a half lever	Transition	Stretch while moving	Apply skills in a sequence
Dance	Perform a jazz square	Perform a dance showing contrasting characters	Improvise	Use props	Use facial expressions	Take the role of a director
Dance	Perform classic dance	Perform travelling dances	Use a range of dynamics in our dance	Create our own actions	Create partner actions	Refine our work
Athletics	Jump and hop in a sequence	Run at different speeds	Approach and jump hurdles	Throw a javelin	Use different skipping techniques	Keep score
Tennis	Use a ready position to return a ball	Strike a ball to different parts of the court	Perform an underarm serve	Move towards a ball to return it	Play cooperatively with a partner	Score points





KS2						
Year 3						
Sequence of knowledge and skills						
Hockey	Keep close control	Control a pass	Use a defensive body position	Stop a moving ball	Improve our agility	Apply basic rules in a game situation
Netball	Chest pass	Dodge	Create space	Bounce pass	Shoulder pass	Keep possession
Tag Rugby	Use speed	Use a range of ball handling skills	Use agility	Apply tag protocol	Defend	Perform a backwards pass
Football	Pass with the inside of our foot	Trap the ball	Pass over short distances	Move into space	Use the outside of our foot	Cushion the ball
Rounders	Field	Bowl	Strike a moving ball	Stop a ball (Long Barrier)	Throw longer distances	Apply skills in a game
Cricket	Strike a stationary ball	Bowl underarm	Use correct footwork	Stop a ball (Long barrier)	Throw longer distances	Perform as a wicketkeeper





KS2						
Year 4						
Sequence of knowledge and skills						
Gymnastics	Perform a 6 element sequence	Perform a partner sequence	Take weight on hands	Develop a sequence	Cooperate as a group	Compare and judge performances
Gymnastics	Perform a weighted bunny hop	Perform an arabesque and shoulder roll	Identify and engage core muscles	Transition	Shoulder stand	Create a sequence
Dance	Use freeze frames	Perform a slide and roll	Use different formations	Use canon	Sequence our dance	Create a 5 action dance routine
Dance	Communicate themes	Use dynamics and formations	Use space, travel and floor patterns	Introduce devices	Create contact movements	Use peer evaluation
Athletics	Run, jump and throw	Accelerate over short distances	Run, jump and take off	Throw a discus	Exchange a baton	Apply skills in a competition
Tennis	Position ourselves	Use forehand	Play a backhand shot	Practise court movement	Work with a partner	Score points





KS2						
Year 4						
Sequence of knowledge and skills						
Hockey	Perform a push pass	Maintain possession	Use reverse stick	Use a slap pass	Move into space	Apply skills in a competition
Netball	Protect the ball	Shoot	Understand court thirds	Mark one-to-one	Practise footwork	Understand high '5' rules
Tag Rugby	Pass	Run to attack	Keep possession	Evade being tagged	Change speed	Apply skills in a competitive game
Football	Receiving a pass	Mark	Tackle	Dribble	Pass and receive over longer distances	Pass and move with a teammate
Rounders	Strike the ball in different directions	Run between the posts	Intercept the ball	Bowl underarm	backstop	Applying skills in competition
Cricket	Strike the ball in different directions	Run between the stumps	Intercept the ball	Bowl overarm	Perform a pull shot	Field



# PE - Early Years Framework and Primary National Curriculum



This map shows the progression of Early Years and NC Objectives in PE.

Early Years		KS1		LKS2	
Nursery	Reception	Year 1	Year 2	Year 3	Year 4
<ul style="list-style-type: none"> <li>Self-regulation</li> <li>Managing self</li> <li>Building relationships</li> <li>Gross Motor skills</li> <li>Fine motor skills</li> </ul>	<ul style="list-style-type: none"> <li>Core strength and coordination</li> <li>Gross Motor Skills</li> <li>Fine-motor skills</li> <li>Fundamental movement skills</li> </ul>	<ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>participate in team games, developing simple tactics for attacking and defending</li> <li>perform dances using simple movement patterns</li> </ul>	<ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>participate in team games, developing simple tactics for attacking and defending</li> <li>perform dances using simple movement patterns</li> </ul>	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>perform dances using a range of movement patterns</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>perform dances using a range of movement patterns</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>perform safe self-rescue in different water-based situations.</li> </ul>



# PE - Key Vocabulary



Early Years		KS1		LKS2	
Nursery	Reception	Year 1	Year 2	Year 3	Year 4
<ul style="list-style-type: none"> <li>Move, walk, balance, ride, ball, climb, skip, space, kick, throw, run jump, stand, crawl, creep, dance, spin, roll, swing, sit, instructions, catch, hop, pose, muscle, control, scoot, tear, scrunch, collaborate, patterns, rotate,</li> </ul>	<ul style="list-style-type: none"> <li>High, low, link, music, feet, join, stand, stop, partner, pair, over, under, through, around, , teamwork, Balance, control, fast, jump, stretch, pattern, shape, sequence, movement, timing, pathway, direction, twist, turn, rhythm, step, beat, curl, climb, crawl, roll, cooperate, team, individual, collect, hop, grip, dance, alternate, beanbags, mats, cones, hoops, quoits, balls, bibs, benches, apparatus, agility,</li> </ul>	<ul style="list-style-type: none"> <li>Balance, body, carry, control, fast, hang, high, jump, low, safety, shape, slow, speed, travel, turn, stretch, swing, feeling, friendship, start, middle, end, choose, select, emotions, catch, play, rolling, send, throw, activity, collect, feed, field, hit, pick up, backwards, distance, far, fast, forwards, furthest, hop, fastest, step, sideways, power, tag, partner, tension, tensed, relaxed, stretched, curled, extension, link, rock, roll, sequence, spin, strength, timing, mood, theme, story, static, compose, rhyme, theme, character, round, respond, attack, against, receive, cooperate, heart rate, retrieve, opposition, canon, compete, defend, over-arm, under-arm, outwit, physical, pitch, batter, bowl, hitter, strike, net, forehand, backhand, court, serve, track, umpire, skipping, relay, sprint</li> </ul>	<ul style="list-style-type: none"> <li>Shape, movement, music, timing, hang, carry, power, control, extension, fast, travel, turn, direction, group, mood, feeling, respond, flying, pair, clock face, time, aim, attack, controlling, receive, speed, bounce, drop, rotate, quick, sequence, pattern, judging, transition, smooth, huddle, dynamic, independent, motif, freestyle, on stage, off stage, compete, cooperate, position, score, handle, obstacle, static, strength, repetition, accuracy, persevere, tally, body tension, galloping, formation, rebound, scoring, intercepting, tactics, wicket, umpire, posts, stumps, wicketkeeper, serve, badminton, tennis, volleyball, squash, shuttlecock, racquet, burpee, stamina, lunges, agility, fitness, lunges, lap,</li> </ul>	<ul style="list-style-type: none"> <li>Low, group, similar, different, bounce, hop, strong, run, jump, throw, speed, pull, run, shoot, foot, touch, pass, space, rules, hit, return, fluency, contrasting, combinations, sustained, power, control, extension, facial, expression, improvisation, rehearse, director, partner work, angular, energetic, force, distance, curve, accelerate, record, combine, teamwork, score, dribble, accurately, dodge, improve, unison, full turn, half turn, flexibility, compositional ideas, healthy active lifestyle, box splits, dynamic, static, half lever, Do se do, step ball change, floor patterns, linear, agility, track, hurdles, pace, cricket, batting, fielding, bowling, bat, wicket, stump, crease, boundary, batsman, bowler, wicketkeeper, innings, forward drive, long barrier, over, intercept, inside of the foot, hockey, possession, block, shaft, netball, mark, chest pass, shoulder pass, bounce pass, footwork, rounders, bases, innings, no ball, batting box, backstop, rounder, half rounder, tag rugby, evading, close down, sportsmanlike, tennis, court, forehand, backhand,</li> </ul>	<ul style="list-style-type: none"> <li>Control, group, direction, speed, partner, actions, leap, travelling, steps, slide, size, direction, background, distance, bounce, attack, space, backwards, hit, return, refine, progression, muscles, engage, stabilise, sequence, improvisation, rehearse, director, choreographer, ornamentation, force, curve, accelerate, vortex, target, take off, sling, exchange, accuracy, zones, directing, dribble, pass, teamwork, zones, points, score, doubles, gymnastics, cartwheel, compositional, stamina, tension, abdominals, obliques, core, weighted travel, shoulder roll, smooth transition, formation, freeze frames, athletics, track, hurdles, javelins, vortex howler, baton, cricket, intercepting, pull shot, ground ball, overarm bowling, run singles, defend, tactics, tackle, hockey, push pass, slap pass, netball, footwork, foul, free pass, goal attack, centre, goal shooter, goal defence, goalkeeper, marking, high five, rounders, stumped, tag rugby, try area, tennis, forehand, backhand, net, underarm, overarm, court,</li> </ul>