

Eastbury Primary School: PE Progression Map 2020

SUBJECT: PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Topic Title: Sport & Games</p> <p>Key knowledge: Jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Key Skills: Catching and throwing bean bags, Target throwing, Co-ordination, Catching a 'tail', Hopping, Skipping, Long jump, Safe landing</p> <p>Key vocabulary: Catching, throwing, safety, movement, position, space, balance</p>	<p>Topic Title: Gymnastics</p> <p>Key knowledge: Jumping, developing balance, agility and co-ordination</p> <p>Key Skills: Co-ordination, Hopping, Skipping, Long jump, Safe landing</p> <p>Key vocabulary: Safety, movement, position, space, balance</p>	<p>Topic Title: Team Games - Rounder's, Dodge ball, Bench ball, Tag rugby, Football and Hockey</p> <p>Key knowledge: To participate in team games, developing simple tactics for attacking and defending using skills learnt from Autumn 1 and 2</p> <p>Key Skills: Catching and throwing, Target throwing, Co-ordination</p> <p>Key vocabulary: Field, Fielding, dribble, passing, sideways, forwards, bat, ball, tag, rules, space, partner, evade</p>	<p>Topic Title: Team Games - Rounder's, Dodge ball, Bench ball, Tag rugby, Football and Hockey</p> <p>Key knowledge: To participate in team games, developing simple tactics for attacking and defending using skills learnt from Autumn 1 and 2</p> <p>Key Skills: Catching and throwing, Target throwing, Co-ordination</p> <p>Key vocabulary: Field, Fielding, dribble, passing, sideways, forwards, bat, ball, tag, rules, space, partner, evade</p>	<p>Topic Title: Dance</p> <p>Key knowledge: To perform dances using simple movement patterns. Master basic movements as well as developing balance, agility and co-ordination.</p> <p>Key Skills: Changing direction and Co-ordination and sequencing</p> <p>Key vocabulary: Rhythm, flow, position, co-ordination, focus, standing, movement, pace, fast, slow, height, tall, short, change</p>	<p>Topic Title: Athletics and Sports day</p> <p>Key knowledge: 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.</p> <p>Key Skills: Catching, throwing, Jumping, running, changing direction and Co-ordination and sequencing</p> <p>Key vocabulary: Co-ordination, focus, catching, throwing, standing, movement, pace, fast, slow, height, tall, short, change</p>
Year 2	<p>Topic Title: Sports and Games</p> <p>Key knowledge: Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Key Skills: Jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Key vocabulary: Jump, catch, throw, balance, Pattern, combination, run, forwards,</p>	<p>Topic Title: Gymnastics</p> <p>Key knowledge: Develop flexibility, strength, technique, control and balance.</p> <p>Key Skills: gymnastic positions Straight, Tuck, Star, Straddle, Pike Roll and Forward roll, Egg roll, Half turn, Dish roll, Teddy bear roll and Star Jump. Build on gymnastic positions to include movement and travel towards a target.</p> <p>Key vocabulary: Jump, bend, curl, posture, balance, sequence, combination, run,</p>	<p>Topic Title: Team Games – Tag rugby, Dodgeball, Bench ball, Football and Hockey</p> <p>Key knowledge: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Key Skills: Ball control, passing, turning, decision making, defending and attacking. Build on skills from Autumn 1 & 2 working in small groups to increase spatial and tactical awareness, throwing and</p>	<p>Topic Title: Team Games – Tag rugby, Dodgeball, Bench ball, Football and Hockey</p> <p>Key knowledge: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Key Skills: Ball control, passing, turning, decision making, defending and attacking. Build on skills from Autumn 1 & 2 working in small groups to increase spatial and tactical awareness, throwing and</p>	<p>Topic Title: Dance</p> <p>Key knowledge: To perform dances using simple movement patterns.</p> <p>Key Skills: Combining steps to create a performance, Creating a simple dance routine, Copy movements shown, Perform in unison, Combine movements given a topic or directive, Feedback on performance of others, Copy a full dance sequence with prompt,</p>	<p>Topic Title: Athletics and Sports day preparation</p> <p>Key knowledge: Play competitive games and take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Key Skills: Catching, throwing, Jumping, running, changing direction and Co-ordination and</p>

	backwards, skills, control, safely, arms, legs, tuck, link, movement	forwards, backwards, skills, control, still, rocking, rolling, crouched, safely, arms, legs, tuck, link, movement	catching on the move. Develop an understanding of game rules and implement them. Build an awareness of others in play. Key vocabulary: Field, Fielding, dribble, passing, sideways, forwards, bat, ball, tag, rules, space, partner, evade, communication, change direction, possession, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate	catching on the move. Develop an understanding of game rules and implement them. Build an awareness of others in play. Key vocabulary: Field, Fielding, dribble, passing, sideways, forwards, bat, ball, tag, rules, space, partner, evade, communication, change direction, possession, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate	Complete movements to represent different parts of a story, Evaluate own performances and begin to identify areas of improvement Key vocabulary: Formation, rhythm, movement, stretch, rebound, motif, dynamic, expression, tempo, pulse, speed, control, pace, synchronise and unison, team, group, compete, enjoyment, fun Reflect and improve To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Key vocabulary: Co-ordination, focus, catching, throwing, standing, movement, pace, fast, slow, height, tall, short, change Reflect and improve To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Year 3	Topic Title: Sport and Games Key knowledge: To use running, jumping, throwing and catching in isolation and in combination. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. To play competitive games. Key Skills: Dodge Ball, Bench Ball, Basketball and Netball – Spatial awareness during play, choose the best space to occupy, use throwing and catching skills, use tactical approaches to attack or defend during a game, apply game rules, demonstrate control whilst moving with the ball,	Topic Title: Sport and Games Key knowledge: To use running, jumping, throwing and catching in isolation and in combination. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. To play competitive games. Key Skills: Dodge Ball, Bench Ball, Basketball and Netball – Spatial awareness during play, choose the best space to occupy, use throwing and catching skills, use tactical approaches to attack or defend during a game, apply game rules, demonstrate control whilst moving with the ball,	Topic Title: Gymnastics and Dance Key knowledge: To develop flexibility, strength, technique, control and balance. To perform dances using a range of movement patterns. Key Skills: Agility/balance and coordination. Use mats to do floor work. Creating shapes and movement through the air. Creating more complex routing individually and in pairs. Navigate changes fluently using correct posture. Dance: Link to topic work – River dance/Mexican traditional dancing. Create performances based on stories using emotive expression	Topic Title: Invasion games Key knowledge: To use running, jumping, throwing and catching in isolation and in combination. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. To play competitive games. Key Skills: Netball/hockey - To stay in the correct space in a game. To choose the best space to occupy in a game. Use throwing and catching skills in a game. Use tactical skills to attack or defend during a game successfully. Follow rules to play a game.	Topic Title: Swimming and sports day Key knowledge: To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively. Perform safe self-rescue in different water-based situations. Key Skills: Swimming -Front crawl, back stroke, breast stroke, Pool safety Sports day - Throwing skills, use running, jumping and throwing and select a suitable running pace for the required distance.	Topic Title: Swimming and sports day Key knowledge: To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively. Perform safe self-rescue in different water-based situations. Key Skills: Swimming -Front crawl, back stroke, breast stroke, Pool safety Sports day - Throwing skills, use running, jumping and throwing and select a suitable running pace for the required distance.

	<p>change direction and speed whilst moving with the ball, look up whilst travelling with the ball, send the ball with control and accuracy, send the ball over a range of distances, know when to use the right pass, understand the job of the defender and the defending team and know how to mark an opponent.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>change direction and speed whilst moving with the ball, look up whilst travelling with the ball, send the ball with control and accuracy, send the ball over a range of distances, know when to use the right pass, understand the job of the defender and the defending team and know how to mark an opponent.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>Key vocabulary: Formation, rhythm, movement, stretch, rebound, motif, dynamic, expression, tempo, pulse, speed, control, pace, synchronise and unison. Pass, throw, catch, pivot, strike, opposition, Sequence, pattern, team work, group performance and solo performance. Invasion game, invasion, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>Key vocabulary: Movement, invasion, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>Key vocabulary: Stroke, kick, front, back, push, glide, breathe, breath, alternating leg kicks, Athletics, event, track, field, running, jumping, throwing, fundamental movement skills, fundamentals, Olympics, technique, underarm throw, overarm throw.</p> <p>Reflect and improve To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>(Swimming – TBC due COVID – 19 Lockdown swimming lesson cancellation in 2019 2020)</p>	<p>Key vocabulary: Stroke, kick, front, back, push, glide, breathe, breath, alternating leg kicks, Athletics, event, track, field, running, jumping, throwing, fundamental movement skills, fundamentals, Olympics, technique, underarm throw, overarm throw.</p> <p>Reflect and improve To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>(Swimming – TBC due COVID – 19 Lockdown swimming lesson cancellation in 2019 2020)</p>
Year 4	<p>Topic Title: Sport and games, Team games</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Master basic movements including running, jumping, throwing and catching, balance, agility and co-ordination, and apply these in a range of activities.</p>	<p>Topic Title: Sport and games, Team games</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Master basic movements including running, jumping, throwing and catching, balance, agility and co-ordination, and apply these in a range of activities.</p>	<p>Topic Title: Gymnastic and Dance</p> <p>Key knowledge: To develop flexibility, strength, technique, control and balance. To perform dances using a range of movement patterns.</p> <p>Key Skills: To perform a variety of floor and vault movements, learn straight jump full turns, cat leap half turns, straddle rolls, lunges into cartwheels and the straddle on vault while developing their understanding of the necessary flexibility, strength and control needed to</p>	<p>Topic Title: Striking and fielding</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Catch and throw a ball accurately, use correct throwing techniques, use correct body position, understand the different characteristics of fielding positions, directional play, use a range of fielding techniques and apply game rules.</p>	<p>Topic Title: Team Games and Sports day Preparation (Swimming – TBC due COVID – 19 Lockdown swimming lesson cancellation in 2019 2020)</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games</p> <p>Key Skills: Recap on essential universal skills needed to play a range of games, such as</p>	<p>Topic Title: Athletics and Sports day Preparation (Swimming – TBC due COVID – 19 Lockdown swimming lesson cancellation in 2019 2020)</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games</p> <p>Key Skills: Develop existing running, jumping and throwing skills. Refine sprint technique,</p>

	<p>Develop understanding of special awareness, work on each individual skill and then apply their skills to varying movements. Begin improve their personal best through self and peer evaluation and set different challenges for improvement. Learn simple attacking and defending tactics with a variety of equipment. Begin to think about how to use tactics, skills and strategies to outwit the opponent. Review and describe others' performances, as well as their own, and make suggestions on improvements that will help them and others to play better.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>Develop understanding of special awareness, work on each individual skill and then apply their skills to varying movements. Begin improve their personal best through self and peer evaluation and set different challenges for improvement. Learn simple attacking and defending tactics with a variety of equipment. Begin to think about how to use tactics, skills and strategies to outwit the opponent. Review and describe others' performances, as well as their own, and make suggestions on improvements that will help them and others to play better.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>perform the movements successfully. To develop free movement while creating shapes with their body and expressing emotion to music. Move between high and low shapes in singular and combination movements, both slow and fast movements to the rhythm of the music. Participate in peer and self-evaluation, give positive feedback for improvement. Develop confidence and perform in front of their peers.</p> <p>Key vocabulary: Accuracy, Formation, rhythm, movement, stretch, motif, dynamic, expression, tempo, pulse, speed, control, pace, synchronise and unison, Team work, group performance and solo performance.</p>	<p>Key vocabulary: Striking, fielding, hand-eye coordination, cooperation, accuracy, target overarm, underarm, opposition, runs, long barrier stop, two-handed pick-up, fielder, movement, stretch, rebound, dynamic, expression, speed, control, pace, Pass, throw, catch, pivot, strike, opposition, team work.</p>	<p>dodging, dribbling, passing and marking an opponent. It focuses specifically on attacking and defending skills, such as fake dodging, interception and goalkeeping and develop their understanding of both attacking and defending strategies.</p> <p>Develop existing running, jumping and throwing skills. Refine sprint technique, work as a relay team and practice an effective baton changeover. Learn the technique for throwing the javelin (pull throw) and how to do the standing triple jump in preparation for sports day at the end the summer term.</p> <p>Swimming -Front crawl, back stroke, breast stroke, Pool safety</p> <p>Key vocabulary: Athletics, event, track, field, running, jumping, throwing, fundamental movement skills, fundamentals, Form, Catching and throwing, Target throwing, Co-ordination.</p> <p>Stroke, kick, front, back, push, glide, breathe, breath, alternating leg kicks.</p>	<p>work as a relay team and practice an effective baton changeover. Learn the technique for throwing the javelin (pull throw) and how to do the standing triple jump in preparation for sports day at the end the summer term.</p> <p>Swimming -Front crawl, back stroke, breast stroke, Pool safety</p> <p>Key vocabulary: Athletics, event, track, field, running, jumping, throwing, fundamental movement skills, fundamentals, Form, Catching and throwing, Target throwing, Co-ordination.</p> <p>Stroke, kick, front, back, push, glide, breathe, breath, alternating leg kicks.</p> <p>Reflect and improve To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Year 5	<p>Topic Title: Gymnastics</p> <p>Key knowledge: To develop flexibility, strength, technique, control and balance.</p>	<p>Topic Title: Sports games and Team games</p> <p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play</p>	<p>Topic Title: Dance</p> <p>Key knowledge: To perform dances using a range of movement patterns.</p>	<p>Topic Title: Invasion games</p> <p>Key knowledge: To perform dances using a range of movement patterns and play competitive games</p>	<p>Topic Title: Team games</p> <p>Key knowledge: To play competitive games, use running, jumping, throwing and</p>	<p>Topic Title: Athletics and Sports day preparation and OAA (Outdoor Adventurous Activity)</p> <p>Key knowledge: To take part in outdoor and adventurous</p>

	<p>Key Skills: Building agility, balance and coordination in gymnastics and using the skills to perform a variety of movements. Develop skills of straight jump, full turns, cat leap half turns, straddle rolls and strengthen understanding of the necessary flexibility, strength and control needed to perform the movements. Move between high and low shapes in singular and combination movements. Participate in peer and self-evaluation, give positive feedback for improvement. Develop confidence and perform in front of their peers.</p> <p>Key vocabulary: Accuracy, Formation, rhythm, movement, stretch, motif, dynamic, expression, tempo, pulse, speed, control, pace, synchronise and unison, Team work, group performance and solo performance.</p>	<p>competitive games. To develop flexibility, strength, technique, control and balance.</p> <p>Key Skills: Catching and throwing in hockey, football, basketball and netball. Building agility, balance and coordination, strengthening and understanding technical throws and plays.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Innings, Field, Fielding, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate.</p>	<p>Key Skills: Bollywood dance, Sequence movements to music, create patterns and shapes that flow, understand rhythm and create solo and group performances. Evaluate own performance and peer performance and identify areas for development.</p> <p>Key vocabulary: pivot, Sequence, pattern, team work, group performance and solo performance, evaluate, feedback, assess</p>	<p>Key Skills: Use basketball and netball skill accurately in games. Apply rules and tactical approaches in game play. Evaluate own performance and peer performance and identify areas for development.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate. Pass, throw, catch, pivot, opposition, team work, evaluate, feedback, assess</p>	<p>catching in isolation and in combination</p> <p>Key Skills: Continue to develop skill in game play, direct others during games in order to gain and keep passion, develop effective and purposeful communication.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Position, Passing, Game area, possession, communication, attacking, attacker, defending, defender, midfield, position, dodging, weaving, marking, intercepting, opponent, anticipate. running, jumping, throwing.</p>	<p>activity challenges both individually and within a team. To play competitive games, develop flexibility, strength, technique, control and balance, use running, jumping, throwing and catching in isolation and in combination</p> <p>Key Skills: Work together in small groups, develop problem solving skills, confidently follow directions and maps with accuracy. Work to a time limit and develop navigational and leadership skills.</p> <p>Use running, jumping and throwing skills to work as a part of a team, apply skills learnt effectively in preparation for sports day at the end the summer term.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Position, athletics, event, track, field, running, jumping, throwing, team work, equipment, navigate, decision making, leadership, problem solving.</p> <p>Reflect and improve To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Year 6	Topic Title: Sports games and Team games	Topic Title: Sports games and Team games	Topic Title: Gymnastics and Dance	Topic Title: Gymnastics and Dance	Topic Title: Athletics Key knowledge: To use running, jumping, throwing and	Topic Title: OAA (Outdoor Adventurous Activity),

	<p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Use skills of jumping, throwing, SAQ's and catching in basketball and netball. Assessing and analysing game play, communicate with others during play to gain advantage. Self-evaluate performance during and after a game and identify areas for improvement. Use game rules to play competitively and use tactical approaches to gain advantage. Work as part of a team.</p> <p>Key vocabulary: Analyse, evaluate, tactical, advantage, teamwork, jumping, defending, defence, offence, agility, rapid movements, controlled movements, onside, offside, overhead pass, positions, long pass, short pass, goal, basket, score, record, spatial awareness, attack, forward, marking, intercept, evade</p>	<p>Key knowledge: To use running, jumping, throwing and catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Use skills of jumping, throwing, SAQ's and catching in basketball and netball. Assessing and analysing game play, communicate with others during play to gain advantage. Self-evaluate performance during and after a game and identify areas for improvement. Use game rules to play competitively and use tactical approaches to gain advantage. Work as part of a team.</p> <p>Key vocabulary: Analyse, evaluate, tactical, advantage, teamwork, jumping, defending, defence, offence, agility, rapid movements, onside, offside, overhead pass, positions, long pass, short pass, goal, basket, score, record, spatial awareness, attack, forward, marking, intercept, evade</p>	<p>Key knowledge: To develop flexibility, strength, technique, control and balance. To perform dances using a range of movement patterns.</p> <p>Key Skills: Floor work on mats, improve flexibility, strength and techniques – create routines using different shapes, balances, jumps, counter tension balances, mirroring with varying speed and control. Create a sequenced performance using an apparatus, changing heights, speed and shape. Exaggerate dance movements using expression. Demonstrate a strong imagination when creating sequenced dance movements. Create movements with fluency linking movements and ensuring they flow and begins to show changes of pace and timing. Begin to assess and critic own performance.</p> <p>Key vocabulary: Sequence, pattern, team work, group performance and solo performance, evaluate, feedback, assess, emotion, motif, evoke, apparatus, pace, rhythm, movement, flow, expression, link, timed, feedback, participation, enjoyment team work</p>	<p>Key knowledge: To develop flexibility, strength, technique, control and balance. To perform dances using a range of movement patterns.</p> <p>Key Skills: Floor work on mats, improve flexibility, strength and techniques – create routines using different shapes, balances, jumps, counter tension balances, mirroring with varying speed and control. Create a sequenced performance using an apparatus, changing heights, speed and shape. Exaggerate dance movements using expression. Demonstrate a strong imagination when creating sequenced dance movements. Create movements with fluency linking movements and ensuring they flow and begins to show changes of pace and timing. Begin to assess and critic own performance.</p> <p>Key vocabulary: Sequence, pattern, team work, group performance and solo performance, evaluate, feedback, assess, emotion, motif, evoke, apparatus, pace, rhythm, movement, flow, expression, link, timed, feedback, participation, enjoyment team work</p>	<p>catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Use running, jumping and throwing skills to work as a part of a team, apply skills learnt effectively in preparation for sports day at the end the summer term.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Position, Passing, communication, athletics, event, track, field, running, jumping, throwing, team work.</p>	<p>Athletics – Sports day preparation</p> <p>Key knowledge: To take part in outdoor and adventurous activity challenges both individually and within a team. To use running, jumping, throwing and catching in isolation and in combination and play competitive games.</p> <p>Key Skills: Work together in small groups, develop problem solving skills, confidently follow directions and maps with accuracy. Work to a time limit and develop navigational and leadership skills.</p> <p>Use running, jumping and throwing skills to work as a part of a team, apply skills learnt effectively in preparation for sports day at the end the summer term.</p> <p>Key vocabulary: Catching and throwing, Target throwing, Co-ordination, Position, Passing, communication, athletics, event, track, field, running, jumping, throwing, team work, equipment, navigate, decision making, leadership, problem solving</p> <p>Reflect and improve To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
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