



# PE Progression of Skills

Year Group								
1	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>To explore movement actions with control and link them together with flow.</li> <li>To explore gymnastic actions and shapes.</li> <li>To explore travelling on benches.</li> <li>To explore movement actions with control, and to link them together with flow.</li> <li>To choose and use simple compositional ideas by creating and performing sequences.</li> <li>To repeat and link combinations of gymnastic actions.</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>To change direction during travelling moves.</li> <li>To link travelling moves that change direction and level.</li> <li>To link moves together.</li> <li>To use a variety of moves.</li> <li>To explore basic body patterns and movements to music.</li> <li>To use a variety of moves that change speed and direction.</li> <li>To link together dance moves with gestures</li> </ul>	<b>Multi Skills</b> <ul style="list-style-type: none"> <li>To explore static balancing and understand the concept of bases.</li> <li>To combine a number of co-ordination drills, using upper and lower body movements.</li> <li>To aim a variety of balls and equipment accurately.</li> <li>To time running to stop or intercept the path of a ball.</li> <li>To travel in different ways, showing clear transitions between movements.</li> </ul>	<b>Ball Skills</b> <ul style="list-style-type: none"> <li>To master basic sending and receiving techniques.</li> <li>To develop balance, agility and co-ordination.</li> <li>To master basic sending and receiving skills.</li> <li>To develop balance, agility and co-ordination.</li> <li>To master basic sending and receiving techniques</li> <li>To develop balance, agility and co-ordination.</li> <li>To master basic sending and receiving as well as developing balance agility and co-ordination.</li> </ul>	<b>Throwing and Catching (Field Games)</b> <ul style="list-style-type: none"> <li>To learn skills for striking and fielding games.</li> <li>To practise basic striking, sending and receiving.</li> <li>To use throwing and catching skills in a game.</li> <li>To practise accuracy of throwing and consistent catching.</li> <li>To strike with a racket or bat.</li> <li>To play a game fairly and in a sporting manner.</li> <li>To use fielding skills to play a game</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>To use varying speeds when running.</li> <li>To explore footwork patterns.</li> <li>To explore arm mobility.</li> <li>To explore different methods of throwing.</li> <li>To practise short distance running</li> </ul>		

	<ul style="list-style-type: none"> <li>To link combinations of movements and shapes with control.</li> </ul>	<p>and changing direction in time to music.</p> <ul style="list-style-type: none"> <li>To practise taking off from different positions.</li> <li>To complete an obstacle course with control and agility.</li> </ul>	<ul style="list-style-type: none"> <li>To travel in different directions (side to side, up and down) with control and fluency.</li> <li>To practise ABC (agility, balance and coordination) at circuit stations.</li> </ul>	<ul style="list-style-type: none"> <li>To make use of coordination, accuracy and weight transfer.</li> <li>To develop receiving skills.</li> <li>To use ball skills in game based activities</li> </ul>				
<p><b>Evaluation</b></p> <ul style="list-style-type: none"> <li>To comment on own and others performance.</li> <li>To give comments on how to improve performance.</li> <li>To use appropriate vocabulary when giving feedback.</li> </ul> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>To describe the effect exercise has on the body.</li> <li>To explain the importance of exercise and a healthy lifestyle.</li> </ul>								
2	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To remember and repeat simple gymnastic actions with control.</li> <li>To balance on isolated parts of the body using the floor and hold balance.</li> <li>To develop a range of gymnastic moves, particularly balancing.</li> <li>To link together a number of</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To explore different levels and speeds of movement.</li> <li>To compose and perform simple dance phrases.</li> <li>To show contrasts in simple dances with good body shape and position.</li> <li>To develop a range of dance movements and improve</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>To develop basic pool safety skills and confidence in water.</li> <li>To develop travel in vertical or horizontal position and introduce floats.</li> <li>To develop push and glides, any kick action on front and back with or</li> </ul>	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>To use hand-eye coordination to control a ball.</li> <li>To catch a variety of objects.</li> <li>To vary types of throw.</li> <li>To kick and move with a ball.</li> <li>To develop catching and dribbling skills.</li> <li>To use ball skills in a mini festival.</li> </ul>	<p><b>Throwing and Catching (field games)</b></p> <ul style="list-style-type: none"> <li>To learn skills for playing striking and fielding games.</li> <li>To position the body to strike a ball.</li> <li>To develop catching skills.</li> <li>To throw a ball for distance.</li> <li>To practise throwing skills in a circuit.</li> <li>To play a game fairly and in a sporting manner.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To run with agility and confidence.</li> <li>To learn the best jumping techniques for distance.</li> <li>To throw different objects in a variety of ways.</li> <li>To hurdle an obstacle and maintain effective running style.</li> <li>To run for distance.</li> <li>To complete an obstacle course with control and agility.</li> </ul>		

	<p>gymnastic actions into a sequence.</p> <ul style="list-style-type: none"> <li>To explore ways of travelling around on large apparatus.</li> <li>To choose and use a variety of gymnastic actions to make a sequence</li> </ul>	<p>timing.</p> <ul style="list-style-type: none"> <li>To work to music, creating movements that show rhythm and control.</li> <li>To work to music, creating movements that show rhythm and control.</li> </ul>	<p>without support aids.</p> <ul style="list-style-type: none"> <li>To develop entry and exit, travel further, float and submerge.</li> <li>To develop balance, link activities and travel further on whole stroke.</li> <li>To show breath control.</li> <li>Introduction to deeper water.</li> <li>Treading water.</li> </ul>		<ul style="list-style-type: none"> <li>To use fielding skills to play a game.</li> </ul>			
<p><b>Evaluation</b></p> <ul style="list-style-type: none"> <li>To comment on own and others performance.</li> <li>To give comments on how to improve performance.</li> <li>To use appropriate vocabulary when giving feedback.</li> </ul> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>To describe the effect exercise has on the body.</li> <li>To explain the importance of exercise and a healthy lifestyle.</li> </ul>								
<b>3</b>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To explore jumping techniques and link them with other gymnastic actions.</li> <li>To explore jumping techniques and to link them with other</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To explore dance movements and create patterns of movement.</li> <li>To work with a partner to create dance patterns.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>To develop basic pool safety skills and confidence in water.</li> <li>To develop travel in vertical or horizontal position and</li> </ul>	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>To be aware of others when playing games.</li> <li>To choose the correct skills to meet a challenge.</li> <li>To perform a range of actions, maintaining</li> </ul>	<p><b>Throwing and Catching (field games)</b></p> <ul style="list-style-type: none"> <li>To consolidate and develop a range of skills in striking and fielding.</li> <li>To develop and investigate different ways of throwing and to</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To run in different directions and at different speeds, using a good technique.</li> <li>To improve throwing technique.</li> <li>To reinforce jumping techniques.</li> </ul>		<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>To develop listening skills.</li> <li>To create simple body shapes.</li> <li>To listen to instructions from a partner/ adult.</li> <li>To begin to think activities through and problem solve.</li> </ul>

	<p>gymnastic actions.</p> <ul style="list-style-type: none"> <li>• To select and adapt gymnastics actions to meet the task.</li> <li>• To work with a partner or a small group to create a sequence that develops jumping skills.</li> <li>• To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music.</li> </ul>	<ul style="list-style-type: none"> <li>• To perform a dance with rhythm and expression.</li> <li>• To use knowledge of dance to create a story in small groups.</li> <li>• To develop precision of movement.</li> <li>• To work cooperatively with a group to create a dance piece.</li> <li>• To perform in front of others with confidence.</li> </ul>	<p>introduce floats.</p> <ul style="list-style-type: none"> <li>• To develop push and glides, any kick action on front and back with or without support aids.</li> <li>• To develop entry and exit, travel further, float and submerge.</li> <li>• To develop balance, link activities and travel further on whole stroke.</li> <li>• To show breath control.</li> <li>• Introduction to deeper water.</li> <li>• Treading water.</li> </ul>	<p>control of the ball.</p> <ul style="list-style-type: none"> <li>• To perform a range of catching and gathering skills with control.</li> <li>• To master the basic catching technique.</li> <li>• To catch with increasing control and accuracy.</li> <li>• To master the basic throwing technique.</li> <li>• To throw and hit a ball in different ways (e.g. high, low, fast or slow).</li> <li>• To apply skills and tactics in small-sided games.</li> <li>• To identify and follow the rules of games.</li> <li>• To choose and use simple tactics to suit different situations.</li> <li>• To react to situations in ways that make it difficult for opponents to win.</li> </ul>	<p>know when it is appropriate to use them.</p> <ul style="list-style-type: none"> <li>• To consolidate and develop a range of skills in striking and fielding.</li> <li>• To practise the correct technique for catching a ball and use it in a game.</li> <li>• To consolidate and develop a range of skills in striking and fielding.</li> <li>• To practise the correct batting technique and use it in a game situation.</li> <li>• To consolidate and develop a range of skills in striking and fielding.</li> <li>• To practise the correct technique for fielding and use it in a game situation.</li> <li>• To consolidate the throwing, catching and batting skills already learned.</li> <li>• To strike the ball for distance.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand the relay and passing the baton.</li> <li>• To choose and understand appropriate running techniques.</li> <li>• To compete in a mini competition, recording scores.</li> </ul>		<ul style="list-style-type: none"> <li>• To discuss and work with others in a group.</li> <li>• To demonstrate an understanding of how to stay safe.</li> </ul>
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					<ul style="list-style-type: none"> <li>To know how to play a striking and fielding game competitively and fairly.</li> </ul>			
<p><b>Evaluation</b></p> <ul style="list-style-type: none"> <li>To watch and describe performances accurately.</li> <li>To begin to think about how they can improve their own work.</li> <li>To work with a partner or small group to improve their skills.</li> <li>To make suggestions on how to improve their work, commenting on similarities and differences.</li> </ul> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>To describe the effect exercise has on the body.</li> <li>To explain the importance of exercise and a healthy lifestyle.</li> <li>To understand the need to warm up and cool down.</li> </ul>								
<b>4</b>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To identify and practise body shapes.</li> <li>To identify and practise symmetrical and asymmetrical body shapes.</li> <li>To construct sequences using balancing and linking movements.</li> <li>To use counterbalances and incorporate them into a sequence of movements.</li> <li>To perform movements in canon and in unison.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To identify and practise the patterns and actions of chosen dance style.</li> <li>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>To create an individual dance that reflects the chosen style.</li> <li>To create partnered dances that</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>To develop basic pool safety skills and confidence in water.</li> <li>To develop travel in vertical or horizontal position and introduce floats.</li> <li>To develop push and glides, any kick action on front and back with or without support aids.</li> <li>To develop entry and exit, travel</li> </ul>	<p><b>Invasion (Football/Hockey)</b></p> <ul style="list-style-type: none"> <li>To keep possession of a ball.</li> <li>To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation.</li> <li>To use accurate passing and dribbling in a game.</li> <li>To identify and apply ways to move the ball towards an opponent's goal.</li> <li>To learn concepts of</li> </ul>	<p><b>Striking and Fielding (Cricket/Rounders)</b></p> <ul style="list-style-type: none"> <li>To develop and investigate different ways of throwing, and to know when each is appropriate.</li> <li>To use ABC (agility, balance, co-ordination) to field a ball well.</li> <li>To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation.</li> <li>To use hand-eye coordination to strike a moving</li> </ul>	<p><b>Net and Wall (Short Tennis)</b></p> <ul style="list-style-type: none"> <li>To become familiar with balls and short tennis rackets.</li> <li>To get the ball into play.</li> <li>To accurately serve underarm.</li> <li>To build up a rally.</li> <li>To build a rally, focusing on accuracy of strokes.</li> <li>To play a variety of shots in a game situation and to explore when different shots should be played.</li> <li>To play a competitive tennis game.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To select and maintain a running pace for different distances.</li> <li>To practise throwing with power and accuracy.</li> <li>To throw safely and with understanding.</li> <li>To demonstrate good running technique in a competitive situation.</li> <li>To explore different footwork patterns.</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>To develop strong listening skills.</li> <li>To use simple maps.</li> <li>Begin to think activities through and problem solve.</li> <li>To choose and apply strategies to solve problems with support.</li> <li>To discuss and work with others in a group.</li> <li>To demonstrate an understanding of how to stay safe.</li> </ul>

	<ul style="list-style-type: none"> <li>To perform and evaluate own and others' sequences.</li> </ul>	<p>reflect the dancing style and apply the key components of dance.</p> <ul style="list-style-type: none"> <li>To perform dance using a range of movement patterns.</li> <li>To perform and evaluate own and others' work.</li> </ul>	<p>further, float and submerge.</p> <ul style="list-style-type: none"> <li>To develop balance, link activities and travel further on whole stroke.</li> <li>To show breath control.</li> <li>Introduction to deeper water.</li> <li>Treading water</li> </ul>	<p>attack and defence.</p> <ul style="list-style-type: none"> <li>To play in a mini competition.</li> </ul>	<p>and a stationary ball.</p> <ul style="list-style-type: none"> <li>To develop fielding skills and understand their importance when playing a game.</li> <li>To play in a competitive situation, and to demonstrate sporting behaviour.</li> </ul>		<ul style="list-style-type: none"> <li>To understand which technique is most effective when jumping for distance.</li> <li>To utilise all the skills learned in this unit in a competitive situation.</li> </ul>	
<p><b>Evaluation</b></p> <ul style="list-style-type: none"> <li>To watch and describe performances accurately.</li> <li>To learn from others how they can improve their skills.</li> <li>To comment on tactics and techniques to help improve performance.</li> <li>To make suggestions on how to improve their work, commenting on similarities and differences.</li> </ul> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>To describe the effect exercise has on the body.</li> <li>To explain the importance of exercise and a healthy lifestyle.</li> <li>To understand the need to warm up and cool down.</li> </ul>								
<b>5</b>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To identify and practise body shapes and balances.</li> <li>To identify and practise symmetrical and asymmetrical body shapes.</li> <li>To use and refine the following skills: flexibility,</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To identify and practise the patterns and actions of the chosen dance style.</li> <li>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>To develop basic pool safety skills and confidence in water.</li> <li>To develop travel in vertical or horizontal position and introduce floats.</li> <li>To develop push</li> </ul>	<p><b>Invasion (Netball)</b></p> <ul style="list-style-type: none"> <li>To demonstrate basic passing and receiving skills using a netball.</li> <li>To develop an understanding and knowledge of the basic footwork rule of netball.</li> <li>To use good hand/eye co-</li> </ul>	<p><b>Striking and Fielding (Cricket)</b></p> <ul style="list-style-type: none"> <li>To develop skills in batting and fielding.</li> <li>To choose fielding techniques.</li> <li>To run between the wickets.</li> <li>To run, throw and catch.</li> <li>To develop a safe and</li> </ul>	<p><b>Net and Wall (Tennis)</b></p> <ul style="list-style-type: none"> <li>To identify and apply techniques for hitting a tennis ball.</li> <li>To develop the techniques for ground strokes and volleys.</li> <li>To develop a backhand technique and use it in a game.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To use correct technique to run at speed.</li> <li>To develop the ability to run for distance.</li> <li>To throw with accuracy and power.</li> <li>To identify and apply</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>To develop strong listening skills.</li> <li>To use and interpret simple maps.</li> <li>To think activities through and problem solve using general knowledge.</li> <li>To choose and apply strategies to solve problems with support.</li> <li>To discuss and work with others in a group.</li> </ul>

	<p>strength, balance, power and mental focus.</p> <ul style="list-style-type: none"> <li>• To develop skills for movement, including rolling, bridging and dynamic movement.</li> <li>• To use counterbalances and incorporate them into a sequence of movements.</li> <li>• To perform movements in canon and in unison.</li> <li>• To perform and evaluate own and others' sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• To create and perform an individual dance that reflects the chosen dance style.</li> <li>• To create partnered dances that reflect the chosen dancing style and apply the key components of dance.</li> <li>• To create group dances that reflect the dance style.</li> <li>• To perform a dance using a range of movement patterns.</li> <li>• To perform and evaluate own and others' work.</li> </ul>	<p>and glides, any kick action on front and back with or without support aids.</p> <ul style="list-style-type: none"> <li>• To develop entry and exit, travel further, float and submerge.</li> <li>• To develop balance, link activities and travel further on whole stroke.</li> <li>• To show breath control.</li> <li>• Introduction to deeper water.</li> <li>• Treading water.</li> </ul>	<p>ordination to pass and receive a ball successfully.</p> <ul style="list-style-type: none"> <li>• To develop skills in the range of passes - chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel.</li> <li>• To understand the importance of 'getting free' in order to receive a pass.</li> <li>• To understand how to make space by moving away and coming back and by dodging.</li> <li>• To be able to demonstrate a range of defending skills and understand how to mark an opponent.</li> <li>• To understand how to intercept a pass.</li> <li>• To learn how to shoot.</li> <li>• To understand the different</li> </ul>	<p>effective overarm throw.</p> <ul style="list-style-type: none"> <li>• To learn batting control.</li> <li>• To use all the skills learned by playing in a mini tournament.</li> </ul>	<ul style="list-style-type: none"> <li>• To practise techniques for all strokes.</li> <li>• To use the scoring system and court for singles tennis.</li> <li>• To play a tennis game using an overhead serve and the correct selections of shots.</li> <li>• To understand and use doubles scoring in a tennis game.</li> </ul>	<p>techniques of relay running.</p> <ul style="list-style-type: none"> <li>• To explore different footwork patterns.</li> <li>• To understand which technique is most effective when jumping for distance.</li> <li>• Learn how to use skills to improve the distance of a pull throw.</li> <li>• To demonstrate good techniques in a competitive situation.</li> </ul>	<ul style="list-style-type: none"> <li>• To demonstrate an understanding of how to stay safe.</li> </ul>
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				positions in a netball team (five-a-side). • To recognise which positions are attacking and which are defending.				
<p><b>Evaluation</b></p> <ul style="list-style-type: none"> <li>• To watch and describe performances accurately.</li> <li>• To learn from others how they can improve their skills.</li> <li>• To comment on tactics and techniques to help improve performance.</li> <li>• To make suggestions on how to improve their work, commenting on similarities and differences.</li> </ul> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• To describe the effect exercise has on the body.</li> <li>• To explain the importance of exercise and a healthy lifestyle.</li> <li>• To understand the need to warm up and cool down.</li> </ul>								
<b>6</b>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• To identify and practise gymnastic shapes and balances.</li> <li>• To identify and practise symmetrical and asymmetrical body shapes.</li> <li>• To construct sequences using balancing and linking movements</li> <li>• To use counterbalances and incorporate them into a sequence of movements.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• To identify and practise the patterns and actions in a street dance style.</li> <li>• To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>• To create a dance that represents a street dance style.</li> <li>• To create a dance as a group, using</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• To develop basic pool safety skills and confidence in water.</li> <li>• To develop travel in vertical or horizontal position and introduce floats.</li> <li>• To develop push and glides, any kick action on front and back with or without support aids.</li> <li>• To develop entry and</li> </ul>	<p><b>Invasion (Rugby)</b></p> <ul style="list-style-type: none"> <li>• To understand the basic rules of tag rugby.</li> <li>• To work as a team, using ball-handling skills.</li> <li>• To pass and carry a ball using balance and coordination.</li> <li>• To use skills learned to play a game of tag rugby.</li> <li>• To apply rules and skills learned to a game.</li> <li>• To play in a mini tag rugby competition.</li> </ul>	<p><b>Striking and Fielding (Rounders)</b></p> <ul style="list-style-type: none"> <li>• To throw under catch pressure.</li> <li>• To use fielding skills to stop the ball effectively.</li> <li>• To learn batting control.</li> <li>• To learn the role of backstop.</li> <li>• To play in a tournament and work as team, using tactics in order to beat another team.</li> <li>• To play in a tournament and work as team, using tactics in</li> </ul>	<p><b>Net and Wall (Tennis/Badminton)</b></p> <ul style="list-style-type: none"> <li>• To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</li> <li>• To use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket.</li> <li>• Understand how to serve the shuttle in order to start the game.</li> <li>• Recognise the difference between the low serve and the high serve.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• To investigate running styles and changes of speed.</li> <li>• To practise throwing with power and accuracy.</li> <li>• To throw safely and with understanding.</li> <li>• To demonstrate good running technique in a competitive situation.</li> <li>• To explore different footwork patterns.</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>• To develop strong listening skills.</li> <li>• To use and interpret simple maps.</li> <li>• To think activities through and problem solve using general knowledge.</li> <li>• To choose and apply strategies to solve problems with support.</li> <li>• To discuss and work with others in a group.</li> <li>• To demonstrate an understanding of how to stay safe.</li> </ul>

	<ul style="list-style-type: none"> <li>• To perform movements in canon and in unison.</li> <li>• To perform and evaluate own and others' sequences.</li> </ul>	<p>any street dance moves.</p> <ul style="list-style-type: none"> <li>• To create a dance as a group, using any street dance moves.</li> <li>• To perform and analyse own and others' performance.</li> </ul>	<p>exit, travel further, float and submerge.</p> <ul style="list-style-type: none"> <li>• To develop balance, link activities and travel further on whole stroke.</li> <li>• To show breath control.</li> <li>• Introduction to deeper water.</li> <li>• Treading water.</li> </ul>		<p>order to beat another team.</p>	<ul style="list-style-type: none"> <li>• To develop children's ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play.</li> <li>• To understand that the drop shot is an attacking shot, and why.</li> <li>• To know where the drop should be aimed for, for it to be most productive, and why.</li> <li>• To understand how to use different shots to outwit an opponent in a game.</li> <li>• To develop knowledge, understanding and principles within a doubles game, including tactics and strategies used.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand which technique is most effective when jumping for distance.</li> <li>• To utilise all the skills learned in this unit in a competitive situation.</li> </ul>	
<p><b>Evaluation</b></p> <ul style="list-style-type: none"> <li>• To watch and describe performances accurately.</li> <li>• To learn from others how they can improve their skills.</li> <li>• To comment on tactics and techniques to help improve performance.</li> <li>• To make suggestions on how to improve their work, commenting on similarities and differences.</li> </ul> <p><b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• To can describe the effect exercise has on the body.</li> </ul>								

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|  | <ul style="list-style-type: none"><li>• To explain the importance of exercise and a healthy lifestyle.</li><li>• To understand the need to warm up and cool down.</li></ul> |
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