

PE Progression, Vocabulary & Embedded Knowledge

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE: Unit 1	Fundamentals: Unit 1	Gymnastics: Unit 1	Games: Unit 1	Dance: Unit 1	Ball Skills: Unit 1
Vocabulary	<p><i>Backwards</i> <i>Forwards</i> <i>Path</i> <i>Safely</i> <i>Sideways</i> <i>Stop</i> <i>Direction</i> <i>Partner</i> <i>Rules</i> <i>Score</i> <i>Space</i></p>	<p><i>Balance</i> <i>Direction</i> <i>Jump</i> <i>Run</i> <i>Slow</i> <i>Bend</i> <i>Fast</i> <i>Land</i> <i>Safely</i> <i>Space</i> <i>Travel</i> <i>Crawl</i> <i>Hop</i> <i>Rules</i> <i>Slide</i> <i>Stop</i></p>	<p><i>Around</i> <i>Copy</i> <i>Land</i> <i>Roll</i> <i>Star</i> <i>Balance</i> <i>Hold</i> <i>Over</i> <i>Shape</i> <i>Still</i> <i>Bend</i> <i>Jump</i> <i>Rock</i> <i>Squeeze</i> <i>Straight</i> <i>Travel</i></p>	<p><i>Aim</i> <i>Direction</i> <i>Kick</i> <i>Partner</i> <i>Points</i> <i>Safely</i> <i>Stop</i> <i>Win</i> <i>Bounce</i> <i>Dribble</i> <i>Land</i> <i>Pass</i> <i>Rules</i> <i>Score</i> <i>Team</i> <i>Catch</i> <i>Jump</i> <i>Lose</i> <i>Path</i> <i>Run</i> <i>Space</i> <i>Throw</i></p>	<p><i>Action</i> <i>Direction</i> <i>High</i> <i>Move</i> <i>Shape</i> <i>Space</i> <i>Travel</i> <i>Counts</i> <i>Finish Position</i> <i>Low</i> <i>Quickly</i> <i>Slowly</i> <i>Start Position</i></p>	<p><i>Ball</i> <i>Catch</i> <i>Hit</i> <i>Partner</i> <i>Ready</i> <i>Run</i> <i>Target</i> <i>Bounce</i> <i>Dribbling</i> <i>Kick</i> <i>Points</i> <i>Roll</i> <i>Score</i> <i>Throw</i></p>
Embedded Knowledge	<p>I am beginning to demonstrate balance.</p> <p>I am beginning to negotiate space safely.</p> <p>I am beginning to take turns with others.</p> <p>I can explore movement skills.</p>	<p>I am beginning to negotiate space safely.</p> <p>I am beginning to take turns with others.</p> <p>I am building my confidence to try new challenges.</p> <p>I can explore movement skills, beginning to</p>	<p>I am beginning to negotiate space safely.</p> <p>I am beginning to take turns.</p> <p>I am building my confidence to try new challenges.</p> <p>I can explore movement skills.</p>	<p>I am beginning to explore a range of ball skills.</p> <p>I am beginning to negotiate space safely.</p> <p>I am beginning to take turns with others.</p>	<p>I am beginning to negotiate space safely.</p> <p>I am beginning to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>I am building my confidence to try new challenges and perform in front of others.</p>	<p>I am beginning to explore a range of ball skills.</p> <p>I am beginning to negotiate space safely.</p> <p>I am beginning to take turns with others.</p> <p>I can make guided choices.</p>

	<p>I can make guided choices.</p> <p>I follow instructions with support.</p>	<p>demonstrate balance and co-ordination when playing games.</p> <p>I follow instructions with support.</p> <p>I play games honestly guided by rules with support.</p>	<p>I can match skills to tasks and apparatus.</p> <p>I can use a range of large and small apparatus with an awareness of safety.</p> <p>I follow instructions with support.</p>	<p>I am beginning to understand how I feel in different situations.</p> <p>I can explore movement skills.</p> <p>I follow instructions with support.</p> <p>I play games honestly guided by the rules with support.</p>	<p>I can explore movement skills.</p> <p>I follow instructions with support.</p> <p>I show respect towards others.</p>	<p>I persevere with support when trying new challenges.</p> <p>I play ball games guided by the rules with support.</p>
Reception	Introduction to PE: Unit 2	Fundamentals: Unit 2	Gymnastics: Unit 2	Games: Unit 2	Dance: Unit 2	Balls Skills: Unit 2
Vocabulary	<p><i>Backwards</i></p> <p><i>Forwards</i></p> <p><i>Path</i></p> <p><i>Safely</i></p> <p><i>Sideways</i></p> <p><i>Stop</i></p> <p><i>Direction</i></p> <p><i>Partner</i></p> <p><i>Rules</i></p> <p><i>Score</i></p> <p><i>Space</i></p>	<p><i>Balance</i></p> <p><i>Direction</i></p> <p><i>Jump</i></p> <p><i>Run</i></p> <p><i>Slow</i></p> <p><i>Bend</i></p> <p><i>Fast</i></p> <p><i>Land</i></p> <p><i>Safely</i></p> <p><i>Space</i></p> <p><i>Travel</i></p> <p><i>Crawl</i></p> <p><i>Hop</i></p> <p><i>Rules</i></p> <p><i>Slide</i></p> <p><i>Stop</i></p>	<p><i>Around</i></p> <p><i>Copy</i></p> <p><i>Land</i></p> <p><i>Roll</i></p> <p><i>Star</i></p> <p><i>Balance</i></p> <p><i>Hold</i></p> <p><i>Over</i></p> <p><i>Shape</i></p> <p><i>Still</i></p> <p><i>Bend</i></p> <p><i>Jump</i></p> <p><i>Rock</i></p> <p><i>Squeeze</i></p> <p><i>Straight</i></p> <p><i>Travel</i></p>	<p><i>Aim</i></p> <p><i>Direction</i></p> <p><i>Kick</i></p> <p><i>Partner</i></p> <p><i>Points</i></p> <p><i>Safely</i></p> <p><i>Stop</i></p> <p><i>Win</i></p> <p><i>Bounce</i></p> <p><i>Dribble</i></p> <p><i>Land</i></p> <p><i>Pass</i></p> <p><i>Rules</i></p> <p><i>Score</i></p> <p><i>Team</i></p> <p><i>Catch</i></p> <p><i>Jump</i></p> <p><i>Lose</i></p> <p><i>Path</i></p> <p><i>Run</i></p> <p><i>Space</i></p> <p><i>Throw</i></p>	<p><i>Action</i></p> <p><i>Direction</i></p> <p><i>High</i></p> <p><i>Move</i></p> <p><i>Shape</i></p> <p><i>Space</i></p> <p><i>Travel</i></p> <p><i>Counts</i></p> <p><i>Finish Position</i></p> <p><i>Low</i></p> <p><i>Quickly</i></p> <p><i>Slowly</i></p> <p><i>Start Position</i></p>	<p><i>Ball</i></p> <p><i>Catch</i></p> <p><i>Hit</i></p> <p><i>Partner</i></p> <p><i>Ready</i></p> <p><i>Run</i></p> <p><i>Target</i></p> <p><i>Bounce</i></p> <p><i>Dribbling</i></p> <p><i>Kick</i></p> <p><i>Points</i></p> <p><i>Roll</i></p> <p><i>Score</i></p> <p><i>Throw</i></p>
Embedded Knowledge	<p>I can make independent choices.</p>	<p>I am confident to try new challenges, deciding on the skills I use to complete the task.</p>	<p>I am confident to try new challenges.</p>	<p>I can negotiate space safely with consideration for myself and others.</p>	<p>I am confident to try new challenges and perform in front of others.</p>	<p>I can negotiate space safely with consideration for myself and others.</p>

	<p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively and take turns with others.</p> <p>I understand the rules and can explain why it is important to follow them.</p> <p>I use movement skills with developing balance and co-ordination.</p>	<p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively, take turns and congratulate others.</p> <p>I play games honestly with consideration of the rules.</p> <p>I show an understanding of my feelings and can regulate my behaviour.</p> <p>I use movement skills with developing balance and co-ordination.</p>	<p>I can combine movements, selecting actions in response to the task and apparatus</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p> <p>I work co-operatively with others and take turns.</p>	<p>I follow instructions involving several ideas or actions.</p> <p>I play co-operatively, take turns and encourage others.</p> <p>I play games honestly with consideration of the rules.</p> <p>I show an understanding of my feelings and can regulate my behaviour.</p> <p>I use ball skills with developing competence and accuracy.</p> <p>I use movement skills with developing balance and co-ordination.</p>	<p>I can combine movements, selecting actions in response to the task.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I show respect towards others when providing feedback.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p>	<p>I follow instructions involving several ideas or actions.</p> <p>I persevere when trying new challenges.</p> <p>I play ball games with consideration of the rules.</p> <p>I play co-operatively and take turns with others.</p> <p>I use ball skills with developing competence and accuracy.</p>
<p>Key Stage 1 Cycle B (2025-2026)</p>	<p>Athletics</p>	<p>Sending & Receiving</p>	<p>Yoga</p>	<p>Target Games</p>	<p>Dance</p>	<p>Net & Wall Games</p>
<p><i>Vocabulary</i></p>	<p><i>Overarm</i> <i>Aim</i> <i>Height</i> <i>Sprint</i> <i>Distance</i> <i>Jog</i> <i>Take-off</i> <i>Far</i> <i>Jump</i> <i>Target</i> <i>Fast</i> <i>Landing</i> <i>Throw</i></p>	<p><i>Catch</i> <i>Distance</i> <i>Receive</i> <i>Target</i> <i>Kick</i> <i>Roll</i> <i>Throw</i> <i>Ready position</i> <i>Send</i> <i>Track</i></p>	<p><i>Breathe</i> <i>Choose</i> <i>Create</i> <i>Flexibility</i> <i>Flow</i> <i>Focus</i> <i>Perform</i> <i>Pose</i> <i>Strength</i></p>	<p><i>Accurate</i> <i>Ahead</i> <i>Aim</i> <i>Opponent</i> <i>Overarm</i> <i>Release</i> <i>Strike</i> <i>Target</i> <i>Teammate</i> <i>Underarm</i></p>	<p><i>Balance</i> <i>Beat</i> <i>Copy</i> <i>Fast</i> <i>Level</i> <i>Pathway</i> <i>Pose</i> <i>Timing</i> <i>Create</i> <i>Dynamics</i> <i>Expression</i> <i>Matching</i> <i>Mirroring</i></p>	<p><i>Against</i> <i>Defend</i> <i>Partner</i> <i>Point</i> <i>Quickly</i> <i>Ready position</i> <i>Receive</i> <i>Return</i> <i>Trap</i></p>

					Perform Speed Unison	
Embedded knowledge	<p>I can describe how my body feels during exercise.</p> <p>I can identify good technique</p> <p>I can jump and land with control</p> <p>I can use an overarm throw to help me throw for distance</p> <p>I can work with others, taking turns and sharing ideas.</p> <p>I show balance and co-ordination when running at different speeds.</p> <p>I try my best.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I am beginning to trap and cushion a ball that is coming towards me.</p> <p>I can accurately throw and kick a ball to a partner.</p> <p>I can catch a ball passed to me with and without a bounce.</p> <p>I can roll a ball to hit a target.</p> <p>I can trap a ball and stop it using my hands and feet.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I can work safely to send a ball towards a partner using a piece of equipment.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I can copy, remember and respect yoga flows.</p> <p>I can describe how my body feels during an exercise.</p> <p>I can move from one pose to another thinking about my breath.</p> <p>I can use clear shapes when performing poses</p> <p>I can work with others to create simple flows showing some control.</p>	<p>I am able to select the appropriate skill for the situation.</p> <p>I can throw, roll or strike a ball to a target with some success.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I understand the principles of a target game and can use different scoring systems when playing games.</p> <p>I understand what good technique looks like and can use key words in the feedback I provide.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I can copy, remember, repeat and create dance phrases.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show a character and idea through the actions and dynamics I choose.</p> <p>I can use counts to stay in time with the music.</p> <p>I can work with a partner using mirroring and unison in our actions.</p> <p>I show confidence to perform.</p>	<p>I can defend space on my court using the ready position.</p> <p>I can describe how my body feels during exercise.</p> <p>I can hit a ball over a net and into the court area.</p> <p>I can throw accurately to a partner.</p> <p>I can use simple tactics to make it difficult for an opponent.</p> <p>I know how to score points and can remember the score.</p> <p>I show good sportsmanship when playing against an opponent.</p>
Lower Key Stage 2 Cycle A (2025-2026)	Fitness	Ball Skills	Dance	Handball	Yoga	Cricket
Vocabulary	<p><i>Agility</i></p> <p><i>Balance</i></p> <p><i>Co-ordination</i></p> <p><i>Control</i></p> <p><i>Muscle</i></p> <p><i>Progress</i></p> <p><i>Speed</i></p> <p><i>Stamina</i></p> <p><i>Strength</i></p> <p><i>Technique</i></p>	<p><i>Accurate</i></p> <p><i>Block</i></p> <p><i>Collect</i></p> <p><i>Control</i></p> <p><i>Decision</i></p> <p><i>Momentum</i></p> <p><i>Opponent</i></p> <p><i>Personal best</i></p> <p><i>Possession</i></p> <p><i>Power</i></p> <p><i>Pressure</i></p> <p><i>React</i></p>	<p><i>Action</i></p> <p><i>Re-action</i></p> <p><i>Flow</i></p> <p><i>Order</i></p> <p><i>Performance</i></p> <p><i>Phrase</i></p> <p><i>Relationship</i></p> <p><i>Represent</i></p> <p><i>Rhythm</i></p> <p><i>Structure</i></p>	<p><i>Accelerate</i></p> <p><i>Cushion</i></p> <p><i>Decision</i></p> <p><i>Delay</i></p> <p><i>Deny</i></p> <p><i>Gain</i></p> <p><i>Limit</i></p> <p><i>Momentum</i></p> <p><i>Obstruct</i></p> <p><i>Offside</i></p> <p><i>Onside</i></p> <p><i>Option</i></p>	<p><i>Base</i></p> <p><i>Breath</i></p> <p><i>Contact</i></p> <p><i>Control</i></p> <p><i>Extend</i></p> <p><i>Flexibility</i></p> <p><i>Flow</i></p> <p><i>Hinge</i></p> <p><i>Link</i></p> <p><i>Mindfulness</i></p> <p><i>Pose</i></p> <p><i>Strength</i></p>	<p><i>Accuracy</i></p> <p><i>Caught out</i></p> <p><i>No-ball</i></p> <p><i>Runs</i></p> <p><i>Strike</i></p> <p><i>Tactics</i></p> <p><i>Technique</i></p> <p><i>Tournament</i></p> <p><i>Track</i></p> <p><i>Umpire</i></p> <p><i>Wicket</i></p>

		<i>Receive Select Technique Track</i>		<i>Pressure Protect Support Tackle Timing</i>	<i>Stretch Tilt</i>	
Embedded knowledge	<p>I can go slower or stop then go again when I get tired.</p> <p>I can lean forward to speed up.</p> <p>I can persevere when I find a challenge hard.</p> <p>I can take small steps to change direction.</p> <p>I can work safely with others.</p> <p>I demonstrate balance when performing other fundamental skills.</p> <p>I understand that there are other areas of fitness.</p>	<p>I can accurately use a range of throwing techniques to throw to a target</p> <p>I can catch different sized objects with increasing consistency with one or two hands.</p> <p>I can consistently track the path of a ball that is not sent directly to me.</p> <p>I can dribble a ball with increasing control and co-ordination.</p> <p>I can persevere when learning a new skill.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>I can choose actions and dynamics to convey a character or idea.</p> <p>I can copy and remember set choreography.</p> <p>I can provide feedback using appropriate language relating to the lesson.</p> <p>I can respond imaginatively to a range of stimuli relating to character and narrative.</p> <p>I can use changes in timing and spacing to develop a dance.</p> <p>I can use counts to keep in time with others and the music.</p> <p>I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.</p> <p>I show respect for others when working as a group and watching others perform.</p>	<p>I can self-manage a game with my team-mates and officiate a match by applying the basic rules.</p> <p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can throw, catch and shoot with increasing control.</p> <p>I can use simple tactics to help my team gain possession.</p> <p>I understand the rules of the game and I can use them often and honestly.</p>	<p>I can copy and link yoga poses together to create a short flow.</p> <p>I can describe how yoga makes me feel.</p> <p>I can move from one pose to another considering my breath.</p> <p>I can provide feedback using key words.</p> <p>I can work with others to create a flow including a number of poses.</p> <p>I show some stability when holding my yoga poses.</p>	<p>I am able to bowl a ball towards a target.</p> <p>I am beginning to strike a bowled ball after a bounce.</p> <p>I am developing an understanding of tactics and I am beginning to use them honestly.</p> <p>I can persevere when learning a new skill.</p> <p>I can provide feedback using key words.</p> <p>I can use overarm and underarm throwing and catching skills.</p> <p>I work co-operatively with my group to self-manage games.</p>
Year 5	Fitness	OAA	Dance	Tag Rugby	Gymnastics	Badminton
Vocabulary	<i>Agility Consistent Drive Dynamic Motivate Persevere Power React</i>	<i>Cardinal points Compromise Concise Critical thinking Landmark Navigation Negotiate Orientate</i>	<i>Choreograph Choreography Collaboratively Genre Motif Posture Quality Transition</i>	<i>Angle Ball Carrier Barrier Close Down Create Dominant Drive Maintain</i>	<i>Asymmetrical Canon Cartwheel Decide Extension Identify Mirroring Observe</i>	<i>Adjust Communicate Dominant Non-dominant Pressure Serve Sportsmanship Situation</i>

	<i>Rhythm Stable Stamina Static Strength</i>	<i>Solve Strategy Verbal Visual</i>		<i>Rebound Situation Sporting Behaviour Sportsmanship Stance</i>	<i>Performance Quality Stable Symmetrical Synchronisation Transition</i>	<i>Tactic Technique</i>
Embedded knowledge	<p>I can analyse my performance in relation to the fitness component being used.</p> <p>I can work with others to manage activities.</p> <p>I demonstrate good balance and control when performing other fundamental skills.</p> <p>I show accuracy and power when throwing for distance.</p> <p>I understand the different components of fitness and how they help me in other activities.</p> <p>I understand what my maximum effort looks like and I am determined to achieve it.</p>	<p>I am inclusive of others and can share job roles.</p> <p>I can navigate around a course using a map.</p> <p>I can orientate a map confidently.</p> <p>I can reflect on when I was successful at solving challenges and alter my methods in order to improve.</p> <p>I can use critical thinking to approach a task.</p> <p>I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</p>	<p>I can accurately copy and repeat set choreography.</p> <p>I can choreograph phrases individually and with others considering actions and dynamics.</p> <p>I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing.</p> <p>I can lead a group through short warm-up routines. I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.</p> <p>I can suggest ways to improve my own and other people's work using key terminology.</p> <p>I can use counts when choreographing to stay in time with others and the music.</p> <p>I can use feedback provided to improve my work.</p>	<p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can pass and receive the ball with some control under pressure.</p> <p>I can tag opponents and close down space.</p> <p>I know what position I am playing in and how to contribute when attacking and defending.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this</p>	<p>I can create and perform sequences using apparatus, individually and with a partner.</p> <p>I can lead a partner through short warm-up routines.</p> <p>I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.</p> <p>I can use feedback provided to improve my work.</p> <p>I can use set criteria to make simple judgments about performances and suggest ways they could be improved.</p> <p>I can use strength and flexibility to improve the quality of a performance.</p> <p>I can work safely when learning a new skill to keep myself and others safe.</p>	<p>I am developing a wider range of skills and I am beginning to use them under some pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use feedback provided to improve my work.</p> <p>I can work co-operatively with others to manage our game.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>
Year 6	Fitness	OAA	Dance	Hockey	Gymnastics	Tennis
Vocabulary	<i>Abdominals Agility Analyse Calves Co-ordination</i>	<i>Adhere Contribute Evaluate Approach Determine</i>	<i>Aesthetic Inspiration Rehearse Express Mood</i>	<i>Abide Consecutive Dictate Appropriate Consistency</i>	<i>Aesthetics Counter tension Handstand Competent Engage</i>	<i>Abide Appropriate Doubles Limit Official</i>

	<i>Consistent</i> <i>Drive</i> <i>Engage</i> <i>Measure</i> <i>Motivate</i> <i>Persevere</i> <i>Power</i> <i>Quadriceps</i> <i>Record</i> <i>Rhythm</i> <i>Stable</i>	<i>Inclusive</i> <i>Location</i>	<i>Stimulus</i> <i>Freeze-frame</i> <i>Refine</i> <i>Style</i>	<i>Draw</i> <i>Transition</i> <i>Assess</i> <i>Contest</i> <i>Extend</i> <i>Turnover</i> <i>Ball-side</i> <i>Definite</i> <i>React</i>	<i>Progression</i> <i>Contrasting</i> <i>Execution</i> <i>Refine</i> <i>Fight</i> <i>Structure</i> <i>Counter balance</i> <i>Formation</i> <i>Vault</i>	<i>Placement</i> <i>Prepare</i> <i>Pressure</i> <i>Recover</i> <i>Serve</i> <i>Service</i> <i>Stance</i> <i>Volley</i>
Embedded knowledge	<p>I can change my running technique to adapt to different distances.</p> <p>I can collect, record and analyse scores to identify areas where I have made the most improvement.</p> <p>I can work with others to organise, manage and record information t a station.</p> <p>I encourage and motivate others to work to their best.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>I understand the different components of fitness and ways to test and develop them.</p> <p>I work to my maximum consistently when presented with challenges.</p>	<p>I am inclusive of others, can share job roles and lead when necessary.</p> <p>I can orientate a map efficiently to navigate around a course.</p> <p>I can pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>I can use critical thinking skills to form ideas and strategies to solve challenges.</p> <p>I can work effectively with a partner and a group to solve challenges.</p> <p>With increasing accuracy, I can reflect on when and how I am successful at solving challenges and alter my methods in order to improve</p>	<p>I can choreograph a dance and work safely using a prop.</p> <p>I can lead a small group through a short warm-up routine.</p> <p>I can perform dances confidently and fluently with accuracy and good timing.</p> <p>I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.</p> <p>I can use appropriate language to evaluate and refine my own and others' work.</p> <p>I can use feedback provided to improve the quality of my work.</p> <p>I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.</p>	<p>I can create and use space to help my team.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control. under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use marking, tackling and/or interception to improve my defence.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>I can combine and perform gymnastic actions, shapes and balances with control and fluency.</p> <p>I can create and perform sequences using compositional devices to improve the quality.</p> <p>I can lead a small group through a short warm-up routine.</p> <p>I can use appropriate language to evaluate and refine my own and others' work.</p> <p>I can work collaboratively with others to create a sequence.</p> <p>I understand how to work safely when learning a new skill.</p> <p>I understand what counter balance and counter tension is and can show examples with a partner.</p>	<p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use a wider range of skills with increasing control under pressure.</p> <p>I can use feedback provided to improve the quality of my work.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that the games run smoothly.</p> <p>I recognise my own and others strengths and areas of development and ca suggest ways to improve.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p>