

Outdoor Games Coverage Overview

EYFS Statutory Educational Programme and National Curriculum

EYFS

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Subject content Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

National Curriculum – yellow highlights where this links more with the outdoor games strand of the curriculum

Outdoor Games Annual Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	No specific fundamentals sessions (all in provision)	Locomotion	Athletics	Fine Motor Skills	Locomotion	Personal Challenges
Reception	Fundamental Movement 1	Athletics	Invasion Games	Personal Challenges	Target Games	Net and Wall Games
Year 1	Fundamental Movement 2	Invasion games 2	Athletics 2	Target games 2	Net and Wall games 2	Striking and fielding games 1
Year 2	Fundamental Movement 3	Invasion Games 2	Target Games 3	Net and Wall Games 2	Striking and Fielding 3	Athletics 2
Year 3	Tag Rugby	Basketball	Football	Hockey	Athletics	Cricket
Year 4	Tag Rugby	Basketball	Football	Hockey	Athletics	Cricket

Year 5	Tag Rugby	Basketball	Football	Hockey	Athletics	Cricket
Year 6	Tag Rugby	Basketball	Football	Hockey	Athletics	Cricket

Specific Objective Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery		Social distance (SD1 – nursery skills) Find a space Balance on one leg Move a ball in different directions Negotiate space successfully Move freely with confidence in a range of ways Gallop confidently with either leg	Locomotion (L1) Finding a space Walking forwards and backwards Hop on either leg Negotiate space successfully Move freely with confidence in a range of ways Dodge Gallop	Fine motor Pick up, carry and put down with care Thread with control Use strength in hand to manipulate objects Build carefully using small objects	Stability (S1) Balance on one leg whilst still Maintain balance whilst moving slowly Twist bend and reach whilst maintaining balance Respond quickly to instructions Jump and leap in a variety of ways Maintain balance whilst	Yoga Perform a butterfly pose, lion pose, tree pose and downward dog Pose and hold in specific ways Stretch high and maintain balance <i>(to note: not all PE Passport is followed in this unit due to</i>

					lifting and carrying Picking something up whilst balancing on one leg Push down up forward backward and high Pull down up forward backward and high	<i>being too focused on context not content)</i>
Reception	Social distance (SD 1- reception skills) Walk forwards and backwards, stopping when instructed Negotiate space successfully Maintain balance whilst moving slowly	Fundamental movement (FM1) Run skillfully Negotiate space successfully Use tools to manipulate objects Show increasing control over an object	Invasion games (IG1) Pass the ball from chest using a bounce pass Get into ready position to receive a bounce pass Change direction confidently	Target games (TG1) Throw a ball under arm with some accuracy at a target Throw under arm accurately Strike a ball by foot for power	Net and Wall games (NWG 1) Send a ball with some degree of accuracy Receive a ball by moving swiftly into the right position Strike a ball with one hand whilst it's air borne	Athletics (A1) Share space and run with my head up React quickly Jump one foot to two feet and two feet to two feet Co-ordinate and run with a jump

	<p>Apply right amount of force to a ball</p> <p>Jumping different ways and in control</p> <p>Dodge</p> <p>Slide to left and right</p> <p>Manipulate objects whilst galloping</p>	<p>Balance on one leg</p> <p>Move through an obstacle course skillfully</p> <p>Thread objects</p>	<p>Move around safely in limited space</p> <p>Bounce a ball and track it with eyes</p> <p>Dribble a ball with feet</p> <p>Track a ball using foot</p> <p>Push-pass a hockey ball</p> <p>Receive a hockey ball</p> <p>Stop a ball with feet by trapping</p>	<p>Kick a ball with accuracy with both feet</p> <p>Roll a ball with some accuracy</p> <p>Roll with some accuracy with both hands</p>	<p>Strike and volley a ball with some degree of accuracy</p> <p>Strike a ball using an open palm</p> <p>Receive a ball using an open palm</p> <p>Strike a small ball with an open palm</p> <p>Throw with accuracy and power</p>	<p>Throw accurately</p> <p>Run efficiently in a lane</p> <p>Sustain my form during a race</p> <p>Jump for height</p> <p>Time my take off to clear an obstacle</p> <p>Throw a variety of pieces of equipment well</p>
Year 1	<p>Fundamental movement (FM2)</p> <p>Hop</p> <p>Move carefully retaining balance</p> <p>Travel backwards safely</p> <p>Jump in a variety of ways</p>	<p>Invasion games (IG 2)</p> <p>Throw overarm to partner to catch after one bounce</p> <p>Catch a ball consistently after one bounce</p>	<p>Athletics (A2)</p> <p>Show anticipation ahead of work</p> <p>React quickly</p> <p>Retain focus</p> <p>Jump in a variety of ways</p> <p>Cushion knees when landing</p>	<p>Target Games (TG2)</p> <p>Co-ordinate the skill of kicking a ball consistently</p> <p>Co-ordinate the action of kicking with either foot</p> <p>Kick a ball with increased accuracy with both feet</p>	<p>Net and Wall Games (NWG 2)</p> <p>Send a receive a ball with some degree of accuracy</p> <p>Move quickly into good positions to catch</p>	<p>Striking and fielding (SF 1)</p> <p>Use both hands whilst fielding</p> <p>Get into lien with the ball and field it</p> <p>Stop a ball with two hands, create a barrier</p>

	<p>Land safely in different jumps Combine a run and jump Dodge Move safely with awareness of others Attack and defend Strike a ball accurately with power with lace</p>	<p>Catch a ball consistently on the full Move my opponent around the court when playing against them Track an opponent Intercept a pass Dodge to beat an opponent Close the space down attackers have to work in Pass the ball consistently with control Retain possession of the ball Compete with special awareness in team games Pass and move decisively</p>	<p>Discover and develop different styles of jumping Leap, jump and hop Add a short run to the jump Throw with good technique Throw with a run up Demonstrate a variety of athletic techniques competently</p>	<p>Strike a ball at a target using equipment Strike a ball at a target with some degree of force Strike into spaces Choose correctly when it's best to throw underarm or overarm Throw a ball overarm with some accuracy at a target Throw overarm on one bounce to a friend Receive a ball consistently well after one bounce</p>	<p>Strike a ball with some degree of accuracy Volley a ball by getting in line and underneath it Send a ball with increasing accuracy Keep a rally going with a partner Develop a good grip and stance Begin to strike with more consistency and accuracy on the fore-hand Return after one bounce that has been thrown by a partner Begin to rally a few shots with more success Strike a back hand from my own feed</p>	<p>behind it with my feet or body Bowl a ball overarm at a target Strike a ball off a tee Pick up a ball with one hand and throw it underarm Chase and retrieve a ball Make good decisions when batting about when to run and when not to Bowl either underarm or overarm with some accuracy</p>
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					Play a game against an opponent using a variety of shots	
Year 2	<p>Fundamental movement (FM 3)</p> <p>Skip using a rope</p> <p>Jump in a variety of ways</p> <p>Dribble a ball with either hand</p> <p>Travel with a ball with head up and the ball under control</p> <p>Receive a ball and trap it</p> <p>Cushion a pass sent</p> <p>Pass in different ways</p> <p>Pass accurately</p> <p>Jump for height</p>	<p>Invasion games (IG 2)</p> <p>Throw overarm to partner to catch after one bounce</p> <p>Catch a ball consistently after one bounce</p> <p>Catch a ball consistently on the full</p> <p>Move my opponent around the court when playing against them</p> <p>Track an opponent</p> <p>Intercept a pass</p>	<p>Athletics (A2)</p> <p>Demonstrate agility, balance and co-ordination</p> <p>Co-ordinate a run with a jump</p> <p>Recap:</p> <p>Discover and develop different styles of jumping</p> <p>Leap, jump and hop</p> <p>Add a short run to the jump</p> <p>Throw with good technique</p>	<p>Target Games (TG3)</p> <p>Throw a ball underarm with either hand and with some accuracy at a target</p> <p>Kick a ball with accuracy with both feet</p> <p>Strike at targets that move</p> <p>Roll with good technique with either hand</p> <p>Roll with some accuracy with either hand</p> <p>Kick a ball with some accuracy with both feet</p>	<p>Net and Wall games (NWG2)</p> <p>Recap:</p> <p>Send a receive a ball with some degree of accuracy</p> <p>Move quickly into good positions to catch</p> <p>Strike a ball with some degree of accuracy</p> <p>Volley a ball by getting in line and underneath it</p>	<p>Striking and fielding (SF2)</p> <p>Catch a ball after one bounce</p> <p>Strike a ball off a tee</p> <p>Bowl overarm with a straight arm</p> <p>Stop the ball as a wicket keeper</p> <p>Pick up a ball one handed and return it under arm</p> <p>Return a ball quickly from bootlaces</p>

	<p>Broad jump for distance Catch consistently well Signal to show wanting the ball</p>	<p>Dodge to beat an opponent Close the space down attackers have to work in Pass the ball consistently with control Retain possession of the ball Compete with special awareness in team games Pass and move decisively</p> <p>Adaptation from Y1 (as above, with this threaded through)</p> <p>Attack and defend As a group, defend effectively</p>	<p>Throw with a run up Demonstrate a variety of athletic techniques competently</p>	<p>Strike with more control over the height of kick Strike a ball with racket or bat at a target with some degree of force Strike with a degree of accuracy Aim with accuracy at a target so it hits on second bounce Throw flatter with more force</p>	<p>Send a ball with increasing accuracy Keep a rally going with a partner Develop a good grip and stance Begin to strike with more consistency and accuracy on the fore-hand Return after one bounce that has been thrown by a partner Begin to rally a few shots with more success Strike a back hand from my own feed Play a game against an opponent using a variety of shots</p> <p>Adaptations:</p>	<p>Back team mates up whilst fielding Chase a ball and throw it back accurately Strike a ball off a tee whilst on the move Apply the above to a game</p>
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		As a group, attack effectively Apply tactics to a game			Applying the above to different games and scenarios	
Year 3	Tag rugby	Basketball	Football	Hockey	Athletics	Cricket
	Scoop a ball up from the floor	I can control a basketball using both hands and perform various skills	Trap a ball and cushion it when receiving	Dribble a ball confidently	Use the correct technique to start a sprint race	Stand sideways- on, with a high back lift, ready to receive a ball
	Dodge to avoid being tagged by an opponent	I can control the ball on the move (dribble) and keep my head up to be aware of my environment	Pass the ball accurately	Develop my dribbling technique	Hurdle efficiently and consistently	Step back and across to pull a short ball
	Tag safely		Dribble a ball using both feet and manipulate it using different parts of the foot	Change direction easily	Develop the technique and consistency of my jumps	Bowl a ball overarm with a straight arm
	Pocket pass with accuracy form my right and left	I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a	Shield a ball from an opponent	Pass a ball accurately	Throw overarm accurately	Take up a wicket keeping stance and take balls bowled on both sides of the wicket
	Make a target to receive the ball		Turn confidently with a football	Control a ball sent to me	Throw overarm with power, for distance	
				Pass in a variety of ways using good technique	Accurately replicate the	

	<p>Send and receive a ball under pressure</p> <p>Pass a rugby ball backwards accurately</p> <p>Pass backwards consistently</p> <p>Create an overlap</p> <p>Pass, missing out players in a line</p> <p>Set up defensively opposite an opponent</p> <p>Apply a range of skills effectively in a game of rugby</p> <p>Play to the rules</p>	<p>chest pass and bounce pass</p> <p>I can pass the ball on the move with good technique and communicate with my team mates</p> <p>I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball</p> <p>I can dribble, pass and shoot the basketball using correct the correct technique to play in a game</p>	<p>Play a small game and demonstrate my turns</p> <p>Make good decisions when in possession</p> <p>Compensate for a numerical disadvantage by being very well organised</p> <p>Defend well, watching the ball, jockeying to await the moment to pounce and being decisive</p> <p>Focus and retain my concentration when the ball isn't in my area of the pitch</p>	<p>Receive a pass on the run</p> <p>Perform a job tackle</p> <p>Play advantage appropriately</p> <p>Compete in a hockey tournament</p> <p>Work effectively as part of a team</p>	<p>technique for running, jumping and throwing events</p> <p>Run a relay efficiently as part of a team</p> <p>Replicate the techniques for running, jumping and throwing events in competitive situations</p> <p>Challenge myself to beat previous performances</p>	<p>Throw accurately and powerfully</p> <p>Hit a ball by driving it and then run between a set of wickets, sliding my bat when necessary</p> <p>Bat successfully with a partner, communicating effectively</p> <p>Bowl with increasing accuracy</p> <p>Bowl with a run up</p> <p>Stop hard balls struck at me by forming a long barrier</p> <p>Back up my fellow fielders in the field</p>
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			<p>Show the skills and knowledge you have developed in a competitive environment</p> <p>Get into sideways positions when receiving the ball</p>			<p>Play purposefully in a competitive game, taking on multiple roles effectively</p>
Year 4	<p>Tag rugby</p> <p>Scoop a ball up from the floor</p> <p>Dodge to avoid being tagged by an opponent</p> <p>Tag safely</p> <p>Pocket pass with accuracy from my right and left</p> <p>Make a target to receive the ball</p>	<p>Basketball</p> <p>I can control a basketball using both hands and perform various skills</p> <p>I can control the ball on the move (dribble) and keep my head up to be aware of my environment</p> <p>I can pass the ball using good techniques of</p>	<p>Football</p> <p>Trap a ball and cushion it when receiving</p> <p>Pass the ball accurately</p> <p>Dribble a ball using both feet and manipulate it using different parts of the foot</p> <p>Shield a ball from an opponent</p>	<p>Hockey</p> <p>Dribble a ball confidently</p> <p>Develop my dribbling technique</p> <p>Change direction easily</p> <p>Pass a ball accurately</p> <p>Control a ball sent to me</p>	<p>Athletics</p> <p>Use the correct technique to start a sprint race</p> <p>Hurdle efficiently and consistently</p> <p>Develop the technique and consistency of my jumps</p> <p>Throw overarm accurately</p>	<p>Cricket</p> <p>Stand sideways-on, with a high back lift, ready to receive a ball</p> <p>Step back and across to pull a short ball</p> <p>Bowl a ball overarm with a straight arm</p> <p>Take up a wicket keeping stance and take balls bowled on</p>

	<p>Send and receive a ball under pressure</p> <p>Pass a rugby ball backwards accurately</p> <p>Pass backwards consistently</p> <p>Create an overlap</p> <p>Pass, missing out players in a line</p> <p>Set up defensively opposite an opponent</p> <p>Apply a range of skills effectively in a game of rugby</p> <p>Play to the rules</p>	<p>having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass</p> <p>I can pass the ball on the move with good technique and communicate with my team mates</p> <p>I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball</p> <p>I can dribble, pass and shoot the basketball using correct the correct</p>	<p>Turn confidently with a football</p> <p>Play a small game and demonstrate my turns</p> <p>Make good decisions when in possession</p> <p>Compensate for a numerical disadvantage by being very well organised</p> <p>Defend well, watching the ball, jockeying to await the moment to pounce and being decisive</p> <p>Focus and retain my concentration when the ball</p>	<p>Pass in a variety of ways using good technique</p> <p>Receive a pass on the run</p> <p>Perform a jab tackle</p> <p>Play advantage appropriately</p> <p>Compete in a hockey tournament</p> <p>Work effectively as part of a team</p>	<p>Throw overarm with power, for distance</p> <p>Accurately replicate the technique for running, jumping and throwing events</p> <p>Run a relay efficiently as part of a team</p> <p>Replicate the techniques for running, jumping and throwing events in competitive situations</p> <p>Challenge myself to beat previous performances</p>	<p>both sides of the wicket</p> <p>Throw accurately and powerfully</p> <p>Hit a ball by driving it and then run between a set of wickets, sliding my bat when necessary</p> <p>Bat successfully with a partner, communicating effectively</p> <p>Bowl with increasing accuracy</p> <p>Bowl with a run up</p> <p>Stop hard balls struck at me by forming a long barrier</p>
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		technique to play in a game	isn't in my area of the pitch Show the skills and knowledge you have developed in a competitive environment Get into sideways positions when receiving the ball			Back up my fellow fielders in the field Play purposefully in a competitive game, taking on multiple roles effectively
Year 5	Tag rugby Pop pass and pocket pass Tag someone safely Send and receive a ball on the run and under pressure Pass well to my left and right	Basketball I can control a basketball using both hands and protect the ball under pressure I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a	Football Demonstrate skill and close control Pass the ball and move into space Combine skills to allow my team to retain possession.	Hockey I can control a basketball using both hands and protect the ball under pressure I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a	Athletics Change pace and run at different tempos Sustain my pace over longer distances Throw with accuracy and power using the pull technique	Cricket Catch consistently well under pressure Throw accurately overarm Pull a ball from a short delivery to the leg side

	Pass a rugby ball backwards consistently	chest pass and bounce pass	Dribble at different tempos	chest pass and bounce pass	Throw after a run up	I can bowl with a short run up and straight arm with some accuracy
	Pass accurately	I can use different skills such as varying speed and direction to get past defenders	Identify which shooting technique to use to be successful	I can use different skills such as varying speed and direction to get past defenders	Throw with greater force and over longer distances	Perform a range of fielding techniques confidently and consistently
	Dummy a pass					
	Pass missing out players in a line	I can mark a player or an area of the court to limit opportunities for the opposition	Keep the ball moving when running at an opponent	I can mark a player or an area of the court to limit opportunities for the opposition	Throw with greater control, accuracy and efficiency	Bowl with a run up
	Attack in staggered lines		Use a numerical advantage to create overloading, overlapping and underlapping		Perform the correct techniques for triple jump, high jump and standing vertical jump	Bowl with consistent accuracy and length
	Organise my position so that I receive passes on the run	I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball	Communicate well with my teammates	I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball	Measure accurately my performance at standing vertical jumping	Pick up and return a ball with one hand quickly and consistently well
	Apply skills effectively		I can defend thoughtfully, slowing attackers down and not overcommitting too soon		Combine sprinting with hurdling	
	Develop game understanding and compete in a game of Tag Rugby	I can dribble, pass and shoot the basketball using correct the correct		I can dribble, pass and shoot the basketball using correct the correct		Use my feet to get to the pitch of the ball when batting

		<p>technique to play in a game</p>	<p>Combine skills to create a goal scoring opportunity</p> <p>Make the most of having and extra player/s on my team</p> <p>Cooperate, communicate and collaborate with others to achieve shared goals</p> <p>Officiate if given the chance</p> <p>Play competitive games and control my emotions</p>	<p>technique to play in a game</p>	<p>Transfer a relay baton efficiently as part of a team</p>	<p>Show tactical awareness as a fielder</p> <p>Bowl out of the back of my hand</p> <p>Play a square cut shot</p> <p>Link my skills and perform in a competitive game</p> <p>Bowl by running in close to the wickets</p>
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Year 6	Tag rugby	Basketball	Football	Hockey	Athletics	Cricket
	Pop pass and pocket pass	I can control a basketball using both hands and protect the ball under pressure	Demonstrate skill and close control	I can control a basketball using both hands and protect the ball under pressure	Change pace and run at different tempos	Catch consistently well under pressure
	Tag someone safely	I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass	Pass the ball and move into space	I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass	Sustain my pace over longer distances	Throw accurately overarm
	Send and receive a ball on the run and under pressure	I can use different skills such as varying speed and direction to get past defenders	Combine skills to allow my team to retain possession.	I can use different skills such as varying speed and direction to get past defenders	Throw with accuracy and power using the pull technique	Pull a ball from a short delivery to the leg side
	Pass well to my left and right	I can mark a player or an area of the court to limit opportunities for the opposition	Dribble at different tempos	I can mark a player or an area of the court to limit opportunities for the opposition	Throw after a run up	I can bowl with a short run up and straight arm with some accuracy
	Pass a rugby ball backwards consistently	I can use different skills such as varying speed and direction to get past defenders	Identify which shooting technique to use to be successful	I can use different skills such as varying speed and direction to get past defenders	Throw with greater force and over longer distances	Perform a range of fielding techniques confidently and consistently
	Pass accurately	I can mark a player or an area of the court to limit opportunities for the opposition	Keep the ball moving when running at an opponent	I can mark a player or an area of the court to limit opportunities for the opposition	Throw with greater control, accuracy and efficiency	Bowl with a run up
	Dummy a pass	I can mark a player or an area of the court to limit opportunities for the opposition	Use a numerical advantage to create overloading,	I can mark a player or an area of the court to limit opportunities for the opposition	Perform the correct techniques for triple jump, high	Bowl with consistent
	Pass missing out players in a line	I can mark a player or an area of the court to limit opportunities for the opposition	Use a numerical advantage to create overloading,	I can mark a player or an area of the court to limit opportunities for the opposition	Perform the correct techniques for triple jump, high	Bowl with consistent
	Attack in staggered lines	I can mark a player or an area of the court to limit opportunities for the opposition	Use a numerical advantage to create overloading,	I can mark a player or an area of the court to limit opportunities for the opposition	Perform the correct techniques for triple jump, high	Bowl with consistent

	<p>Organise my position so that I receive passes on the run</p> <p>Apply skills effectively</p> <p>Develop game understanding and compete in a game of Tag Rugby</p>	<p>I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball</p> <p>I can dribble, pass and shoot the basketball using correct the correct technique to play in a game</p>	<p>overlapping and underlapping</p> <p>Communicate well with my teammates</p> <p>I can defend thoughtfully, slowing attackers down and not overcommitting too soon</p> <p>Combine skills to create a goal scoring opportunity</p> <p>Make the most of having and extra player/s on my team</p> <p>Cooperate, communicate and collaborate with others to achieve shared goals</p>	<p>I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball</p> <p>I can dribble, pass and shoot the basketball using correct the correct technique to play in a game</p>	<p>jump and standing vertical jump</p> <p>Measure accurately my performance at standing vertical jumping</p> <p>Combine sprinting with hurdling</p> <p>Transfer a relay baton efficiently as part of a team</p>	<p>accuracy and length</p> <p>Pick up and return a ball with one hand quickly and consistently well</p> <p>Use my feet to get to the pitch of the ball when batting</p> <p>Show tactical awareness as a fielder</p> <p>Bowl out of the back of my hand</p> <p>Play a square cut shot</p> <p>Link my skills and perform in a competitive game</p> <p>Bowl by running in close to the wickets</p>
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			Officiate if given the chance Play competitive games and control my emotions			
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