



**North Clifton Primary School: P.E. Substantive Knowledge Progression
EYFS, Key Stage 1 and Key Stage 2**

Statutory Framework for the Early Years:

Physical Development: 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.

National Curriculum 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.

National Curriculum 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.

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Multiskills -Ball Skills -Throwing and catching -Sending and receiving -Target games -Striking -Fielding	Physical Development Develop core strength, stability, balance, spatial awareness, co-ordination and agility. Communication and language Commenting on what they are interested in or doing (Activity Professional will echo back what they say with new vocabulary added). Offer explanations for why things might happen Personal, social and emotional development Supported to manage emotions, develop a positive sense of self, set themselves simple goals and have confidence in their own abilities. Support interaction with other children.	Agility Moving the body from one position to another (changing direction) Start/stop on command, maintaining balance Balance Centre of gravity over the base of support Counterbalancing when centre of gravity is out of position Co-ordination Synchronising limbs when performing an action Generating force when sending Locomotion skills (ways to move): Run - forwards, backwards, sideways and diagonally Chase - closing space between the attacker & defender Avoid - increasing the space between the attacker & defender	Agility Moving the body from one position to another (changing direction) Start/stop on command, maintaining balance Balance Centre of gravity over the base of support Counterbalancing when centre of gravity is out of position Co-ordination Synchronising limbs when performing an action Generating force when sending Locomotion skills (ways to move): Run - forwards, backwards, sideways and diagonally Chase - closing space between the attacker & defender Avoid - increasing the space between the attacker & defender Jump -	Locomotion skills Run - identifying space to move into to receive the ball Avoid - monitoring opposition and moving accordingly to remain in space and maintain possession Jump - block, intercept, receive object off target/on the move Ball manipulation skills Send - from a static position and on the move, into a space for a teammate to run on to and receive Receive - from a static position and on the move, transitioning into an immediate pass when received (quick pass) Dribble - varying movements to outwit opponent Pick up - loose ball followed by an immediate pass or shot Carry - controlling the ball	Locomotion skills Run - identifying space to move into to receive the ball Avoid - monitoring opposition and moving accordingly to remain in space and maintain possession Jump - block, intercept, receive object off target/on the move Ball manipulation skills Send - from a static position and on the move, into a space for a teammate to run on to and receive Recieve - from a static position and on the move, transitioning into an immediate pass when received (quick pass) Dribble - disguising a form of shot/pass Pick up - loose ball followed by an immediate pass or shot Carry - controlling the ball on the move, disguise pass or shot Shoot - kick, throw or strike/push a ball	Locomotion skills Run - varying speeds and direction to outwit defence, varying speeds and direction to manage space between attack and goal Ball manipulation skills Send - from a static position and on the move, into a space for a teammate to run on to and receive Recieve - from a static position and on the move, transitioning into an immediate pass when received (quick pass) Dribble - disguising a form of shot/pass Pick up - loose ball followed by an immediate pass or shot Carry - controlling the ball on the move, disguise pass or	

		<p>Jump - block, intercept, receive object off target/on the move</p> <p>Stabilisation skills (maintaining physical stability):</p> <p>Turn</p> <p>- looking for spaces, chasing/avoiding</p> <p>Twist - when sending/receiving</p> <p>Stretch - when sending/receiving</p> <p>Ball manipulation skills (ways to use an object)</p> <p>Send - throw/kick a ball, push an object with a hockey stick</p> <p>Receive - catch with hands, softly cradle with feet/stick</p> <p>Dribble - continuously with hand(s), using feet to move- a ball, pushing an object with a stick</p> <p>Pick up - static or moving object</p> <p>Carry - run with an object in hands</p> <p>Bounce - bounce-catch/bounce pass</p> <p>Kick - kick: target</p>	<p>block, intercept, receive object off target/on the move</p> <p>Stabilisation skills (maintaining physical stability):</p> <p>Turn - looking for spaces, chasing/avoiding</p> <p>Twist - when sending/receiving</p> <p>Stretch - when sending/receiving</p> <p>Ball manipulation skills (ways to use an object):</p> <p>Send - throw/kick a ball, push an object with a hockey stick</p> <p>Receive - catch with hands, softly cradle with feet/stick</p> <p>Dribble - continuously with hand(s), using feet to move- a ball, pushing an object with a stick</p> <p>Pick up - static or moving object</p> <p>Carry - run with an object in hands</p> <p>Bounce - bounce-catch/bounce pass</p> <p>Kick - kick ball into area/at a target</p>	<p>on the move, disguise pass or shot</p> <p>Shoot - kick, throw or strike/push a ball with intent into a goal or net</p>	<p>into an immediate pass when received (quick pass)</p> <p>Dribble - varying movements to outwit opponent</p> <p>Pick up - loose ball followed by an immediate pass or shot</p> <p>Carry - controlling the ball on the move, disguise pass or shot</p> <p>Shoot - kick, throw or strike/push a ball with intent into a goal or net</p>	<p>with intent into a goal or net</p>	<p>shot</p> <p>Shoot - kick, throw or strike/push a ball with intent into a goal or net</p>
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		<p>Invasion Games Principles: Attack - create space to get through defence and score Defend - prevent opposition from scoring by closing space and retaining possession Dribble - continuously with hand(s), using feet to move a ball, pushing an object with a stick</p>	<p>Invasion Games Principles: Attack - create space to get through defence and score Defend - prevent opposition from scoring by closing space and retaining possession Dribble - continuously with hand(s), using feet to move a ball, pushing an object with a stick</p>				
Gymnastics		<p>Agility Moving the body from one position to another (changing direction). Start/stop on command, maintaining balance Balance Centre of gravity over the base of support. Linking & mirroring with another person. Co-ordination Synchronising limbs when performing an action.</p>	<p>Agility Moving the body from one position to another (changing direction). Start/stop on command, maintaining balance Balance Centre of gravity over the base of support. Linking & mirroring with another person. Co-ordination Synchronising limbs when performing an action.</p>	<p>Agility Moving the body from one position to another (changing direction). Balance Centre of gravity over the base of support. Linking & mirroring with another person. Co-ordination Synchronising limbs when performing an action. Locomotion: Pathways – forwards,</p>	<p>Agility Moving the body from one position to another (changing direction). Balance Centre of gravity over the base of support. Linking & mirroring with another person. Co-ordination Synchronising limbs when performing an action. Locomotion: Pathways –</p>	<p>Agility Moving the body from one position to another (changing direction). Balance Centre of gravity over the base of support. Counterbalancing with another person or group. Co-ordination Synchronising limbs when performing an action. Locomotion: Pathways –</p>	<p>Agility Moving the body from one position to another (changing direction). Balance Centre of gravity over the base of support. Counterbalancing with another person or group. Co-ordination Synchronising limbs when performing an action. Locomotion: Pathways –</p>

		<p>Locomotion: Pathways – forwards, backwards, sideways, and diagonally. Turn – change direction Shape– movement of the body to create a shape (pike, straddle, star, straight, tuck). Rotation: Spin – turn on the spot using different levels (pivot and seated) Roll – use log roll, egg roll and teddy bear roll Jump – straight and star with safe landing Sequencing: Connecting Movements– thinking about level and direction Apparatus: Small – using objects when moving and balancing Large – jump off low platforms Working together: Unison – Everyone in the group moving</p>	<p>Locomotion: Pathways – forwards, backwards, sideways, and diagonally. Turn – change direction Shape– movement of the body to create a shape (pike, straddle, star, straight, tuck). Rotation: Spin – turn on the spot using different levels (pivot and seated) Roll – use log roll, egg roll and teddy bear roll Jump – straight and star with safe landing Sequencing: Connecting Movements– thinking about level and direction Apparatus: Small – using objects when moving and balancing Large – jump off low platforms Working together: Unison – Everyone in the group moving</p>	<p>backwards, sideways, and diagonally. Turn – change direction: quarter, half, full Shape– movement of the body to create a shape (pike, straddle, star, straight, tuck). Leap – jump from one foot to another foot. Rotation: Roll – use log roll, egg roll, teddy bear roll, arch and dish roll Jump – on, off, over apparatus, linked jumps Sequencing: Connecting Movements– thinking about level and direction Transition - move from one movement to another seamlessly. Apparatus: Small – using objects when moving and balancing Large – jump on and off low platforms Working together:</p>	<p>Pathways – forwards, backwards, sideways, and diagonally. Turn – change direction: quarter, half, full Shape– movement of the body to create a shape (pike, straddle, star, straight, tuck). Leap – jump from one foot to another foot. Rotation: Roll – use log roll, egg roll, teddy bear roll, arch and dish roll Jump – on, off, over apparatus, linked jumps Sequencing: Connecting Movements– thinking about level and direction Transition - move from one movement to another</p>	<p>forwards, backwards, sideways and diagonally. Turn – change direction: quarter, half, full Shape– movement of the body to create a shape (pike, straddle, star, straight, tuck). Leap – jump from one foot to another foot. Level - change height (high, mid, and low). Rotation: Roll – backwards roll Jump – on, off, over apparatus, linked jumps Cartwheel – rotate over hands Sequencing Connecting Movements– thinking about level and direction Transition - move from one movement to another seamlessly. Evaluation – consistent</p>	<p>forwards, backwards, sideways and diagonally. Turn – change direction: quarter, half, full Shape– movement of the body to create a shape (pike, straddle, star, straight, tuck). Leap – jump from one foot to another foot. Level - change height (high, mid, and low). Rotation: Roll – backwards roll Jump – on, off, over apparatus, linked jumps Cartwheel – rotate over hands Sequencing Connecting Movements– thinking about level and direction Transition - move from one movement to another seamlessly. Evaluation –</p>
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		in the same way at the same time. Mirroring & Matching – Making shapes as if in a mirror	in the same way at the same time. Mirroring & Matching – Making shapes as if in a mirror	Mirroring, Matching and Linking – Creating movements together Canon – one child moving followed by another and another like a Mexican wave. Synchronisation – moving together at the same time to create effect	seamlessly. Apparatus: Small – using objects when moving and balancing Large – jump on and off low platforms Working together: Mirroring, Matching and Linking – Creating movements together Canon – one child moving followed by another and another like a Mexican wave. Synchronisation – moving together at the same time to create effect.	checking and adaptation of movements. Style – adapting own personal creativity to a sequence. Apparatus: Small – using objects when moving and balancing Large – Balance and move on, over and under apparatus Working together: Mirroring, Matching and Linking – Creating movements together Canon – one child moving followed by another and another like a Mexican wave. Synchronisation – moving together at the same time to create effect	consistent checking and adaptation of movements. Style – adapting own personal creativity to a sequence. Apparatus: Small – using objects when moving and balancing Large – Balance and move on, over and under apparatus Working together: Mirroring, Matching and Linking – Creating movements together Canon – one child moving followed by another and another like a Mexican wave. Synchronisation – moving together at the same time to create effect
Dance	Travel	Agility Moving the body from one position to another (changing direction). Start/stop on	Agility Moving the body from one position to another (changing direction). Start/stop on command,	Travel Pathways – forwards, backwards, sideways and diagonally. Turn – change direction in the dance. Twist –	Travel Pathways – forwards, backwards, sideways and diagonally. Turn – change	Travel Pathways – forwards, backwards, sideways, and diagonally. Turn – change direction in the dance. Twist –	Travel Pathways – forwards, backwards, sideways, and diagonally. Turn – change direction in the dance.

		<p>command, maintaining balance.</p> <p>Balance</p> <p>Centre of gravity over the base of support.</p> <p>Counterbalancing when centre of gravity is out of position.</p> <p>Co-ordination</p> <p>Synchronising limbs when performing an action.</p> <p>Pathways – forwards, backwards, sideways and diagonally.</p> <p>Stabilisation skills (maintaining physical stability):</p> <p>Turn – change direction in the dance.</p> <p>Twist – movement of the body to create a shape.</p> <p>Choreography</p> <p>Count – Counting to 4, 8, 12, or 16 for a</p>	<p>maintaining balance. Balance Centre of gravity over the base of support.</p> <p>Counterbalancing when centre of gravity is out of position. Co-ordination Synchronising limbs when performing an action. Travel Pathways – forwards, backwards, sideways and diagonally.</p> <p>Stabilisation skills (maintaining physical stability):</p> <p>Turn – change direction in the dance. Twist – movement of the body to create a shape.</p> <p>Choreography</p> <p>Count – Counting to 4, 8, 12, or 16 for a section of movement.</p> <p>Dynamic – Moving in such a way as to represent something or</p>	<p>movement of the body to create a shape. Leap – jump from one foot to another foot. Spin – rotate on the spot.</p> <p>Choreography</p> <p>Count – counting to 4, 8, 12, or 16 for a section of movement.</p> <p>Dynamic – moving in such a way as to represent something or someone. Isolations – moving only one part of the body at a time. Transition - move from one movement to another seamlessly.</p> <p>Working together</p> <p>Unison – everyone in the group moving in the same way at the same time.</p> <p>Mirroring & Contrasting – showing movements as if in a mirror and using opposite dynamics (jagged and smooth). Call & Response –</p>	<p>direction in the dance.</p> <p>Twist – movement of the body to create a shape.</p> <p>Leap – jump from one foot to another foot.</p> <p>Spin – rotate on the spot.</p> <p>Choreography</p> <p>Count – counting to 4, 8, 12, or 16 for a section of movement.</p> <p>Dynamic – moving in such a way as to represent something or someone.</p> <p>Isolations – moving only one part of the body at a time.</p> <p>Transition - move from one movement to another seamlessly.</p> <p>Working together</p> <p>Unison – everyone in the group moving in the same way at the same time.</p> <p>Mirroring &</p>	<p>movement of the body to create a shape. Leap – jump from one foot to another foot. Spin – rotate on the spot. Level - change height (high, mid, and low).</p> <p>Choreography</p> <p>Count – counting to 4, 8, 12, or 16 for a section of movement.</p> <p>Dynamic – moving in such a way as to represent something or someone.</p> <p>Isolations – moving only one part of the body at a time.</p> <p>Transition -move from one movement to another seamlessly.</p> <p>Emotion – using movement to express feeling.</p> <p>Evaluation – consistent checking and adaptation of movements. Style</p>	<p>Twist – movement of the body to create a shape.</p> <p>Leap – jump from one foot to another foot. Spin – rotate on the spot. Level - change height (high, mid, and low).</p> <p>Choreography</p> <p>Count – counting to 4, 8, 12, or 16 for a section of movement.</p> <p>Dynamic – moving in such a way as to represent something or someone.</p> <p>Isolations – moving only one part of the body at a time.</p> <p>Transition -move from one movement to another seamlessly.</p> <p>Emotion – using movement to express feeling.</p> <p>Evaluation – consistent checking and</p>
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		<p>section of movement. Dynamic – Moving in such a way as to represent something or someone. Isolations – Moving only one part of the body at a time.</p> <p>Working together</p> <p>Unison – Everyone in the group moving in the same way at the same time. Mirroring & Contrasting – Showing movements as if in a mirror and using opposite dynamics (jagged and smooth). Call & Response – Movements as a direct consequence of the previous movement. Canon – One child moving followed by another and another like a Mexican wave</p>	<p>someone. Isolations – Moving only one part of the body at a time. Working together Unison – Everyone in the group moving in the same way at the same time. Mirroring & Contrasting – Showing movements as if in a mirror and using opposite dynamics (jagged and smooth). Call & Response – Movements as a direct consequence of the previous movement. Canon – One child moving followed by another and another like a Mexican wave</p>	<p>movements as a direct consequence of the previous movement. Canon – one child moving followed by another and another like a Mexican wave. Synchronisation – moving together at the same time to create effect</p>	<p>Contrasting – showing movements as if in a mirror and using opposite dynamics (jagged and smooth). Call & Response – movements as a direct consequence of the previous movement. Canon – one child moving followed by another and another like a Mexican wave. Synchronisation – moving together at the same time to create effect.</p>	<p>– adapting own personal creativity to a sequence. Working together Unison – everyone in the group moving in the same way at the same time. Mirroring & Contrasting – showing movements as if in a mirror and using opposite dynamics (jagged and smooth). Call & Response – movements as a direct consequence of the previous movement. Canon – one child moving followed by another and another like a Mexican wave. Synchronisation – moving together at the same time to create effect.</p>	<p>adaptation of movements. Style – adapting own personal creativity to a sequence. Working together Unison – everyone in the group moving in the same way at the same time. Mirroring & Contrasting – showing movements as if in a mirror and using opposite dynamics (jagged and smooth). Call & Response – movements as a direct consequence of the previous movement. Canon – one child moving followed by another and another like a Mexican wave. Synchronisation – moving together at the same time to create effect.</p>
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<p>Striking and fielding</p>		<p>Agility Moving the body from one position to another (changing direction) Start/stop on command, maintaining balance</p> <p>Balance Centre of gravity over the base of support Counterbalancing when centre of gravity is out of position</p> <p>Co-ordination Synchronising limbs when performing an action Generating force when sending</p> <p>Locomotion skills (ways to move): Run – forwards, backwards, sideways and diagonally Chase – closing space between self and travelling ball Jump – receive object/stop object travelling away from self</p> <p>Stabilisation skills</p>	<p>Agility Moving the body from one position to another (changing direction) Start/stop on command, maintaining balance</p> <p>Balance Centre of gravity over the base of support Counterbalancing when centre of gravity is out of position</p> <p>Co-ordination Synchronising limbs when performing an action Generating force when sending</p> <p>Locomotion skills (ways to move): Run – forwards, backwards, sideways and diagonally Chase – closing space between self and travelling ball Jump – receive object/stop object travelling away from self</p> <p>Stabilisation skills</p>	<p>Striking & Fielding Principles – different types of games. Batting – simplified versions of games Strike into space Correct grip for different pieces of equipment (cricket/rounders bats) Create tactics to achieve desired result and outwit your opponents. Understanding the importance of striking into space and varying shots played – apply game principles Shot selection and importance of timing to increase chances of success. Decision making on where to hit and why Fielding- simplified versions of games, game scenarios Prevent opposition from scoring by closing space as best as you can Create tactics to</p>	<p>Striking & Fielding Principles – different types of games. Batting – simplified versions of games Strike into space Correct grip for different pieces of equipment (cricket/rounder s bats) Create tactics to achieve desired result and outwit your opponents. Understanding the importance of striking into space and varying shots played – apply game principles Shot selection and importance of timing to increase chances of success. Decision making on where to hit and why</p>	<p>Striking & Fielding Principles – different types of games. Batting Identifying weaknesses in organisation of fielders and taking advantage of this Communication skills – verbal and non-verbal Identifying patterns of play - bowler/types of delivery (simple line and length principles – pitched short/full/full toss), fielders with stronger throwing techniques/consistent accuracy Game management Fielding Create tactics to achieve desired result Identifying strengths of opposition and reducing/stopping this Communication skills – verbal and</p>	<p>Striking & Fielding Principles – different types of games. Batting Identifying weaknesses in organisation of fielders and taking advantage of this Communication skills – verbal and non-verbal Identifying patterns of play - bowler/types of delivery (simple line and length principles – pitched short/full/full toss), fielders with stronger throwing techniques/consistent accuracy Game management Fielding Create tactics to achieve desired result Identifying strengths of opposition and reducing/stopping this Communication</p>
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		<p>(maintaining physical stability): Turn – pick up and throw to designated target Twist – when sending/receiving Stretch – when receiving/ stop object travelling away from self</p> <p>Ball manipulation skills (ways to use an object): Send – throw an object to designated target Receive – catch with hands Pick up – static or moving object Carry – run with a bat in hands</p> <p>Striking & Fielding Principles Fielding – retrieve an object and send to designated target, to prevent opposition scoring runs/rounders/ points Batting – strike an object</p>	<p>(maintaining physical stability): Turn – pick up and throw to designated target Twist – when sending/receiving Stretch – when receiving/ stop object travelling away from self</p> <p>Ball manipulation skills (ways to use an object): Send – throw an object to designated target Receive – catch with hands Pick up – static or moving object Carry – run with a bat in hands</p> <p>Striking & Fielding Principles Fielding – retrieve an object and send to designated target, to prevent opposition scoring runs/rounders/ points Batting – strike an object into space to gain n advantage and allow to score runs/rounders/ points</p>	<p>achieve desired result Understanding the area and positions/roles within a team Awareness of playing area and how to run a batter out Awareness of additional methods to get batter out (cricket; bowled/caught, rounders; 3 strikes/caught)</p> <p>Bowling- simplified versions Bounce feed/underarm/figure of 6 breakdown (overarm action)</p> <p>Locomotion skills (Batting) - apply game principles/rules Run – in between wickets/around bases Locomotion skills (Fielding) - apply game principles/rules Run – closing space not allowing any gaps Chase – retrieving an object (once</p>	<p>Fielding- simplified versions of games, game scenarios Prevent opposition from scoring by closing space as best as you can Create tactics to achieve desired result Understanding the area and positions/roles within a team Awareness of playing area and how to run a batter out Awareness of additional methods to get batter out (cricket; bowled/caught, rounders; 3 strikes/caught)</p> <p>Bowling- simplified versions Bounce feed/underarm/figure of 6 breakdown (overarm action)</p>	<p>non-verbal Identifying patterns of play (favoured shot of batter) Awareness of pitch width and dept and covering best as possible Game management</p> <p>Bowling Identifying patterns of play (favoured shot of batter)</p> <p>Umpiring Applying rules and making decisions aligned to the rules; run out/no ball/strike/boundary crossing</p> <p>Locomotion skills (Batting) - apply game principles/rules Run – in between wickets/around bases Locomotion skills (Fielding) - apply game principles/rules Run – closing space not allowing any gaps</p> <p>Bat manipulation</p>	<p>skills – verbal and non-verbal Identifying patterns of play (favoured shot of batter) Awareness of pitch width and dept and covering best as possible Game management</p> <p>Bowling Identifying patterns of play (favoured shot of batter)</p> <p>Umpiring Applying rules and making decisions aligned to the rules; run out/no ball/strike/boundary crossing</p> <p>Locomotion skills (Batting) - apply game principles/rules Run – in between wickets/around bases Locomotion skills (Fielding) - apply game principles/rules Run – closing space not allowing any gaps</p>
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				<p>struck) following the direction it is travelling in Bat manipulation skills (Batters) – apply game principles/rules</p> <p>Strike – an object from a static position and on the move, into a space to gain an advantage to score</p> <p>Ball manipulation skills (Bowler/Fielders) – apply game principles/rules</p> <p>Catch – a moving object - varying speeds, angles and heights</p> <p>Throw – to a designated target/person dependent on the batter(s) movements</p> <p>Pick-up – gather a rolling object and throw</p>	<p>Locomotion skills (Batting) - apply game principles/rules</p> <p>Run – in between wickets/around bases</p> <p>Locomotion skills (Fielding) - apply game principles/rules</p> <p>Run – closing space not allowing any gaps</p> <p>Chase – retrieving an object (once struck) following the direction it is travelling in Bat manipulation skills (Batters) – apply game principles/rules</p> <p>Strike – an object from a static position and on the move, into a space to gain an advantage to score</p> <p>Ball manipulation skills</p>	<p>skills (Batters)</p> <p>Strike – vary shots to gain an advantage over the fielders</p> <p>Ball manipulation skills (Bowler/Fielders) – apply game principles/rules</p> <p>Catch – a moving object - varying speeds, angles and heights</p> <p>Throw – to a designated target/person dependent on the batter(s) movements</p> <p>Pick-up – gather a rolling object and throw</p>	<p>Bat manipulation skills (Batters)</p> <p>Strike – vary shots to gain an advantage over the fielders</p> <p>Ball manipulation skills (Bowler/Fielders) – apply game principles/rules</p> <p>Catch – a moving object - varying speeds, angles and heights</p> <p>Throw – to a designated target/person dependent on the batter(s) movements</p> <p>Pick-up – gather a rolling object and throw</p>
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					(Bowler/Fielders) – apply game principles/rules Catch – a moving object - varying speeds, angles and heights Throw – to a designated target/person dependent on the batter(s) movements Pick-up – gather a rolling object and throw		
Athletics		<p>Running Technique- Smaller steps quicker -Arms with a bend at the elbow alternate forwards and backwards, opposite arm and leg leading at a time (arms help momentum) -Straight back and head/eyes facing the direction of travel</p> <p>Throwing action – Underarm Stand facing the target, holding the object in throwing hand -Raise hand backwards in a</p>	<p>Running Technique -Smaller steps quicker -Arms with a bend at the elbow alternate forwards and backwards, opposite arm and leg leading at a time (arms help momentum) - Straight back and head/eyes facing the direction of travel</p> <p>Throwing action - Underarm -Stand facing the target, holding the object in throwing hand - Raise hand</p>	<p>Outdoor Track Events: Running – How long will it take you to finish? Long Distance: -Pacing yourself, cannot sprint for the full race -Start of the race important; if you start too quickly you may not finish -No lanes to stay in Sprint Races: -Run in lanes, if left, disqualified from the race -Complete the race as fast as you can -Accelerate at the start from a</p>	<p>Outdoor Track Events: Running – How long will it take you to finish? Long Distance: -Pacing yourself, cannot sprint for the full race - Start of the race important; if you start too quickly you may not finish -No lanes to stay in Sprint Races: -Ran in lanes, if left, disqualified from the race - Complete the</p>	<p>Outdoor Track Events Running – Refining technique, Qualifying heats & Placing for medals Long Distance: - Must pace yourself but still need to run as fast as you can to finish as quickly as possible Sprint Races: -Run as fast as you can for the full race, remembering to keep going a little after the finish line to make sure you cross it at your</p>	<p>Outdoor Track Events Running – Refining technique, Qualifying heats & Placing for medals Long Distance: - Must pace yourself but still need to run as fast as you can to finish as quickly as possible Sprint Races: -Run as fast as you can for the full race, remembering to keep going a little after the finish</p>

		<p>swinging motion, with a slight bend at elbow -Look at the target area to help with accuracy -Swing hand forwards and release when passes hip Throwing action - Overarm and shoulder width apart, side on to the target -Raise throwing arm to behind the head at a 90° angle -Point non-throwing arm at target -Transfer body weight from back foot to front foot, rotating hips and torso towards target -Pull throwing arm through and release object Jumping - Feet hip to shoulder width apart with knees bent -Swing both arms simultaneously forward and backwards to gain momentum</p>	<p>backwards in a swinging motion, with a slight bend at elbow -Look at the target area to help with accuracy - Swing hand forwards and release when passes hip Throwing action - Overarm -Stand shoulder width apart, side on to the target -Raise throwing arm to behind the head at a 90° angle -Point non-throwing arm at target -Transfer body weight from back foot to front foot, rotating hips and torso towards target -Pull throwing arm through and release object Jumping -Feet hip to shoulder width apart with knees bent -Swing both arms simultaneously forward and backwards to gain</p>	<p>standing position 1. Stronger leg at the front with a bend at the knee 2. Opposite arm to leading leg raised in front with a bend at the elbow 3. Lean slightly forwards with eyes looking straight throughout the race 4. Dip head forward as you finish to cross the line quicker Hurdles: -Ran in lanes and involve jumping over hurdles throughout the race -Involves a mixture of sprinting and slight slowing in pace when approaching and jumping over hurdles -Complete the race as fast as you can Relay Race: -Team race using a baton - Each runner takes turns to run, holding the same baton -Run as fast as you can, but be</p>	<p>race as fast as you can - Accelerate at the start from a standing position 1. Stronger leg at the front with a bend at the knee 2. Opposite arm to leading leg raised in front with a bend at the elbow 3. Lean slightly forwards with eyes looking straight throughout the race 4. Dip head forward as you finish to cross the line quicker Hurdles: -Ran in lanes and involve jumping over hurdles throughout the race -Involves a mixture of sprinting and slight slowing in pace when approaching and</p>	<p>quickest speed Hurdles: -Keeping a consistent stride will help in jumping over the hurdles without disrupting your rhythm Relay Race: -The changeover is vital to completing this race. -As runner 1 is approaching runner 2, runner 2 needs to begin to run so the baton is exchanged whilst both runners are on the move. This allows runner 2 to get to top speed quicker Outdoor Field Events Throwing – Refining technique, Qualifying heats & Placing for medals Howler/Javelin: -A straight or bent arm action can be used. -Follow through the throw by continuing arm pull and hip rotation Jumping –</p>	<p>line to make sure you cross it at your quickest speed Hurdles: -Keeping a consistent stride will help in jumping over the hurdles without disrupting your rhythm Relay Race: -The changeover is vital to completing this race. -As runner 1 is approaching runner 2, runner 2 needs to begin to run so the baton is exchanged whilst both runners are on the move. This allows runner 2 to get to top speed quicker Outdoor Field Events Throwing – Refining technique, Qualifying heats & Placing for medals Howler/Javelin: -A straight or bent arm action can be used. -Follow through the throw</p>
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		<p>-When arms are at the furthest point behind the body, push through feet and swing arms forward, landing on both feet</p>	<p>momentum -When arms are at the furthest point behind the body, push through feet and swing arms forward, landing on both feet</p>	<p>careful when passing the baton Outdoor Field Events: Throwing – How far can you throw? Can you measure your distance? Howler/Javelin: - Overarm action used to throw as far as you can Jumping – How far can you jump? Can you measure your distance? Standing Long Jump: -Two footed jump landing on both feet Indoor Track & Field Events: Running Lap Running -Runners start in the middle of 2 reverse boards or cones, distanced accordingly. - Runner will run to first board, to the other end to the 2nd board and return to the middle when 1 lap is counted. Throwing Chest</p>	<p>jumping over hurdles - Complete the race as fast as you can Relay Race: -Team race using a baton -Each runner takes turns to run, holding the same baton - Run as fast as you can, but be careful when passing the baton Outdoor Field Events: Throwing – How far can you throw? Can you measure your distance? Howler/Javelin: - Overarm action used to throw as far as you can Jumping – How far can you jump? Can you measure your distance? Standing Long Jump: -Two footed jump landing on both</p>	<p>Refining technique, Qualifying heats & Placing for medals Long Jump: - Usually done in a sand pit, athletes will have a run up before take-off - Leading foot must not cross the take-off board (line) - When landing, allow a landing on 1 leg (will appear as a leap) for safety purposes and measure from first contact with the floor. Indoor Track & Field Events Running - Refining technique, Qualifying heats & Placing for medals Lap Running - Runners start in the middle of 2 reversboards or cones, distanced accordingly. - Runner will run to first board, to the 2nd board and</p>	<p>by continuing arm pull and hip rotation Jumping – Refining technique, Qualifying heats & Placing for medals Long Jump: - Usually done in a sand pit, athletes will have a run up before take-off - Leading foot must not cross the take-off board (line) - When landing, allow a landing on 1 leg (will appear as a leap) for safety purposes and measure from first contact with the floor. Indoor Track & Field Events Running - Refining technique, Qualifying heats & Placing for medals Lap Running - Runners start in the middle of 2 reversboards or cones, distanced accordingly. - Runner will run to</p>
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				<p>Push -Hold a basketball or heavy ball in both hands against chest -Push the ball as hard as you can, aiming slightly upwards</p> <p>Jumping Vertical Jump -Jump as high as you can, reaching up to gain extra height</p> <p>Speed Bounce – how many can you do in 30 seconds? -2 footed side jumps over a shin high barrier</p>	<p>feet</p> <p>Indoor Track & Field Events:</p> <p>Running Lap Running - Runners start in the middle of 2 reversaboards or cones, distanced accordingly. - Runner will run to first board, to the other end to the 2nd board and return to the middle when 1 lap is counted.</p> <p>Throwing Chest Push -Hold a basketball or heavy ball in both hands against chest - Push the ball as hard as you can, aiming slightly upwards</p> <p>Jumping Vertical Jump -Jump as high as you can, reaching up to gain extra height</p> <p>Speed Bounce – how many can</p>	<p>return to the middle when 1 lap is counted.</p> <p>Throwing - Refining technique, Qualifying heats & Placing for medals</p> <p>Chest Push -Hold a basketball or heavy ball in both hands against chest -Push the ball as hard as you can, aiming slightly upwards</p> <p>Jumping - Refining technique, Qualifying heats & Placing for medals</p> <p>Vertical Jump - Jump as high as you can, reaching up to gain extra height</p> <p>Speed Bounce – how many can you do in 30 seconds? -2 footed side jumps over a shin high barrier</p> <p>Standing Triple Jump -Hop, skip and jump – landing on both feet to finish</p>	<p>first board, to the other end to the 2nd board and return to the middle when 1 lap is counted.</p> <p>Throwing - Refining technique, Qualifying heats & Placing for medals</p> <p>Chest Push -Hold a basketball or heavy ball in both hands against chest -Push the ball as hard as you can, aiming slightly upwards</p> <p>Jumping - Refining technique, Qualifying heats & Placing for medals</p> <p>Vertical Jump - Jump as high as you can, reaching up to gain extra height</p> <p>Speed Bounce – how many can you do in 30 seconds? -2 footed side jumps over a shin high barrier</p> <p>Standing Triple Jump -Hop, skip and jump –</p>
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					you do in 30 seconds? -2 footed side jumps over a shin high barrier		landing on both feet to finish
<p>Invasion games</p> <ul style="list-style-type: none"> -Handball -Tag Rugby -Netball -Lacrosse -Quidditch -Unihoc 		<p>Agility Moving the body from one position to another (changing direction) Start / stop on command, maintaining balance</p> <p>Balance Centre of gravity over the base of support Counterbalancing when centre of gravity is out of position</p> <p>Co-ordination Synchronising limbs when performing an action Generating force when sending</p> <p>Locomotion Skills (ways to move) Run - forwards, backwards, sideways and diagonally Chase - closing space between the attacker and</p>	<p>Agility Moving the body from one position to another (changing direction) Start / stop on command, maintaining balance</p> <p>Balance Centre of gravity over the base of support Counterbalancing when centre of gravity is out of position</p> <p>Co-ordination Synchronising limbs when performing an action Generating force when sending</p> <p>Locomotion Skills (ways to move) Run - forwards, backwards, sideways and diagonally Chase - closing space between the attacker and</p>	<p>Attack: Create space to get through defence and score Maintaining possession Varying speed and locomotion skills/agility to beat defender Create strategies and tactics to achieve desired result and outwit your opponents Understanding the importance of width and depth of playing area and positions/roles within a team – apply game principles Shooting methods and importance of accuracy to increase chances of success Decision making on when to shoot/distance from goal/net</p>	<p>Attack: Create space to get through defence and score Maintaining possession Varying speed and locomotion skills/agility to beat defender Create strategies and tactics to achieve desired result and outwit your opponents Understanding the importance of width and depth of playing area and positions/roles within a team – apply game principles Shooting methods and importance of accuracy to increase chances of success Decision making on when to shoot/distance from goal/net</p>	<p>Attack Disguise a form of shot or pass Identifying weakness in defence/organisation of defence and taking advantage of this Communication skills - verbal and non-verbal Identifying patterns of play Movement off the ball to open space for teammates Game management Defend Anticipation of attacker's next move or action Identifying strengths of opposition and reducing/stopping this Communication skills - verbal and non-verbal</p>	<p>Attack Disguise a form of shot or pass Identifying weakness in defence/organisation of defence and taking advantage of this Communication skills - verbal and non-verbal Identifying patterns of play Movement off the ball to open space for teammates Game management Defend Anticipation of attacker's next move or action Identifying strengths of opposition and reducing/stopping this Communication skills - verbal and non-verbal</p>

		<p>defender Avoid - increasing the space between the attacker and defender Jump - block, intercept, receive object off target / on the move</p> <p>Stabilisation skills (maintaining physical stability) Turn - looking for spaces, chasing/avoiding Twist - when sending/receiving Stretch - when blocking, intercepting, receiving</p> <p>Ball manipulation skills (ways to use an object) Send – throw/kick a ball, push an object with a hockey stick Receive – catch with hands, softly cradle with feet/stick Dribble – continuously with hand(s), using feet to move a ball, pushing an object</p>	<p>defender Avoid - increasing the space between the attacker and defender Jump - block, intercept, receive object off target / on the move</p> <p>Stabilisation skills (maintaining physical stability) Turn - looking for spaces, chasing/avoiding Twist - when sending/receiving Stretch - when blocking, intercepting, receiving</p> <p>Ball manipulation skills (ways to use an object) Send – throw/kick a ball, push an object with a hockey stick Receive – catch with hands, softly cradle with feet/stick Dribble – continuously with hand(s), using feet to move a ball, pushing an object with a stick</p>	<p>Decision making on when to shoot/distance from goal/net</p> <p>Defend Prevent opposition from scoring by closing space Regaining possession Create strategies and tactics to achieve desired result Understanding the importance of width and depth of playing area and positions/roles within a team Awareness of own goal/net and managing the defence of this</p> <p>Locomotion skills (Attack) Run – identifying space to move into to receive the ball Avoid – monitoring opposition and moving accordingly to remain in space and maintain possession</p> <p>Locomotion skills (Defend) Run –</p>	<p>making on when to shoot/distance from goal/net</p> <p>Defend Prevent opposition from scoring by closing space Regaining possession Create strategies and tactics to achieve desired result Understanding the importance of width and depth of playing area and positions/roles within a team Awareness of own goal/net and managing the defence of this</p> <p>Locomotion skills (Attack) Run – identifying space to move into to receive the ball Avoid – monitoring opposition and moving accordingly to remain in space and maintain possession</p> <p>Locomotion skills (Defend) Run – closing space not allowing any gaps</p>	<p>Identifying patterns of play, zonal marking and awareness of pitch width and depth Game management - scenario cards</p> <p>Locomotion skills (Attack) Run - varying speeds and direction to outwit defence</p> <p>Locomotion skills (Defend) Run - varying speeds and direction to manage space between attack and goal</p> <p>Ball manipulation skills (Attack) Send - from a static position and on the move, into a space for a teammate to run on to and receive Receive - from a static position and on the move, transitioning into an immediate pass when received (quick pass) Dribble - disguising</p>	<p>Identifying patterns of play, zonal marking and awareness of pitch width and depth Game management - scenario cards</p> <p>Locomotion skills (Attack) Run - varying speeds and direction to outwit defence</p> <p>Locomotion skills (Defend) Run - varying speeds and direction to manage space between attack and goal</p> <p>Ball manipulation skills (Attack) Send - from a static position and on the move, into a space for a teammate to run on to and receive Receive - from a static position and on the move, transitioning into an immediate pass when received (quick</p>
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		<p>with a stick Pick up – static or moving object Carry – run with an object in hands Bounce – bounce-catch/bounce pass Kick – kick ball into area/at a target</p> <p>Invasion Games Principles Attack – create space to get through defence and score Defend – prevent opposition from scoring by closing space and retaining possession</p>	<p>Pick up – static or moving object Carry – run with an object in hands Bounce – bounce-catch/bounce pass Kick – kick ball into area/at a target</p> <p>Invasion Games Principles Attack – create space to get through defence and score Defend – prevent opposition from scoring by closing space and retaining possession</p>	<p>closing space not allowing any gaps Chase – marking a specific player as part of a strategy Jump – block, intercept, receive object off target/on the move</p> <p>Ball manipulation skills (Attack) – apply game principles/rules Send – from a static position and on the move, into a space for a teammate to run on to and receive Receive – from a static position and on the move, transitioning into an immediate pass when received (quick pass) Dribble – varying movements to outwit opponent Pick up – loose ball followed by an immediate pass or shot Carry – controlling the ball on the move, disguise pass or shot Shoot –</p>	<p>Chase – marking a specific player as part of a strategy Jump – block, intercept, receive object off target/on the move</p> <p>Ball manipulation skills (Attack) – apply game principles/rules Send – from a static position and on the move, into a space for a teammate to run on to and receive Receive – from a static position and on the move, transitioning into an immediate pass when received (quick pass) Dribble – varying movements to outwit opponent Pick up – loose ball followed by an immediate pass or shot Carry – controlling the ball on the move, disguise pass or shot Shoot – kick, throw or strike/push a ball</p>	<p>a form of shot/pass Pick up - loose ball followed by an immediate pass or shot Carry - controlling the ball on the move, disguise pass or shot Shoot - kick, throw or strike/push a ball with intent into a goal or net</p>	<p>pass) Dribble - disguising a form of shot/pass Pick up - loose ball followed by an immediate pass or shot Carry - controlling the ball on the move, disguise pass or shot Shoot - kick, throw or strike/push a ball with intent into a goal or net</p>
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				kick, throw or strike/push a ball with intent into a goal or net	with intent into a goal or net		
OAA (Outside adventurous activities)				Skills Principles of safety when working indoors and outdoors Map reading and plotting Responding to challenges in different environments Planning and recording in activities Problem solving Trust exercises	Skills Principles of safety when working indoors and outdoors Map reading and plotting Responding to challenges in different environments Planning and recording in activities Problem solving Trust exercises	Skills Principles of safety when working indoors and outdoors Planning, recording, navigation and evaluation Problem solving Leadership Map design	Skills Principles of safety when working indoors and outdoors Planning, recording, navigation and evaluation Problem solving Leadership Map design
Net and Wall -Tennis -Badminton		Agility Moving the body from one position to another (changing direction) Start/stop on command, maintaining balance Balance Centre of gravity over the base of support Counterbalancing when centre of gravity is out of position	Agility Moving the body from one position to another (changing direction) Start/stop on command, maintaining balance Balance Centre of gravity over the base of support Counterbalancing when centre of gravity is out of position	Attack – simplified versions of games (2v1, 3v3), hitting, game scenarios Varying speed and locomotion skills/agility to beat defender Create strategies and tactics to achieve desired result and outwit your opponents Understanding the importance of width and depth of	Attack – simplified versions of games (2v1, 3v3), hitting, game scenarios Varying speed and locomotion skills/agility to beat defender Create strategies and tactics to achieve desired result and outwit your	Attack – simplified versions of games (2v1, 3v3), hitting, game scenarios Varying speed and locomotion skills/agility to beat defender Create strategies and tactics to achieve desired result and outwit your opponents Understanding the importance of width and depth of	Attack – simplified versions of games (2v1, 3v3), hitting, game scenarios Varying speed and locomotion skills/agility to beat defender Create strategies and tactics to achieve desired result and outwit your opponents Understanding the importance of width and depth of

		<p>Co-ordination Synchronising limbs when performing an action Generating force when sending</p> <p>Locomotion skills (ways to move) Run – forwards, backwards, sideways and diagonally Chase – closing space between the attacker & defender Jump – block, intercept, receive object off target/on the move</p> <p>Stabilisation skills (maintaining physical stability) Turn – looking for spaces, chasing/avoiding Twist – when sending/receiving Stretch – when blocking, intercepting, receiving Ball manipulation skills (ways to use an object) Send – push, hit, throw a ball, with hands</p>	<p>Co-ordination Synchronising limbs when performing an action Generating force when sending</p> <p>Locomotion skills (ways to move) Run – forwards, backwards, sideways and diagonally Chase – closing space between the attacker & defender Jump – block, intercept, receive object off target/on the move</p> <p>Stabilisation skills (maintaining physical stability) Turn – looking for spaces, chasing/avoiding Twist – when sending/receiving Stretch – when blocking, intercepting, receiving Ball manipulation skills (ways to use an object) Send – push, hit, throw a ball, with hands</p>	<p>playing area and positions/roles within a team – apply game principles Shooting methods and importance of accuracy to increase chances of success Decision making on when to shoot/distance from net Defend - simplified versions of games (2v1, 3v3), game scenarios Create strategies and tactics to achieve desired result Understanding the importance of width and depth of playing area and positions/roles within a team</p> <p>Locomotion skills (Attack) - apply game principles/rules Run – identifying space to move into to receive the ball Avoid – monitoring opposition and moving accordingly</p>	<p>opponents Understanding the importance of width and depth of playing area and positions/roles within a team – apply game principles Shooting methods and importance of accuracy to increase chances of success Decision making on when to shoot/distance from net Defend - simplified versions of games (2v1, 3v3), game scenarios Create strategies and tactics to achieve desired result Understanding the importance of width and depth of playing area and positions/roles</p>	<p>playing area and positions/roles within a team – apply game principles Shooting methods and importance of accuracy to increase chances of success Decision making on when to shoot/distance from net Defend - simplified versions of games (2v1, 3v3), game scenarios Create strategies and tactics to achieve desired result Understanding the importance of width and depth of playing area and positions/roles within a team</p> <p>Locomotion skills (Attack) - apply game principles/rules Run – identifying space to move into to receive the ball Avoid – monitoring opposition and moving</p>	<p>of playing area and positions/roles within a team – apply game principles Shooting methods and importance of accuracy to increase chances of success Decision making on when to shoot/distance from net Defend - simplified versions of games (2v1, 3v3), game scenarios Create strategies and tactics to achieve desired result Understanding the importance of width and depth of playing area and positions/roles within a team</p> <p>Locomotion skills (Attack) - apply game principles/rules Run – identifying space to move into to receive the</p>
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		<p>Receive – catch with hands Pick up – static or moving object Carry – run with an object in hands or on a racket Bounce – bounce- catch/bounce pass</p> <p>Net & Wall Games Principles Attack – send an object into the opponent’s area making it difficult for them to return it</p> <p>Defend – prevent opposition from scoring by closing space and retaining possession</p>	<p>Receive – catch with hands Pick up – static or moving object Carry – run with an object in hands or on a racket Bounce – bounce- catch/bounce pass</p> <p>Net & Wall Games Principles Attack – send an object into the opponent’s area making it difficult for them to return it</p> <p>Defend – prevent opposition from scoring by closing space and retaining possession</p>	<p>to remain in space</p> <p>Locomotion skills (Defend) - apply game principles/rules</p> <p>Jump – block, intercept, receive object off target/on the move</p> <p>Ball manipulation skills (Attack) – apply game principles/rules</p> <p>Send – from a static position and on the move, into a space for a teammate to run on to and receive</p> <p>Receive – from a static position and on the move, transitioning into an immediate pass when received (quick pass)</p>	<p>within a team</p> <p>Locomotion skills (Attack) - apply game principles/rules</p> <p>Run – identifying space to move into to receive the ball</p> <p>Avoid – monitoring opposition and moving accordingly to remain in space</p> <p>Locomotion skills (Defend) - apply game principles/rules</p> <p>Jump – block, intercept, receive object off target/on the move</p> <p>Ball manipulation skills (Attack) – apply game principles/rules</p> <p>Send – from a static position and on the move, into a space for a teammate to run on to and</p>	<p>accordingly to remain in space</p> <p>Locomotion skills (Defend) - apply game principles/rules</p> <p>Jump – block, intercept, receive object off target/on the move</p> <p>Ball manipulation skills (Attack) – apply game principles/rules</p> <p>Send – from a static position and on the move, into a space for a teammate to run on to and receive</p> <p>Receive – from a static position and on the move, transitioning into an immediate pass when received (quick pass)</p>	<p>ball Avoid – monitoring opposition and moving accordingly to remain in space</p> <p>Locomotion skills (Defend) - apply game principles/rules</p> <p>Jump – block, intercept, receive object off target/on the move</p> <p>Ball manipulation skills (Attack) – apply game principles/rules</p> <p>Send – from a static position and on the move, into a space for a teammate to run on to and receive</p> <p>Receive – from a static position and on the move, transitioning into an immediate pass when received (quick pass)</p>
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					receive Receive – from a static position and on the move, transitioning into an immediate pass when received (quick pass)		
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