

## GYMNASTICS

<i>Class R</i>	<i>YEAR 1, 2</i>	<i>YEAR 3 &amp; 4</i>	<i>YEAR 5&amp;6</i>
<i>Forwards</i>	<i>Speed</i>	<i>push</i>	<i>Muscles</i>
<i>Backwards</i>	<i>Body parts</i>	<i>pull</i>	<i>Joints</i>
<i>Sideways</i>	<i>Shape</i>	<i>step</i>	<i>Symmetrical/asymmetrical</i>
<i>Roll</i>	<i>Travel</i>	<i>spring</i>	<i>Combination</i>
<i>Jump</i>	<i>tall</i>	<i>crawl</i>	<i>Fluency</i>
<i>Move</i>	<i>small</i>	<i>still</i>	<i>Centre of gravity</i>
<i>Over</i>	<i>long</i>	<i>slowly</i>	<i>Core strength</i>
<i>Under</i>	<i>thin</i>	<i>arch</i>	<i>Technique</i>
<i>Through</i>	<i>pattern</i>	<i>high</i>	<i>Performance</i>
<i>stretch</i>	<i>movement</i>	<i>low</i>	<i>precision</i>
	<i>sequence</i>	<i>landing safely</i>	
	<i>copy</i>	<i>tuck</i>	
	<i>mirror</i>	<i>90 degrees</i>	
	<i>landing</i>	<i>180 degrees</i>	
	<i>control</i>	<i>Flexible</i>	
	<i>balance</i>	<i>Co-ordination</i>	
		<i>control</i>	

## DANCE

<i>Class R</i>	<i>YEAR 1, 2</i>	<i>YEAR 3 &amp; 4</i>	<i>YEAR 5&amp;6</i>
<i>Travel</i> <i>Movement</i> <i>action</i>	<i>Stillness</i> <i>Direction</i> <i>Space</i> <i>Body parts</i> <i>Levels</i> <i>Speed</i> <i>Repeat action</i> <i>Pattern</i> <i>mirror</i>	<i>Repetition</i> <i>Action and reaction</i> <i>Pattern</i> <i>Sequence</i> <i>Unison</i> <i>Compare</i> <i>Adapt</i> <i>timing</i>	<i>+ Dance style</i> <i>Technique</i> <i>Rhythm</i> <i>Variation</i> <i>Unison</i> <i>Canon</i> <i>Self-reflection</i> <i>Movement of pattern</i>

GAMES

<i>Class R</i>	<i>YEAR 1, 2</i>	<i>YEAR 3 &amp; 4</i>	<i>YEAR 5&amp;6</i>
<i>Hit catch</i>	<i>Striking sending Own space Team Speed Direction Passing Control Shooting Scoring receive</i>	<i>Keep possession Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points Rules Tactics Batting Fielding Defending Hitting Technique Distance Backhand/forehand Underarm Sportsmanship fairness</i>	<i>Keeping possession Dribbling Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Applying Over arm</i>

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Athletics

<i>Class R</i>	<i>YEAR 1, 2</i>	<i>YEAR 3 &amp; 4</i>	<i>YEAR 5&amp;6</i>
<i>Run</i> <i>Jog</i> <i>Speed</i> <i>Forward</i> <i>backward</i>	<i>Pace</i> <i>Posture</i> <i>Balance</i> <i>Change of direction</i> <i>Control</i> <i>Stride</i> <i>Speed</i> <i>Obstacle</i> <i>Travel</i> <i>distance</i>	<i>Performance</i> <i>Sprint</i> <i>Combination</i> <i>Hurdle</i> <i>Adjustment</i> <i>Sprint finish</i> <i>Control speed</i> <i>Competitive</i> <i>Competition</i> <i>Competitors</i> <i>opponents</i>	<i>Accelerate</i> <i>Decelerate</i> <i>Effective techniques</i> <i>Sprint start</i> <i>Suitable pace</i> <i>Sustain</i> <i>Stamina</i> <i>Endurance</i> <i>Fluency</i> <i>Stride pattern</i>