

Year	Sport/Activity	Vocabulary
Group		
EYFS	PE and Everyday activities and Forest School	See our Early Years Curriculum Document under Physical Development
	Gymnastics	 Stretch Travel Roll (log/pencil or egg) Balance (5 Patch balances: Back, Front, Shoulder, Side, Bottom) Jump (straight or shape) Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch) Equipment/Apparatus (ball, hoop, beam, table, mat) Sequence Performance
	Invasion Games	 Attack Defend Shoot/ Hit / Throw Catch Travel Pass Receive Space, Time / Task, Equipment, People (STEP MODEL - Differentiation)
Year I	Dance	 Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue) Direction (forwards, backwards, sideways) Space (near, far, in and out, on the spot, own Sequence (beginning, middle, end) Moods and feelings (expressive qualities) (jolly, stormy) Nature of movement (dynamic qualities) (fast, strong, gentle) Balance Coordination
	Co-operation games	 Teamwork / team building Communication / talking Trust Problems / problem solving Solutions Space, Time / Task, Equipment, People (STEP MODEL - Differentiation)
	Rhythmic dance	 Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue) Direction (forwards, backwards, sideways) Space (near, far, in and out, on the spot, own Sequence (beginning, middle, end) Moods and feelings (expressive qualities) (jolly, stormy) Nature of movement (dynamic qualities) (fast, strong, gentle) Equipment → balls, hoops, ribbons



Chasing and fleeing	• Tag / IT
	Tactics
	Evading opponents
	Reaching opponents
	Trapping
	 Sending/reacting to misleading signals
	• Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
Target Games	Score
	Shoot/ Hit / Throw
	• Judging distance
	Protect the shot
	Prevent the points / goals
	Tactics
	• Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
Net and Wall Games	Shoot/ Hit / Throw
	Attack
	Over the net
	Create space on offence
	Reduce space on offence
	Tactics
	• Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
OAA	Orienteering (positional language)
Outdoor Adventurous	Map skills (compass, symbols)
Activities	Communication
	Confidence / Self-esteem
	Strength / Agility
	Balance / Coordination
	Personal barriers
	Perseverance
	Determination
	Risk-taking
Striking and Fielding	Batting
	• Fielding
	Defending
	Attacking
	• Teams
	Bowl / Throw
	Backstop
	Catch
	• Run
	Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
Personal Challenges	Resilience
, in the second s	Various Techniques
	Effectiveness
	Personal Best (PB)
Athletics	Run, Jump, Throw
	• Speed
	Height
	Distance
	Accuracy
	 Fitness, Health/Wellbeing



		 Equipment – hurdles, skipping ropes, cones, space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.
Year 2	Gymnastics Invasion Games	 Stretch / Flexibility Travel Roll (log/pencil or egg) Patch Balance (Back, Front, Shoulder, Side, Bottom) Point Balance (hands, feet, elbows, knees & head) Jump (straight or shape) Gymnastic shapes (Tuck, Pike, Straddle, Star, Dish & Arch) Equipment/Apparatus (ball, hoop, beam, table, mat) Sequence Performance Attack Defend Shoot/ Hit / Throw Catch Travel Pass Receive
		 Receive Tactics Space, Time / Task, Equipment, People (STEP MODEL – Differentiation)
	Dance	 Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue) Direction (forwards, backwards, sideways) Space (near, far, in and out, on the spot, own Sequence (beginning, middle, end) Moods and feelings (expressive qualities) (jolly, stormy) Nature of movement (dynamic qualities) (fast, strong, gentle)
	Cooperation games	 Teamwork / team building Communication / talking Trust Problems / problem solving Solutions Space, Time / Task, Equipment, People (STEP MODEL - Differentiation)
	Rhythmic gym/dance	 Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue) Direction (forwards, backwards, sideways) Space (near, far, in and out, on the spot, own Sequence (beginning, middle, end) Moods and feelings (expressive qualities) (jolly, stormy) Nature of movement (dynamic qualities) (fast, strong, gentle) Equipment → balls, hoops, ribbons



Chasing and Fleeing	• Tag / IT
	Tactics
	Evading opponents
	Reaching opponents
	• Trapping
	 Sending/reacting to misleading signals
	 Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
Target Games	Score Score
	Shoot/ Hit / Throw
	 Judging distance Protect the shot
	 Protect the shot Prevent the points / goals
	Tactics
	 Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
Net and Wall games	Shoot/ Hit / Throw
	Attack
	Over the net
	Create space on offence
	Reduce space on offence
	• Tactics
	• Space, Time / Task, Equipment, People (STEP MODEL – Differentiation)
QAA	Orienteering (positional language)
Outdoor Adventurous	 Map skills (compass, symbols)
Activities	Communication
	Confidence / Self-esteem
	Strength / Agility
	Balance / Coordination
	Personal barriers
	Perseverance
	Determination
	Risk-taking
Striking and Fielding	Batting
	Fielding Defending
	DefendingAttacking
	Teams
	Bowl / Throw
	Backstop
	Catch
	• Run
	• Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
Personal Challenges	Resilience
	Beat your previous goal
	Various Techniques
	Effectiveness Developed Rest (DR)
Athletics	Personal Best (PB)
Auneucs	Run, Jump, ThrowSpeed
	 Speed Height
	Distance
	Accuracy
	 Fitness, Health/Wellbeing
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	Reaching opponents
	Trapping
	 Sending/reacting to misleading signals
	 Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
Target Games	Score
	Shoot/ Hit / Throw
	Judging distance
	Protect the shot
	 Prevent the points / goals
	Tactics
	 Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
Net and Wall	 Shoot/Hit/Throw/Serve
	Attack
	Over the net
	Create space on offence
	Reduce space on offence
	Tactics
	Rally
	• Umpire
	• Volley
	Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
OAA	 Orienteering (positional language)
Outdoor Adventurous	 Map skills (compass, symbols, contours)
Activities	Communication
	Confidence / Self-esteem
	Strength / Agility
	Balance / Coordination
	Personal barriers
	Perseverance
	Determination
	Risk-taking
Striking and Fielding	Batting
	Defending
	• Attacking
	• Teams
	Bowl / Throw
	Backstop
	Catch
	• Run
	• Space, Time / Task, Equipment, People
	(STEP MODEL – Differentiation)
Personal Challenges	Resilience
r er sonar Chanenges	
	Various Techniques
	Competence
	Skills & Strategy
	Effectiveness
	Personal Best (PB)



	Athletics	Run, Jump, Throw
	Athletics	 Speed
		Height
		Distance
		Accuracy
		 Fitness, Health/Wellbeing
		• Equipment – hurdles, skipping ropes, cones,
		space hoppers, beanbags, javelins, relay
		batons, shotput, high/long jump etc.
	Cympactics	
	Gymnastics	Stretch / Flexibility Travel (Stag leap seiger leap set leap %
		• Travel (Stag leap, scissor leap, cat leap &
		backwards)
		Roll (log/pencil, egg, shoulder & teddy bear
		roll)
		• Patch Balance (Back, Front, Shoulder, Side,
		Bottom, symmetrical & asymmetrical)
		Point Balance (hands, feet, elbows, knees,
		head & arabesque)
		• Jump (straight jump, shape jump-
		star/tuck/stretch, jump ¼ turn and jump ½
		turn)
		• Gymnastic shapes (<i>Tuck, Pike, Straddle, Star,</i>
		Dish & Arch)
		•
		• Equipment/Apparatus (ball, hoop, beam,
Year 4		table, mat)
		Sequence
		Performance
	Invasion Games	Attack (mark)
		Defend (opponents)
		• Shoot / Hit / Throw accurately (in a variety of
		ways)
		• Travel (changing speed, direction and
		remaining in control of the ball)
		• Pass / send
		Catch / Receive
		• Tactics (suggest what they need to practice to
		enjoy or develop the game)
		• Possession (adapt techniques to keep it)
		Evaluate performance to improve
		• Space, Time / Task, Equipment, People
		(STEP MODEL – Differentiation)
	Dance	• Travel and Stillness (gallop, skip, jump, hop,
		bounce, spring, turn, spin, freeze, statue)
		• Direction (forwards, backwards, sideways)
		• Space (near, far, in and out, on the spot, own
		• Sequence (beginning, middle, end)
		 Moods and feelings (expressive qualities)
		(jolly, stormy)
		Nature of movement (dynamic qualities)
		(fast, strong, gentle)
	Cooperation Games	Teamwork / team building
		Communication / talking
		 Trust
		 Problems / problem solving
		 Solutions
		• Sulutions



Yoga	 Flexibility Agility Co-ordination Poses (poster → crab, dolphin, hero, flamingo) Calm/Tranquil relaxation Inhale/Exhale
Chasing and Fleeing	 Tag / IT Tactics Evading opponents Reaching opponents Trapping Sending/reacting to misleading signals Space, Time / Task, Equipment, People (STEP MODEL - Differentiation)
Target games	 Score Shoot/ Hit / Throw Judging distance Protect the shot Prevent the points / goals Tactics Space, Time / Task, Equipment, People (STEP MODEL - Differentiation)
Net and Wall	 Shoot/Hit/Throw/Serve Attack Over the net Create space on offence Reduce space on offence Tactics Rally Drop shot Umpire Volley Space, Time / Task, Equipment, People (STEP MODEL - Differentiation)
Swimming	 Strokes (freestyle, front crawl, back crawl, butterfly, breast stroke) Dolphin technique Body Position (hips & legs high so chn are streamlined and the body has increased resistance) Breathing Deep water Water safety Confidence Forward rolls / Backward roll
Striking and Fielding	 Batting Fielding Defending Attacking Teams Bowl / Throw Backstop Catch Run



		Space, Time / Task, Equipment, People
		(STEP MODEL – Differentiation)
	Athletics	
	Athletics	Run, Jump, Throw
		• Speed
		• Height
		Distance
		Accuracy
		 Fitness, Health/Wellbeing
		• Equipment – hurdles, skipping ropes, cones,
		space hoppers, beanbags, javelins, relay
		batons, shotput, high/long jump etc.
	Cumporties	
	Gymnastics	• Stretch / Flexibility
		• Travel (Spinning on point, Spinning with travel
		& cartwheel)
		Roll (log/pencil, egg, shoulder, teddy bear roll
		& forward roll)
		• Balance (point, patch, mirror and match &
		counter balance)
		• Jump (straight jump, shape jump-
		star/tuck/stretch, jump ¼ turn, jump ½ turn,
		hopscotch & compass)
		• Gymnastic shapes (<i>Tuck, Pike, Straddle, Star,</i>
		Dish & Arch)
		• Equipment/Apparatus (ball, hoop, beam,
		table, mat)
		Sequence
		Performance
-	Football	Attack
		Defend / Defender
		 Possession
		Centre pass
Year 5		• Dribble
		Corner / Goal Kick
		Formation
		Foul / Penalty
		Hand ball
	Dance	• Travel and Stillness (gallop, skip, jump, hop,
		bounce, spring, turn, spin, freeze, statue)
		 Direction (forwards, backwards, sideways)
		 Space (near, far, in and out, on the spot, own
		 Sequence (hear, har, in and out, on the spot, own Sequence (beginning, middle, end)
		Moods and feelings (expressive qualities)
		(jolly, stormy)
		Nature of movement (dynamic qualities)
		(fast, strong, gentle)
	Hockey	Hockey stick (flat side) (Lifted no higher than
	-	shoulder height)
		Pitch
		• Team
		 Hit/Pass/Push/Dribble
		Attackers / Defenders / Midfielders Goal / Shoot
		 Attackers / Defenders / Midfielders Goal / Shoot Obstruction



• Direction (forwards, backwards, sideways) • Space (near, far, in and out, on the spot, own Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle) • Equipment -> balls, hoops, ribbons Rugby (TAG) • Tag (removal of the Velcro tag belt) • Goal line • Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside Target Games • Shoot / Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tatcitos • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Officieler is distance • Footwork OAA • Outdoor Adventurous Activities • May skills (compass, symbols, contours) • Communication • Confidence / Self-esteem • Strength / Agility <	Strictly	• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)
• Space (near, far, in and out, on the spot, own • Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (folly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle) • Rugby (TAG) • Tag (removal of the Velcro tag belt) • Goal line • Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside Target Games • Shoot/ Hit / Throw • Judging distance • Protect the shot • Defence • Shoot / Shot • Defence • Shot / Shot • Doff-side • Center Circle • Strength / Agility • Balance / Coordination • Persevenal barriers • Perseverance • Determination • Kwik Cricket • Bats & Balls • Strength / Agility • Bats & Balls •		
• Sequence (beginning, middle, end) • Moods and feelings (expressive qualities) (jolly, stormy) • Nature of movement (dynamic qualities) (fast, strong, gentle) • Equipment -> balls, hoops, ribbons Rugby (TAG) • Tag (removal of the Velcro tag belt) • Goal line • Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside Target Games • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tatctics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • High-Five • Attack • Defence • Shoot / Shot • Dotfence • Shot / Shot • Ootwork OAA Outdoor Adventurous Activities • Orienteering (positional language) • Map skills (compass, symbols, contours) • Communication • Contination • Balance / Coordination </td <td></td> <td></td>		
• Moods and feelings (expressive qualities) (jolly, stormy) • Rugby (TAG) • Equipment -> balls, hoops, ribbons Rugby (TAG) • Tag (removal of the Velcro tag belt) • Goal line • Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside Target Games • Shoot/ Hit / Throw • Judging distance • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • High-Five • Attack • Defence • Shoot / Shot • Off-side • Center Circle • Feed distance • Footwork OLtdoor Adventurous Activities • Orienteering (positional language) • Outdoor Adventurous Activities • Kwik Cricket • Bats & Balls • Strength / Agility • Balance / Coordination • Persevarance • Determination • Risk-taking Kwik Cricket		
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Nature of movement (dynamic qualities) (fast, strong, gentle) Rugby (TAG) Rugby (TAG) Tag (removal of the Velcro tag belt) Goal line Touchline Scoring a try Free pass Pass back Knock on Offside Target Games Shoot/ Hit / Throw Judging distance Prevent the points / goals Tartics Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball High-Five Attack Defence Shoot / Shot Positions (GK, GD, GS, GA, WD, WA, C) Off-side Camer Circle 3-feet distance Footwork Outdoor Adventurous Activities Kwik Cricket Kwik Cricket Balance / Coordination Perseverance Determination Risk-taking Kwik Cricket Bats & Balls Stumps / Wickets Fielders Bowler & Batters		
Rugby (TAG) • Equipment -> balls, hoops, ribbons Rugby (TAG) • Tag (removal of the Velcro tag belt) • Goal line • Touchline • Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside Target Games • Shoot / Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) OAA • Orienteering (positional language) Outdoor Adventurous • Orienteering (positional language) Activities • Orienteering (condination • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Personal barriers • Perseverance • Determination • Risk-taking Kwik Cricket • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs <td></td> <td></td>		
Rugby (TAG) • Tag (removal of the Velcro tag belt) • Goal line • Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside Target Games • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL – Differentiation) Netball • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) Off-side OLtdoor Adventurous Activities OAA Outdoor Adventurous Activities • Orienteering (positional language) • Mag skills (compass, symbols, contours) • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-taking Kwik Cricket Bats & Balls <		(fast, strong, gentle)
• Goal line • Touchline • Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside Target Games • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork OAA Outdoor Adventurous Activities • Defence / Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk		 Equipment → balls, hoops, ribbons
• Touchline • Scoring a try • Free pass • Pass back • Knock on • Offside Target Games • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork OAA Outdoor Adventurous Activities • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-taking Kwik Cricket • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs	Rugby (TAG)	• Tag (removal of the Velcro tag belt)
• Scoring a try • Free pass • Pass back Knock on • Offside Target Games • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork OAA Outdoor Adventurous Activities • Orienteering (positional language) • Outdoor Adventurous Activities • Strength / Agility • Balance / Coordination • Personal barriers • Personal barriers • Perseverance • Determination • Risk-taking Kwik Cricket • Bats & Balls • Stumps / Wickets • Fielders • Bo		Goal line
• Free pass • Pass back • Knock on • Offside Target Games • • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • • High-Five • Attack Defence Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Pootwork OAA Orienteering (positional language) • Map skills (compass, symbols, contours) • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Personal barriers • Perseverance • Determination		Touchline
• Pass back • Knock on • Offside Target Games • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • High-Flue • Attack • Defence • Shoot / Shot • Center Circle • 3-feet distance • Footwork OAA Outdoor Adventurous Activities Activities Kwik Cricket Kwik Cricket • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs		Scoring a try
• Knock on • Offside Target Games • • Shoot / Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) Off-side Center Circle • Stered distance • Footwork OAA • Outdoor Adventurous • Activities • • Outdoor Adventurous • Communication • Condination • Personal barriers • Personal barriers • Personal barriers • Perseverance • Determination • Risk-taking		Free pass
• Offside Target Games • Shoot/ Hit / Throw • Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork OAA Outdoor Adventurous Activities • Orienteering (positional language) • Map skills (compass, symbols, contours) • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Perseverance • Determination • Risk-taking Kwik Cricket Kwik Cricket • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs		Pass back
Target Games• Shoot / Hit / Throw Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation)Netball• High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • FootworkOAA Outdoor Adventurous Activities• Orienteering (positional language) • Communication • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-takingKwik Cricket• Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs		
• Judging distance • Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side Center Circle · 3-feet distance • Footwork Outdoor Adventurous Activities • Orienteering (positional language) • Map skills (compass, symbols, contours) • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-taking Kwik Cricket • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs		
• Protect the shot • Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork OAA • Outdoor Adventurous • Activities • • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Stumps / Wickets • Fielders • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters Underarm throw (10m) <td< td=""><td>Target Games</td><td></td></td<>	Target Games	
• Prevent the points / goals • Tactics • Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork OAA • Outdoor Adventurous • Activities • • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination Risk-taking • Kwik Cricket • Bats & Balls • • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs <td></td> <td></td>		
• Tactics Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork OAA Outdoor Adventurous Activities • Orienteering (positional language) • Map skills (compass, symbols, contours) • Communication • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Kwik Cricket • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs		
• Space, Time / Task, Equipment, People (STEP MODEL - Differentiation) Netball • • High-Five • • Attack • • Defence • • Shoot / Shot • • Positions (GK, GD, GS, GA, WD, WA, C) • • Off-side • • Center Circle • • 3-feet distance • • Footwork OAA • Outdoor Adventurous Activities • • Map skills (compass, symbols, contours) • • Confidence / Self-esteem • • Strength / Agility • • Balance / Coordination • • Perseverance • • Determination • • Stumps / Wickets • • Bats & Balls • • Stumps / Wickets • • Fielders • • Bowler & Batters • • Underarm throw (10m) •		
Netball • High-Five • Attack • Defence • Shoot / Shot • Positions (GK, GD, GS, GA, WD, WA, C) • Off-side • Center Circle • 3-feet distance • Footwork • Outdoor Adventurous • Map skills (compass, symbols, contours) • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Persoverance • Determination • Risk-taking Kwik Cricket • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m)		
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• Defence• Shoot / Shot• Positions (GK, GD, GS, GA, WD, WA, C)• Off-side• Center Circle• 3-feet distance• FootworkOAAOutdoor AdventurousActivities• Orienteering (positional language)• Map skills (compass, symbols, contours)• Communication• Confidence / Self-esteem• Strength / Agility• Balance / Coordination• Personal barriers• Perseverance• Determination• Risk-taking• Stumps / Wickets• Fielders• Bowler & Batters• Underarm throw (10m)• Scores / Runs	Netball	-
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• Positions (GK, GD, GS, GA, WD, WA, C)• Off-side• Center Circle• 3-feet distance• FootworkOAAOutdoor AdventurousActivities• Orienteering (positional language)• Map skills (compass, symbols, contours)• Communication• Confidence / Self-esteem• Strength / Agility• Balance / Coordination• Personal barriers• Perseverance• Determination• Risk-takingKwik Cricket• Bats & Balls• Stumps / Wickets• Fielders• Bowler & Batters• Underarm throw (10m)• Scores / Runs		
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• Center Circle • 3-feet distance • Footwork OAA Outdoor Adventurous Activities • Orienteering (positional language) • Map skills (compass, symbols, contours) • Communication • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-taking Kwik Cricket • Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs		
OAA• 3-feet distance • FootworkOAA• Orienteering (positional language) • Map skills (compass, symbols, contours) • Communication • Confidence / Self-esteem • Strength / Agility • Balance / Coordination • Personal barriers • Perseverance • Determination • Risk-takingKwik Cricket• Bats & Balls • Stumps / Wickets • Fielders • Bowler & Batters • Underarm throw (10m) • Scores / Runs		
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Determination Risk-taking Kwik Cricket Stumps / Wickets Fielders Bowler & Batters Underarm throw (10m) Scores / Runs		
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 Bowler & Batters Underarm throw (10m) Scores / Runs 		
Underarm throw (10m) Scores / Runs		
Scores / Runs		
	Personal Challenges	Resilience
Beat your previous goal	r crosnar challenges	
Various Techniques		
Competence		•
Skills & Strategy		
Effectiveness		



		Personal Best (PB)
	Athletics	Run, Jump, Throw
	, cineties	• Speed
		Height
		DistanceAccuracy
		 Fitness, Health/Wellbeing
		• Equipment – hurdles, skipping ropes, cones,
		space hoppers, beanbags, javelins, relay batons, shotput, high/long jump etc.
	Gymnastics	Stretch / Flexibility
		• Travel (Stepping sideways, spinning on point,
		spinning with travel, $2 \rightarrow 1$ foot leap, cat leap, scissor leap, stag leap & backwards)
		 Roll (log/pencil, egg, shoulder, teddy bear roll
		& forward roll)
		Balance (point, patch, mirror and match & counter balance)
		• Jump (straight jump, shape jump-
		star/tuck/stretch, jump ¼ turn, jump ½ turn,
		hopscotch & compass)Gymnastic shapes (Tuck, Pike, Straddle, Star,
		Dish & Arch)
		• Equipment/Apparatus (ball, hoop, beam,
		table, mat) • Sequence
		Performance
	Football	Attack
		 Defend / Defender Possession
		Centre pass
Year 6		Dribble
		 Corner / Goal Kick Formation
		Foul / Penalty
	Damas	Hand ball
	Dance	• Travel and Stillness (gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue)
		 Direction (forwards, backwards, sideways)
		• Space (near, far, in and out, on the spot, own
		 Sequence (beginning, middle, end) Moods and feelings (expressive qualities)
		(jolly, stormy)
		 Nature of movement (dynamic qualities) (fast, strong, gentle)
		 Agility / Agile
		Fitness
	Hockey	 Balance / Coordination Hockey stick (flat side) (Lifted no higher than
	TIULKEY	shoulder height)
		Pitch Toom
		 Team Hit/Pass/Push/Dribble
		Attackers / Defenders / Midfielders



		Cool / Choot
		Goal / Shoot
		Obstruction
Sport 1	Theme Dance	• Travel and Stillness (gallop, skip, jump, hop,
Spore	Theme Duriee	bounce, spring, turn, spin, freeze, statue)
		 Direction (forwards, backwards, sideways)
		• Space (near, far, in and out, on the spot, own
		• Sequence (beginning, middle, end)
		Moods and feelings (expressive qualities)
		(jolly, stormy)
		Nature of movement (dynamic qualities)
		(fast, strong, gentle)
		 Equipment → balls, hoops, ribbons
Rugby	(TAG)	• Tag (removal of the Velcro tag belt)
		Goal line
		Touchline
		Scoring a try
		Free pass
		Pass back
		Knock on
		Offside
Target	Games	Shoot/ Hit / Throw
		• Judging distance
		Protect the shot
		• Prevent the points / goals
		Tactics
		• Space, Time / Task, Equipment, People
		(STEP MODEL – Differentiation)
Netball		High-Five
		Attack
		Defence
		Shoot / Shot
		• Positions (GK, GD, GS, GA, WD, WA, C)
		• Off-side
		Center Circle
		3-feet distance
		Footwork
Swimm	ning/OAA	Orienteering (positional language)
		• Map skills (compass, symbols, contours, grid
Activiti	ies	reference, coordinates)
		Communication
		Confidence / Self-esteem
		Strength / Agility
		Balance / Coordination
		Personal barriers
		Perseverance
		Determination
		Risk-taking
Kwik C		Bats & Balls
		Stumps / Wickets
		Fielders
		Bowler & Batters
		 Underarm throw (10m)
		 Scores / Runs

Personal Challenges	Resilience
	Beat your previous goal
	Various Techniques
	Competence
	Skills & Strategy
	Effectiveness
	Personal Best (PB)
Athletics	Run, Jump, Throw
	Speed
	Height
	Distance
	Accuracy
	Fitness, Health/Wellbeing
	• Equipment – hurdles, skipping ropes, cones,
	space hoppers, beanbags, javelins, relay
	batons, shotput, high/long jump etc.