



PE Subject Content Overview

At Sandal Magna, we believe that physical education should develop the mind, body and spirit of each child. PE at our school should promote the emotional wellbeing of children and allow children to develop positive attitudes towards physical activity and healthy lifestyles. The school will create a supportive environment within PE through a rich, broad, deep and exciting curriculum. Children will be taught and encouraged to use knowledge of technical and tactical skills to make decisions within game scenarios, routines in dance and gymnastics and during swimming lessons. Children will be provided with opportunities to become physically confident, in ways which support their health and fitness and promotes an understanding in children of their bodies in action. We will provide children with opportunities to push their physical limits and compete against their peers physically both within and out of school. From Early Years to Year 6 children should learn about how physical activity and healthy eating can positively impact their life.

<u>PE in Year 1</u>					
<u>Fundamentals</u>	<u>Yoga</u>	<u>Ball skills</u>	<u>Team building</u>	<u>Striking and fielding</u>	<u>Athletics</u>
In this topic pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will learn these skills in isolation as well as in combination.	Pupils will learn about mindfulness and body awareness. They will begin to learn poses and techniques that will help connect their mind and body. Improving strength, flexibility, co-ordination and balance.	The pupils will explore and develop their already learn fundamental skills. Focusing on catching, rolling and dribbling with both hands and feet. The pupils will use these skills with increasing control and accuracy. They will get the chance to work independently and collaboratively in pairs and small groups.	In this unit the pupils will develop their teamwork skills. Working independently, in pairs and small groups, learning to take turns and working collaboratively to problem solve.	The pupils will develop their understanding of the principles of defending and attacking, especially for striking and fielding games. They will use and develop skills such as throwing and catching cracking a ball and striking a ball. They will learn how to score points in these types of games and how They	In this unit, pupils with develop skills required and athletic activities, such as running at different speeds, changing direction, jumping and throwing. The pupils will engage in. The pupils will engage in performing skills and measuring performance, competing to improve on their own score, and against others.

				will use and develop skills such as throwing and catching cracking a ball and striking a ball. They will learn how to score points in these types of games and how to play to the rules using simple tactics.	
Key skills - Physical – balance, jump, hop, run, speed, agility, dodge, skip, co-ordination. - Social – Collaboration, work safely, support others. - Emotional – Determination , self regulation, honesty, perseverance.	Key skills - Physical – Balance, strength, flexibility and co-ordination - Social – Move safely, listen to others and collaboration - Emotional- Concentration, focus and identify feelings.	Key skills - Physical - Dribble with hands, roll, catch, dribble with feet and track the ball. - Social – Communication, support others and co-operation. - Emotional - perseverance, honesty and determination - Thinking- Exploration,	Key skills - Physical - Roll, throw, catch, track, kick, relieve with feet and send with a racket. - Social - support others and communicate. - Emotional – Determination, honesty and independence - Thinking – comprehension	Key skills - Physical – roll, track, receive, catch, send and receive with a racket. - Social - communication, encourage others and collaboration. - Emotional - honesty, perseverance, determination , honesty and acceptance. - Thinking - using tactics,	Key skills - Physical – run, balance, agility, coordination, hop, jump, leap and throw. - Social – Work safely and collaborate with others - Emotional – perseverance, independence , honesty and determination



Thinking – Comprehension, select and apply skills.	Thinking – observation, copy and repeat, recognise, create, select and apply.	make decision, comprehension and use tactics.	n, select and apply action and creativity.	comprehension, select and apply.	Thinking – Reflection, comprehension, select and apply skills.
Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression
Dodge Jog Ready position Skip Swing Balance Direction	Feel Copy Breath Listen Slowly Focus Pose Stretch	Control Ready position Soft Swing Track Underarm	Solve Teamwork Lead Direction Instructions Listen Safely	Batter Bowler Fielder Hit Overarm Track Underarm Sending and receiving	Control Further Leap Overarm Quickly Time Underarm Walk



PE in Year 2					
Fundamentals	Dance	Target games	Fitness	Striking and fielding	Athletics
In this unit children will deliver previous skills taught in fundamentals, including balancing, running, changing directions, jumping, hopping and skipping pupils will be given the chance to work collaboratively with others, turn taking and sharing ideas..	Pupils will explore the use of space and how their body can move to express and idea, mood, character or feeling. They will expand knowledge of travelling, dynamics of the music and how to keep count in beats of 8.	In target games pupils will explore principals of defending and attacking. The develop skills like roll and striking towards a target using a consideration for size and distance.	In this unit pupils will learn how to develop their agility, balance, co-ordination, speed and stamina. All helping the pupils develop the components of fitness.	<u>The pupils will develop skills working in two teams, striking and fielding.</u> <u>Developing their understanding of attacking and defending.</u>	In this unit pupils will increase skills acquired to run at speed, jump and throw effectively. They will engage in performing skills and measuring performance, competing to improve their ability against others.
<u>Key skills</u> - Physical –Run, speed, agility, dodge, balance, hop and skip . - Social – collaboration, respect, turn taking, communication and encourage others. - Emotional – Determination, honesty and perseverance.	<u>Key skills</u> - Physical – Actions, dynamics, space and relationships.. - Social – Respect, collaboration, work safely and communication. - Emotional – Independence, perseverance and determination.	<u>Key skills</u> - Physical – roll, over arm throw, underarm throw, strike, dodge and jump. - Social – congratulate, support others, co-operation and kindness. - Emotional – Manage emotions.	<u>Key skills</u> - Physical – Run, stamina, skip, co-ordination, agility, strength and balance. . - Social – Encourage others and communicate. - Emotional – Determination and perseverance - Thinking – comprehension,	<u>Key skills</u> - Physical – Underarm throw, overarm throw, catch c track, bowl and bat. - Social – Communication, encourage others and collaboration. - Emotional – perseverance, determination and acceptance.	<u>Key skills</u> - Physical – Run, jump for distance, jump for height, throw for distance and throw for accuracy.. - Social – communication, work safely and support others. - Emotional – determination



Thinking – Comprehension, make decisions, creativity, use tactics and recall.	Thinking – Provide feedback, comprehension, reflection, observation and creativity.	Thinking – Identify area of strength and areas for development, select and apply, Comprehension and decision making.	identify strengths and areas for development.	Thinking – using tactics, comprehension, select and apply and decision making.	and working independently. Thinking – comprehension, observe and provide feedback, explore ideas and select and apply skills.
Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression
Prior vocabulary Dodge Jog Ready position Skip Swing Balance Direction New vocabulary Hurdle Speed Sprint Take off Weight	New vocabulary Create Dynamics Expression Matching Perform Mirroring Speed Unison	New vocabulary Accurate Ahead Opponent Release Strike Team mate Sending and receiving	New vocabulary Speed Sprint Steady Time Tired Breathing	Prior vocabulary Batter Bowler Fielder Hit Overarm Track Underarm Sending and receiving New vocabulary Backstop Runs Tactics Collect Stump Teammate	Prior vocabulary Control Further Leap Overarm Quickly Time Underarm Walk New vocabulary Aim Distance Far Height Landing Sprint Take off



--	--	--	--	--	--

PE in Year 3					
<u>Dodgeball</u>	<u>Gymnastics</u>	<u>Tennis</u>	<u>OOA</u>	<u>Cricket</u>	<u>Athletics</u>
The pupils will improve key skills used in dodgeball such as throwing, dodging and catching. Apply simple tactics to outwit their opponents. They are taught how to play by the rules correctly and effectively.	In this unit pupils develop their gymnastics skills by balancing, rolling and jumping. They increase their sequence work, collaborating with others to match and contrast actions. Pupils will be able to perform with confidence using smooth controlled actions.	The pupils will understand the principles of net and wall games. Pupils will have to think about how they use skills, such as strategies and tactics to outwit the opposition. They will learn key components such as racket control, hitting a ball and how to score points.	This unit allows pupils to develop problem solving skills through a range of challenges. Working to explore, solve, reflect and improve on strategies. The pupils will understand what a good team makes, exploring the skills for inclusion and trust. They will learn how to orientate a map, identifying key symbols and follow routes.	Cricket is a fielding and striking game, using their prior knowledge to participate as the roles in a cricket game, such as bowler, wicket keeper, fielder and batter. Understanding what is needed to outwit their opponents. Pupils are taught how to strike a ball and avoid fielders to run between wickets to score runs.	In this unit pupils will develop basic running, jumping and throwing techniques. Pupils will have the chance to achieve their greatest speed, distance and accuracy. Pupils will learn how to measure performance, time and record scores.
<u>Key skill</u>	<u>Key skill</u>	<u>Key skill</u>	<u>Key skill</u>	<u>Key skill</u>	<u>Key skill</u>
- Physical – Throw, catch, dodge and jump. - Social- Respect, co-operation and communication.	Physical – Point and patch balances, jumps, straiight roll, barrel roll and foreward roll.	- Physical – Forhand, backhand, throwing, catching and rallying. - Social- Co-operation,	- Physical – Balance, co-ordination, run at speed and run over distance. - Social- Communication,	Physical – Underarm and overthrow throwing, overarm bowling, batting, two handed pick	- Physical – Sprint, jump for distance, push throw, and pull throw - Social- Collaborate



- Emotional- Honesty, self-regulation and confidence. - Thinking- Comprehension, select and apply and tactics.	- Social- Work safely, collaboration and supportive. - Emotional- Perseverance, confidence and independence. - Thinking – observe and provide feedback, creativity and select and apply skills.	- collaboration, respect, support and encouragement. - Emotional- Comprehension, decision making, select and apply, understand rules, use tactics and reflection. - Thinking	- co-operation, inclusion and collaborate. - Emotional- Determination, trust, confidence and honesty. - Thinking – Problem solving, evaluate, reflection, create, comprehension and select and apply.	- up, short barrier. - Social- Collaboration and communication and respect. - Emotional- Perserverance., honesty and determination. - Thinking – Observing and providing feedback and applying strategies.	- and work safely - Emotional- Determination and perseverance - Thinking - Observe and provide feedback, comprehension and explore technique.
Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression
New vocabulary Throw Dodge Defend Block Attack Possession Protect opposition,	New vocabulary Body tension Extend Landing positions Patch Take off Contrast Flow Match Point Pike	New vocabulary Bankhand Control Competition Co-operation Face Court Forehand Opponent Rally Tactic	New vocabulary Collaborate Honest Discuss Interrupt Symbol Teamwork Trust Compass	Prior vocabulary Prior vocabulary Batter Bowler Fielder Hit Overarm Track Underarm Sending and receiving Backstop	Prior vocabulary Control Further Leap Overarm Quickly Time Underarm Walk Aim Distance



	Straddle Tuck			Runs Tactics Collect Stump Teammate New vocabulary Accuracy Grip No ball Barrier Technique Strike Tournament Wicket Umpire	Far Height Landing Sprint Take off New vocabulary Accuracy Baton Event Personal best Power Relay Speed Strength Technique
--	------------------	--	--	--	---



PE in Year 4					
<u>Basketball</u> In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all game's activities, pupils must think about how they use skills, strategies and tactics to outwit the opposition. The Pupils will maintain possession and moving the ball towards goal to score.	<u>Yoga</u> Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance.	<u>Tennis</u> In this unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils must think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently.	<u>Fitness</u> Pupils will take part in a range of activities that explore and develop different areas of their health and fitness. Pupils will be given opportunities to work at their maximum and improve their fitness levels, recognising how the activities make them feel. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same.	<u>Rounders</u> In this unit pupils explore their understanding of the principles of striking and fielding. Pupils learn how to score points by striking a ball into space and running around cones or bases. They focus on developing throwing, catching and batting skills. In all game's activities, pupils must think about how they use skills, strategies and tactics to outwit the opposition.	<u>Athletics</u> pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. In the athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.
<u>Key skill</u> Physical – Pace, sprint, jump for distance and throw for distance.	<u>Key skill</u> - Physical – Balance, flexibility, strength co-ordination. - Social - Working safely,	<u>Key skill</u> - Physical – Throwing, catching, forehand, backhand, and rallying. - Social- Co-operation,	<u>Key skill</u> Physical – Agility, balance, co-ordination, speed, stamina, and strength	<u>Key skill</u> Physical – Underarm and overarm throw, catch, bowl, track a ball, field and retrieve a ball, and bat.	<u>Key skill</u> - Physical - Pace, sprint, jump for distance and throw for distance. - Social- Collaboration and leadership.



Prior vocabulary Control Ready position Soft Swing Track Underarm New vocabulary Release Consistently Select Technique Control Persevere	Prior vocabulary Feel Copy Breath Listen Slowly Focus Pose Stretch New vocabulary Gratitude Mindfulness Stable Well-being Control Grounded	Prior vocabulary Control Competition Co-operation Face Court Forehand Opponent Rally Tactic New vocabulary Outwit Receiver Court Backhand Forehand	Prior vocabulary Speed Sprint Steady Time Tired Breathing New vocabulary Technique Progress Muscle Co-ordination Stamina Healthy	Prior vocabulary Bowler Fielder Hit Overarm Track Underarm Sending and receiving Backstop Runs Tactics Collect Stump Teammate Accuracy Grip No ball Barrier Technique Strike Tournament Wicket Umpire New vocabulary Stance Two-handed pick up Retrieve Technique Opposition	Prior vocabulary Control Further Leap Overarm Quickly Time Underarm Walk Aim Distance Far Height Landing Sprint Take off Accuracy Baton Event Personal best Power Relay Speed Strength Technique New vocabulary Stamina Officiate Perseverance
---	---	---	---	--	--



				Stumped Short barrier	Determination Personal best Accuracy
--	--	--	--	--------------------------	--



PE in Year 5					
<u>Football</u> In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils must think about how they use skills, strategies and tactics to outwit the opposition. In football pupils do this by maintaining possession and moving the ball towards goal to score.	<u>Dance</u> In dance, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances. Pupils will be provided with the opportunity to create and perform their work. They will be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work	<u>Volleyball Y5/Y6</u> In this unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils must think about how they use skills, strategies and tactics to outwit the opposition. In volleyball, they do this by placing an object away from an opponent to make it difficult for them to return.	<u>OOA</u> OAA (outdoor adventurous activities) allows pupils to develop problem solving skills through a range of challenges. Pupils work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies. Pupils learn what makes a good team and explore key skills such as inclusion and trust. Pupils begin to learn to orientate a map, identify key symbols and draw and follow routes.	<u>Crikcet</u> In this unit pupils develop their understanding of the principles of striking and fielding. They expand on their knowledge of the different roles of bowler, wicket keeper, fielder and batter. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to avoid fielders, so that they can run between wickets to score runs.	<u>Athletics</u> In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others.



<u>Key skill</u> - Physical – Dribble, pass, receive, track and tackle. - Social-Communication, respect, collaboration, and co-operation - Emotional- Honesty, persevere and determination - Thinking- Assess, explore, decision making, select and apply.	<u>Key skill</u> - Physical – Actions, dynamics, space and relationships - Social- Collaboration, consideration and awareness of others, inclusion, respect and leadership. - Emotional- Empathy, confidence and perseverance. - Thinking- Creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skills.	<u>Key skill</u> - Physical – Problem solving, evaluate, reflect, select and apply, comprehension and create - Social- Communication, respect, support and encourage others. - Emotional- Perseverance, honesty and determination - Thinking- Perseverance, honesty and determination .	<u>Key skill</u> - Physical – Balance, co-ordination, run at speed, run over and distance. - Social- Communication, co-operation, inclusion and collaboration. - Emotional- Determination , trust, confidence and honesty. - Thinking- Problem solving, evaluate, reflect, select and apply, comprehension, and create.	<u>Key skill</u> - Physical – Deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier and batting. - Social- Collaboration , communication and respect. - Emotional- Honesty and perseverance - Thinking- Observation, provide feedback, select and apply skills, tactics, and assessing.	<u>Key skill</u> - Physical – Pace, sprint, relay changeovers, jump for distance, push throw and pull throw. - Social- Collaboration, negotiation, communication and supporting others. - Emotional- Perseverance, confidence, concentration and determination - Thinking- Observing and providing feedback, selecting and applying,
---	--	--	--	---	---



					comprehension.
Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression
Prior vocabulary Control Competition Co-operation Face Court Forehand Opponent Rally Tactic Outwit Receiver Court Backhand Forehand New Vocabulary Tactics Offside Control Foul Support Pressure Obstruction Onside	Prior Vocabulary Create Dynamics Expression Matching Perform Mirroring Speed Unison New Vocabulary Formation Posture Performance Canon Relationship	Prior vocabulary Control Competition Co-operation Face Court Forehand Opponent Rally Tactic Outwit Receiver Court Backhand Forehand New Vocabulary Volley Tactics Footwork Continuously Set Dig Co-operatively	Prior vocabulary Collaborate Honest Discuss Interrupt Symbol Teamwork Trust Compass New Vocabulary Collaborate Tactical Control card Orienteering Navigation Collective	Prior vocabulary Bowler Fielder Hit Overarm Track Underarm Sending and receiving Backstop Runs Tactics Collect Stump Teammate Accuracy Grip No ball Barrier Technique Strike Tournament Wicket Umpire Stance	Prior vocabulary Control Further Leap Overarm Quickly Time Underarm Walk Aim Distance Far Height Landing Sprint Take off Accuracy Baton Event Personal best Power Relay Speed Strength Technique



				Two-handed pick up Retrieve Technique Opposition Stumped Short barrier New vocabulary Overtake Pressure Tracking Backing up Outwit Support tactics	Stamina Officiate Perseverance Determination Personal best Accuracy New vocabulary Approach Changeover Consistent Dominant Drive Field Force Javelin Momentum Shotput Track
--	--	--	--	--	--



PE in Year 6					
<u>Netball</u> In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all game's activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In netball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as	<u>Gymnastics</u> In this unit, pupils use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. They build trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performances. In gymnastics, pupils develop performance skills considering the	<u>Badminton Y5/Y6</u> n this unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return.	<u>Fitness</u> In this unit pupils will take part in a range of activities that explore and develop different areas of their health and fitness. They will learn different components of fitness including speed, stamina, strength, co-ordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve on their personal fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement	<u>Rounders</u> . In this unit pupils develop their understanding of the principles of striking and fielding. Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They expand on their knowledge of how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all game's activities, pupils must think about how they use skills, strategies and tactics to outwit the opposition.	<u>Athletics</u> In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop.



evaluating their own and others' performances.	quality and control of their actions.				
<u>Key skill</u> - Physical – - Social- - Emotional- - Thinking-	<u>Key skill</u> - Physical – - Social- - Emotional- - Thinking-	<u>Key skill</u> - Physical – Underarm clear, overarm clear, s - Social- - Emotional- - Thinking-	<u>Key skill</u> - Physical – Agility, balance, co-ordination, speed, stamina and strength. - Social- support and encourage others. - Emotional- Perseverance and determination. - Thinking- Observation, analysis and comprehension.	<u>Key skill</u> - Physical – Throw, catch, bowl, bat, and field. - Social- Communication, collaboration, respect and co-operation. - Emotional- Honesty, self-regulation and sportsmanship. - Thinking- Select and apply skills, reflection, assess, and tactics.	<u>Key skill</u> - Physical – Pace, sprint, jump for distance, push throw and fling throw - Social- Negotiating, collaborating and respect. - Emotional- Empathy, perseverance and determination. - Thinking- Observing and providing feedback and comprehension.
Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression
Prior vocabulary Control Competition	Prior vocabulary Body tension Extend	Prior vocabulary Control Competition	Prior vocabulary Speed Sprint	Prior vocabulary Bowler Fielder	Prior vocabulary Control Further



Co-operation	Landing positions	Co-operation	Steady	Hit	Leap
Face	Patch	Face	Time	Overarm	Overarm
Court	Take off	Court	Tired	Track	Quickly
Forehand	Contrast	Forehand	Breathing	Underarm	Time
Opponent	Flow	Opponent	Technique	Sending and receiving	Underarm
Rally	Match	Rally	Progress	Backstop	Walk
Tactic	Point	Tactic	Muscle	Runs	Aim
Outwit	Pike	Outwit	Co-ordination	Tactics	Distance
Receiver	Straddle	Receiver	Stamina	Collect	Far
Court	Tuck	Court	Healthy	Stump	Height
Backhand		Backhand		Teammate	Landing
Forehand	New Vocabulary	Forehand	New vocabulary	Accuracy	Sprint
Tactics	Aesthetics	Volley	Abdominals	Grip	Take off
Offside	Competent	Tactics	Analyse	No ball	Accuracy
Control	Contrasting	Footwork	Calves	Barrier	Baton
Foul	Counter balance	Continuously	Engage	Technique	Event
Support	Engage	Set	Quadriceps	Strike	Personal best
Pressure	Execution	Dig	Rhythm	Tournament	Power
Obstruction	Handstand	Co-operatively		Wicket	Relay
Onside	Refine			Umpire	Speed
	Vault	New Vocabulary		Stance	Strength
New vocabulary	Formation	Abide		Two-handed pick up	Technique
Abide		Appropriate		Retrieve	Stamina
Consecutive		Direct		Technique	Officiate
Transition		Doubles		Opposition	Perseverance
Assess		Footwork		Stumped	Determination
Ball side		Limit		Short barrier	Personal best
Dictate		Opposing		Overtake	Accuracy
Draw		Placement		Pressure	Approach
Extend		Service		Tracking	Changeover



React		Recover Prepare Stance Thrust		Backing up Outwit Support tactics New vocabulary Abide Appropriate Assess Collaborate Consecutive Consistently	Consistent Dominant Drive Field Force Javelin Momentum Shotput Track New vocabulary Discus Explosive Fling Grip Maximum Meet Pattern Phase Release Rhythm Stance Strategy
-------	--	--	--	---	--