



Key Areas of learning for P.E. (headings for areas of progression)

Athletics:

Use running, jumping, throwing and catching in isolation and in combination

Games (Invasion games, striking and fielding, tennis)

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

Gymnastics:

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Dance:

Perform dances using a range of movement patterns

OAA:

Take part in outdoor and adventurous activity challenges both individually and within a team

Swimming and water safety:

swim competently, confidently and proficiently over a distance of at least 25 metres

use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

perform safe self-rescue in different water-based situations.

Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Fundamentals Y3/4	Gymnastics	Dance	Ball skills Y3/4	Athletics	Cricket
Year 4	Netball	Gymnastics	Dance	Tag Rugby	Tennis	Rounders
Year 5	Basketball	Gymnastics	Dance	Swimming	Swimming/ Athletics	Swimming/ Cricket
Year 6	Netball	Gymnastics	Dance	Tag Rugby	Swimming/ Tennis	Swimming/ Rounders

The following tables show our knowledge, skills and vocabulary progression across the key areas of Physical Education as children progress through our school.

Bold text: This refers to sticky knowledge within each section in the progression document as well as key vocabulary (Know).

Italics = Skills (Know how to...)



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Gymnastics					
	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	<p>Know that some shapes link well together.</p> <p>Know that squeezing my muscles helps me to balance.</p> <p>Know that there are different teaching points for different rolls.</p> <p>Know understand that looking forward will help me to land with control.</p> <p>Know that if I use shapes that link well together it will help my sequence to flow.</p>	<p>Know that I can use my body tension to make my shapes look better.</p> <p>Know that I can make my balances look interesting by using different levels.</p> <p>Know the safety considerations when performing more difficult rolls.</p> <p>Know that I can change the take off and shape of my jumps to make them look interesting.</p> <p>Know that if I use different levels it will help to make my sequence look interesting.</p>	<p>Know how shapes can be used to improve my sequence.</p> <p>Know that inverted movements are actions in which my hips go above my head.</p> <p>Know how to keep myself and others safe when performing partner balances. Know that I can keep the shape of my roll using body tension.</p> <p>Know that I can control my landing by landing toes first, looking forwards and bending my knees.</p> <p>Know that if I use different directions it will help to make my sequence look interesting.</p>	<p>Know that shapes underpin all other skills.</p> <p>Know that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.</p> <p>Know how to use contrasting balances to make my sequences look interesting.</p> <p>Know that I need to work within my own capabilities and this may be different to others.</p> <p>Know that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.</p> <p>Know that if I use different pathways it will help to make my sequence look interesting.</p>	<p>Know which shapes to use for each skill.</p> <p>Know that spreading my weight across a base of support will help me to balance.</p> <p>Know where and when to apply force to maintain control and balance.</p> <p>Know that I can use momentum to help me to roll and know where that momentums from.</p> <p>Know that taking off from two feet will give me more height and therefore more time in the air.</p> <p>Know that if I use changes in formation it will help to make my sequence look interesting.</p>
Skills	<p>Know how to use shapes in different gymnastic balances.</p> <p>Know how to remember, repeat and link combinations of gymnastic balances.</p> <p><i>Know how to barrel and straight roll and put into sequence work.</i></p> <p>Know how to use shape jumps and take off combinations.</p>	<p>Know how to use matching and contrasting shapes.</p> <p>Know how to use point and patch balances and transition smoothly into and out of them.</p> <p><i>Know how to develop the straight and barrel roll with increased accuracy.</i></p> <p>Know how to develop stepping into shape jumps with control.</p>	<p>Know how to develop the range of shapes I use in my sequences.</p> <p>Know how to develop strength in bridge and shoulder stand.</p> <p>Know how to develop control and fluency in individual and partner balances.</p> <p><i>Know how to develop the straight, barrel and straddle roll and perform them with increased control.</i></p>	<p>Know how to perform shapes consistently and fluently linked with other gymnastic actions.</p> <p>Know how to explore symmetrical and asymmetrical balances.</p> <p>Know how to develop control in the straight, barrel, and straddle roll and use these in sequence work.</p> <p>Know how to select a range of jumps to include in sequence work.</p>	<p>Know how to combine and perform gymnastic shapes more fluently and effectively.</p> <p>Know how to explore counter balance and counter tension.</p> <p>Know how to develop fluency and consistency in the straddle roll.</p> <p>Know how to combine and perform a range of gymnastic jumps more fluently and effectively.</p>

			<i>Know how to develop control in performing and landing rotation jumps.</i>		
Vocabulary progression	<p>Link, pathway, sequence, tuck, straddle, speed, star, pike, shapes, muscles, balance, roll, control, barrel, straight, jumps</p>	<p>Flow, explore, create, matching, interesting, control, contrasting, tension, levels, safety, take off, point and patch, transition, accuracy</p>	<p>Technique, quality, apparatus, perform, extension, inverted, body tension, landing, directions, strength, bridge, shoulder stand, fluency, rotation, straddle</p>	<p>Symmetrical, asymmetrical, rotation, synchronisation, aesthetics, progression, canon, momentum, contrasting, capabilities, pathways</p>	<p>Formation, momentum, counter balance, fluently, counter tension, stability, force, effectively</p>

Dance					
	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	<p>Know that sequencing actions in a particular order will help me to tell the story of my dance.</p> <p>Know that I can change the way I perform actions to show an idea.</p> <p>Know that I can use different directions, pathways and levels in my dance.</p> <p>Know that using counts of 8 will help me to stay in time with my partner and the music.</p> <p>Know that using facial expressions helps to show the mood of my dance.</p> <p>Know that if I practice my dance my performance will improve.</p>	<p>Know that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance.</p> <p>Know that all actions can be performed differently to help to show effect.</p> <p>Know that I can use space to help my dance to flow.</p> <p>Know that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics.</p> <p>Know that I can use timing techniques such as canon and unison to create effect.</p> <p>Know that if I show sensitivity to the music, my performance will look more complete.</p>	<p>Know that some actions are better suited to a certain character, mood or idea than others.</p> <p>Know that some dynamics are better suited to a certain character, mood or idea than others.</p> <p>Know that space can be used to express a certain character, mood or idea.</p> <p>Know that some relationships are better suited to a certain character, mood or idea than others.</p> <p>Know that being aware of other performers in my group will help us to move in time.</p> <p>Know that I can select from a range of dance techniques to translate my idea.</p>	<p>Know that different dance styles utilise selected actions to develop sequences in a specific style.</p> <p>Know that different dance styles utilise selected dynamics to express mood.</p> <p>Know that space relates to where my body moves both on the floor and in the air.</p> <p>Know that different dance styles utilise selected relationships to express mood.</p> <p>Know what makes a performance effective and know how to apply these principles to my own and others' work.</p> <p>Know that if I use dance principles it will help me to express an atmosphere or mood.</p>	<p>Know that actions can be improved with consideration to extension, shape and recognition of intent.</p> <p>Know that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea.</p> <p>Know that combining space and relationships with a prop can help me to express my dance idea.</p> <p>Know that a leader can ensure our dance group performs together.</p> <p>Know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.</p>
Skills	<p><i>Know how to accurately remember, repeat and link actions to express an idea.</i></p> <p><i>Know how to develop an understanding of dynamics.</i></p>	<p><i>Know how to create actions in response to a stimulus individually and in groups.</i></p> <p><i>Know how to use dynamics effectively to express an idea.</i></p>	<p><i>Know how to respond imaginatively to a range of stimuli related to character and narrative.</i></p> <p><i>Know how to change dynamics confidently within a performance to express changes in character.</i></p>	<p><i>Know how to choreograph dances by using, adapting and developing actions and steps from different dance styles.</i></p>	<p><i>Know how to show controlled movements which express emotion and feeling.</i></p> <p><i>Know how to explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group.</i></p>

	<p><i>Know how to develop the use of pathways and travelling actions to include levels.</i></p> <p><i>Know how to explore working with a partner using unison, matching and mirroring.</i></p> <p><i>Know how to develop the use of facial expressions in my performance.</i></p>	<p><i>Know how to use direction to transition between formations.</i></p> <p><i>Know how to develop an understanding of formations.</i></p> <p><i>Know how to perform short, self-choreographed phrases showing an awareness of timing</i></p>	<p><i>Know how to confidently use changes in level, direction and pathway.</i></p> <p><i>Know how to use action and reaction to represent an idea.</i></p> <p><i>Know how to perform complex dances that communicate narrative and character well, performing clearly and fluently.</i></p>	<p><i>Know how to confidently use dynamics to express different dance styles.</i></p> <p><i>Know how to confidently use direction and patterning to express different dance styles.</i></p> <p><i>Know how to confidently use formations, canon and unison to express a dance idea.</i></p> <p><i>Know how to perform dances expressively, using a range of performance skills, showing accuracy and fluency.</i></p>	<p><i>Know how to use a variety of compositional principles when creating my own dances.</i></p> <p><i>Know how to demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.</i></p>
<p>Vocabulary progression</p>	<p>Mirror, action, direction, speed, pathway, timing, sequencing, order, story, perform, levels, mood, facial expressions, practice</p>	<p>Perform, flow, match, explore, create, feedback, expression, collaboratively, effect, space, formation, canon, unison, sensitivity, complete</p>	<p>Represent, reaction, dynamics, unison, control, mood, relationships, aware, techniques</p>	<p>Formation, posture, performance, canon, relationship, sequences, style, effective, principles, choreograph, adapting, canon</p>	<p>Extension, shape, intent, phrase, contrast, structure, fluently, connect, journey, props, leader, atmosphere, interpretation, control, improvise, composition</p>

Athletics					
	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	<p>Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p>Know that swinging my arms forwards will help me to jump further.</p> <p>Know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</p> <p>Know how to follow simple rules when working with others.</p>	<p>Know that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.</p> <p>Know that if I jump and land in quick succession, the momentum will help me to jump further.</p> <p>Know that the speed of the movement helps to create power.</p> <p>Know the rules of the event and begin to apply them.</p>	<p>Know that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power.</p> <p>Know that transferring weight will help me to jump further.</p> <p>Know that transferring weight will help me to throw further.</p> <p>Know and understand the rules to be able to manage our own events.</p>	<p>Know that taking big consistent strides will help to create a rhythm that allows me to run faster.</p> <p>Know that keeping a steady breath will help me when running longer distances.</p> <p>Know that if I drive my knees high and fast, I can build power and therefore distance in my jumps.</p> <p>Know how to transfer my weight in different throws to increase the distance.</p> <p>Know and apply rules in a variety of events using official equipment.</p>	<p>Know that I need to prepare my body for running and know the muscle groups I will need to use.</p> <p>Know that a run up builds speed and power and enables me to jump further.</p> <p>Know that I need to prepare my body for throwing and know the muscle groups I will need to use.</p> <p>Know and apply rules in events that pose an increased risk.</p>
Skills	<p>Know how to develop the sprinting action.</p> <p>Know how to develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.</p> <p>Know how to develop overarm throwing for distance.</p>	<p>Know how to develop the sprinting technique and apply it to relay events.</p> <p>Know how to develop technique when jumping for distance in a range of approaches and take off positions.</p> <p>Know how to explore the technique for a pull throw.</p>	<p>Know how to develop an understanding of speed and pace in relation to distance.</p> <p>Know how to develop power and speed in the sprinting technique. Know how to develop technique when jumping for distance.</p> <p>Know how to explore power and technique when throwing for distance in a pull and heave throw.</p>	<p>Know how to apply fluency and co-ordination when running for speed in relay changeovers.</p> <p>Know how to apply speeds appropriate for the event.</p> <p>Know how to explore technique and rhythm in the triple jump.</p>	<p>Know how to demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</p> <p>Know how to develop power, control and technique in the triple jump.</p> <p>Know how to develop power, control and technique when throwing discus and shot put.</p>



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				<i>Know how to develop technique and power in javelin and shot put.</i>	
Vocabulary	Sprint, jog, distance, height, take off, landing, overarm, underarm	Speed, power, strength, higher, pace, control , faster, accurately , further	Power, stamina, determination , accuracy, officiate, perseverance , personal best	Technique , downsweep, upsweep, flight, rhythm, stride	Force, rotation, compete, trajectory, momentum , continuous pace, transfer of weight

Invasion Games (netball, basketball, football and tag rugby)

	Year 2	Year 3	Year 4	Year 5	Year 6
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Knowledge</p>	<p>Know to control the ball before sending it. Know that keeping my head up will help me to know where defenders are. Know that moving into space away from defenders helps me to pass and receive a ball. Know that when my team is in possession of the ball, I am an attacker and we can score. Know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball. Know and apply simple tactics for attack and defence. Know how to score points and follow simple rules</p>	<p>Know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. Know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. Know that by spreading out as a team we move the defenders away from each other. Know my role as an attacker and defender. Know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession. Know the rules of the game and begin to apply them</p>	<p>Know that cushioning a ball will help me to control it when receiving it. Know that protecting the ball as I dribble will help me to maintain possession. Know that moving into space will help my team keep possession and score goals. Know when to pass and when to shoot. Know when to mark and when to attempt to win the ball. Know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals. Know and understand the rules to be able to manage our own game.</p>	<p>Know that not having a defender between myself and a ball carrier enables me to s&r with better control. Know that dribbling in different directions will help to lose a defender. Know that by moving to space even if not receiving the ball will create space for a teammate. Know the need for tactics and identify when to use them in different situations. Know and apply rules in a variety of invasion games whilst playing and officiating.</p>	<p>Know and make quick decisions about when, how and who to pass to. Know the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender. Know that transitioning quickly between attack and defence will help my team to maintain or gain possession. Know how to create and apply a tactic for a specific situation or outcome. Know, apply and use rules consistently in a variety of invasion games whilst playing and officiating.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Skills</p>	<p>Know how to develop s&r with increased control. Know how to dribble with hands and feet with increasing control on the move. Know how to move into space away from others. Know how to move into space away from defenders.</p>	<p>Know how to explore s&r abiding by the rules of the game. Know how to dribble the ball abiding by the rules of the game under some pressure. Know how to use space as a team. Know how to use movement skills to lose a defender.</p>	<p>Know how to use passing techniques appropriate to the game with increasing success. Know how to catch a ball using one and two hands and receive a ball with feet/object with increasing success. Know how to use dribbling the ball with other actions and change direction whilst dribbling with some control.</p>	<p>Know how to develop control when s&r under pressure. Know how to dribble with some control under pressure. Know how to move to create space for themselves and others in their team. Know how to use a variety of techniques to lose an opponent e.g. change of direction or speed.</p>	<p>Know how to use s&r consistently using a range of techniques with increasing control under pressure. Know how to dribble consistently using a range of techniques with increasing control under pressure. Know how to move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.</p>

	<p><i>Know how to stay close to other players to try and stop them getting the ball.</i></p>	<p>Know how to use actions in a range of invasion games.</p> <p><i>Know how to track opponents to limit their scoring opportunities.</i></p>	<p><i>Know how to move into space to help my team</i></p> <p><i>Know how to change direction to lose an opponent with some success.</i></p> <p>Know how to defend one on one and begin to intercept.</p>	<p>Know how to track and mark with increased success.</p> <p>Know how to intercept a ball using one and two hands.</p>	<p>Know how to confidently change direction to lose an opponent</p> <p><i>Know how to use a variety of defending skills (tracking, interception, jockeying) in game situations.</i></p>
<p>Vocabulary</p>	<p>Received, send, teammate, chest pass, possession, goal, dodge, bounce pass</p>	<p>Receiver, footwork, rebound, tracking, interception, mark, travelling, playing area</p>	<p>Outwit, opposition, pivot, court, field, opponent, pitch, contact</p>	<p>Tactics, offside, control, foul, support, pressure, obstruction, onside</p>	<p>Consecutive, formation, consistently, conceding, dictate, turnover, contest, shut down</p>



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Striking and fielding (Cricket/ rounders)

	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	<p>Know the role of a batter. Know that striking quickly will increase the power.</p> <p>Know that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.</p> <p>Know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>Know to use wide fingers and pull the ball in to my chest to help me to securely catch.</p>	<p>Know that striking to space away from fielders will help me to score.</p> <p>Know to look at where a batter is before deciding what to do.</p> <p>Know to communicate with teammates before throwing them a ball.</p> <p>Know that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p>Know to move my feet to the ball.</p>	<p>Know that using the centre of the bat will provide the most control and accuracy.</p> <p>Know that it easier to field a ball that is coming towards me rather than away so set up accordingly.</p> <p>Know that being balanced before throwing will help to improve the accuracy of the throw.</p> <p>Know to track the ball as it is thrown to help to improve the consistency of catching.</p> <p>Know that applying attacking tactics will help to score points and avoid getting out.</p>	<p>Know that stance is important to allow me to be balanced as I hit.</p> <p>Know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</p> <p>Know where to throw the ball in relation to where a batter is.</p> <p>Know when to use a close catch technique or deep catch technique.</p> <p>Know the need for tactics and identify when to use them in different situations.</p>	<p>Know that the momentum and power for striking a ball comes from legs as well as arms.</p> <p>Know which fielding action to apply for the situation.</p> <p>Know to make decisions on who to throw to and when to throw in order to get batters out.</p> <p>Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p> <p>Know and apply some tactics in the game as a batter, bowler and fielder.</p>

	<p>Know and apply simple tactics for attack (batting) and defence (fielding).</p> <p>Know how to score points and follow simple rules.</p>	<p>Know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</p> <p>Know the rules of the game and begin to apply them.</p>	<p>Know that applying defending tactics will help to deny space, get opponents out and limit points.</p> <p>Know and understand the rules to be able to manage our own game.</p>	<p>Know and apply rules in a variety of striking and fielding games whilst playing and officiating.</p>	<p>Know, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.</p>
Skills	<p><i>Know how to strike a ball with their hand and equipment with some consistency.</i></p> <p><i>Know how to track a ball.</i></p> <p><i>Know how to develop co-ordination and technique when throwing over and underarm.</i></p> <p><i>Know how to catch with two hands with some co-ordination and technique.</i></p>	<p><i>Know how to strike a bowled ball after a bounce with different equipment.</i></p> <p><i>Know how to bowl to a target and fielding skills to include a two-handed pick up.</i></p> <p><i>Know how to use overarm and underarm throwing in game situations.</i></p> <p><i>Know how to catch with some consistency in game situations.</i></p>	<p><i>Know how to bat technique with a range of equipment.</i></p> <p><i>Know how to bowl with some consistency, abiding by the rules of the game.</i></p> <p><i>Know how to use overarm and underarm throwing with increased consistency in game situations.</i></p> <p><i>Know how to catch with one and two hands with some consistency in game situations</i></p>	<p><i>Know how to explore defensive and driving hitting techniques and directional batting.</i></p> <p><i>Know how to develop over and underarm bowling technique.</i></p> <p><i>Know how to develop long and short barrier and two-handed pick up.</i></p> <p><i>Know how to demonstrate good technique when using a variety of throws under pressure.</i></p> <p><i>Know how to explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</i></p>	<p><i>Know how to strike a bowled ball with increasing accuracy and consistency.</i></p> <p><i>Know how to use a wider range of fielding skills with increasing control under pressure.</i></p> <p><i>Know how to demonstrate good technique in throwing skills under pressure with increased consistency.</i></p> <p><i>Know how to consistently demonstrate good technique in catching skills under pressure</i></p>
Vocabulary	<p>Fielder, runs, batter, send, teammate, received, bowler</p>	<p>Strike, grip, rounder, backstop, post, wicket, batting, wicket keeper, bowl, fielding</p>	<p>Stance, retrieve, two-handed pick up, technique, opposition, stumped, short barrier</p>	<p>Pressure, overtake, tracking, backing up, outwit, support, tactics</p>	<p>Drive hit, co-operatively, continuous, defensive hit, obstruction, consecutive, consistently</p>

Swimming					
	Year 2	Year 3	Year 4	Year 5	Year 6
			Swim competently, confidently and proficiently using a range of strokes effectively -Perform safe self-rescue in different water-based situation -Swim competently, confidently and proficiently over a distance of at least 25 metres	Follow up sessions provided for children who have not attained the 3 swimming targets in Y4	Children need to have achieved the 3 competencies on leaving Priory.
Vocabulary y			Submersion, crawl, breaststroke, backstroke, gliding, floating, breathing,	Stroke, survival, huddle, treading water, buoyancy	

Tennis					
	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge			<p>Know when to play a forehand and a backhand and why.</p> <p>Know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot.</p> <p>Know that getting my feet in the right position will help me to balance before playing a shot.</p> <p>Know that applying attacking tactics will help me to score points and create space.</p> <p>Know that applying defending tactics will help me to deny space, return a ball and limit points.</p> <p>Know and understand the rules to be able to manage our own game</p>		<p>Know the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court.</p> <p>Know to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</p> <p>Know that different shots can be used depending on if a rally is co-operative or competitive.</p> <p>Know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</p> <p>Know when to apply some tactics for attacking and/or defending.</p> <p>Know, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.</p>



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Skills			<p>Know how to demonstrate technique when using shots playing co-operatively and beginning to execute this competitively.</p> <p>Know how to develop rallying using both forehand and backhand with increased technique.</p> <p>Know to use appropriate footwork patterns to move around the court.</p>		<p>Know how to demonstrate increased success and technique in a variety of shots.</p> <p>Know how to serve accurately and consistently.</p> <p>Know how to successfully apply a variety of shots to keep a continuous rally.</p> <p>Know how to use a variety of footwork patterns relevant to the game I am playing.</p>
Vocabulary			<p>Racket, serve, accurately, track, control, rally, opponent, backhand, forehand, court, received</p>		<p>Tactics, volley, co-operatively, footwork, continuously, set dig, forecourt, backcourt, defensive, attacking, consecutive</p>