

Concepts	Y3	Y4	Y5	Y6
Agility	To change direction at speed.	To change body direction quickly to gain advantage in attacking and defending.	To use acceleration and deceleration in sport, how to apply it to game situations.	To understand the influencers of agility, how to demonstrate and apply in sporting situations.
Balance	The ability to hold a position for a period of time.	To be able to explain and demonstrate a static balance.	To be able to explain static and dynamic balance and demonstrate both.	To be able to define balance and demonstrate a sequence of balances both static and dynamic.
Co-ordination		To be able to show co-ordination in a sporting scenario, such as racket sports.	To be able to define co-ordination and confidently demonstrate a skill that requires co-ordination.	To understand the characteristics of co-ordination, demonstrate and explain muscle groups used in the movement.
Co-operation (Co-operative)		To understand and define co-operation.	To show how co-operation can have a positive influence on sport.	To give examples of sports that require co-operation and how it can have a positive impact on team mates.
Competition (Competitive)		To understand and define competition and what it is to be competitive.	To show positive competitive spirit and how this can influence the outcome of sport.	To create a competition and manage it. To understand how being competitive can have a positive and negative influence on your team.
Team work			To be able to define team work and explain the importance of it.	To understand and demonstrate how team work can have a positive effect on the outcome of a sporting scenario.
Tactic			To understand the meaning of tactics and how they apply to sport.	To create a tactic and apply it to a sport. To create a tactic to counter and change the outcome of the sport.
Strategy	Planning a basic goal in a sporting scenario.	Creating a plan to attack and defend in a sporting scenario.	Creating a plan to win in different sporting scenarios.	Creating a plan and merging them with clear tactics to win a game.
Attack	Trying to score a point or goal against the opposition.	Having possession and using different methods to score a point or goal.	Use tactics and strategies to create an attack.	Use the principles of attack to score a point or goal. Support, width, penetrate, counter attack.



<b>Defend</b>	Trying to stop the opposition scoring a point or goal.	Trying to regain possession using different strategies.	Use tactics to plan and defend against an opposition's attack.	Create defensive strategies to use against opposition' attack, can we turn defence into attack quickly?
<b>Communicate</b>	Define communication in sport.	How can we use communication, how does the tone of our voice influence others on my team?	Use positive communication during a porting scenario to influence the outcome of the game.	Use positive communication to motivate your team. Use communication to give instructions on plays and tactics to influence the outcome of the game.
<b>Collaborate</b>	Define collaboration in sport.	How can we collaborate in sporting scenarios?	How can we collaborate to change the outcome of a sporting scenario or match.	How can we collaborate to develop as an individual and as a team in sport?
<b>Flexibility</b>	Define and understand flexibility.	Why is flexibility important?	What sports require flexibility?	How do we train to improve flexibility and implement it into sport?
<b>Strength</b>	Define and understand strength.	Why is strength important?	What sports require strength?	How do we train to improve strength and implement it into sport?
<b>Technique</b>	How we carry out a particular action i.e., pass, shoot.	Demonstrate different techniques across a variety of sports.	Use a variety of techniques to complete sporting actions.	Describe and demonstrate different techniques, explain how they can be used to change the outcome of a certain sporting scenario.
<b>Control</b>	Define and understand control.	Why is control important?	What sports require control? Does the sport require body control or object control?	How do we train to improve control and implement it into sport?
<b>Balance</b>	Define and understand balance.	Why is balance important?	What sports require balance?	How do we train to improve balance and implement it into sport?
<b>Performance</b>	Define and understand Performance.	Understand the difference between individual and team performance.	To understand how to use mental performance to influence your team and influence a sporting scenario.	To understand emotional and technical performance. How to combine these to determine the outcome of a game.
<b>Personal best</b>	Define and understand personal best.	What sporting disciplines use personal best? How is it recorded?	Record a personal best. Discuss strategies to improve this.	Record a personal best. Design a plan to improve personal best. Set a time scale to achieve this.