

# Master Physical Movements

Using physical competence and knowledge and understanding of physical activity to produce effective movements within physical activity.

# Teamwork

The relationship between skill, the selection and application of skills, tactics and compositional ideas and the readiness of the body and mind to cope with applying this to a team game within physical activity.

# Personal Bests

Identifying good practice and ways that performance can be improved.

# Perform

Using knowledge and understanding of movements to produce effective outcomes when displaying them to others.

## Balance

Exploring and experimenting with techniques and tactics to produce effective outcomes when participating in balancing activities.

## Co-ordination

Exploring and experimenting with techniques and tactics to produce effective outcomes with good hand

	eye co-ordination when moving through space and using equipment.
<p><b>Attacking/Defending</b></p> <p>Exploring and experimenting with technique and tactics whilst working a part of a team to develop attacking and defending skills within team games.</p>	<p><b>Evaluating</b></p> <p>Identifying good practice and ways that performance can be improved.</p>
<p><b>Healthy Living/5 Ways to Wellbeing</b></p> <p>Understanding the positive contribution that regular, fit for purpose regular activity makes to the physical and mental health of everyone.</p>	<p><b>Creativity</b></p> <p>Exploring and experimenting with techniques, tactics and compositional ideas to produce effective outcomes.</p>

