

Invasion Games

		Pro 1	Pro 2
Year Group	Year 3	Chest pass, Bounce pass, Catching, Distances	Pass and move, Accuracy, Distances, Ready to receive
	Year 4	Travel, Dribbling, Close control, Turn	Dribbling, Close control, Change Speed, Awareness
	Year 5	Dribbling, Pass and move, Accuracy, Possession	Move to receive, Find space, Possession, Anticipate
	Year 6	Maintain control, Find space, Move to receive, Accuracy	Pass and move, Maintain possession, Regain possession, Interception

Striking and Fielding Games

		Pro 1	Pro 2
Year Group	Year 3	Fielders, Underarm throw, Catching, Short distance	Underarm throw, Catching, Power, Aim for space
	Year 4	Fielders, Underarm throw, Overarm throw, Catching	Underarm throw, Overarm throw, Aim for target, Power
	Year 5	Overarm bowl, Wickets, Figure of 6, Karate chop	Overarm bowl, Accuracy, Bowled out, Caught out
	Year 6	Overarm bowl, Watch the target, Figure of 6, Karate chop	Watch the target, Good line and length, One bounce, Accuracy

Athletics

		Pro 1	Pro 2

Year Group	Year 3	Walk, jog, run, sprint, travelling, shuttles, head up, find space	Appropriate pace, jog, sprint start, technique, speed, endurance, head up, ball of foot, lift knees, swing arms, distance, start position
	Year 4	Sprint start, technique, short distance, runner, starter, timer, start position	Travel, correct speed, pace, relay, baton, baton change, arm out, hand ready, takeover technique, down sweep
	Year 5	Sprint technique, evaluate, personal performance, walk, speed walk, jog, run, sprint, starter, timer	Run, sprint, personal performance, pace, speed, runner, timer, technique, short distance, overtake
	Year 6	Sprint technique, sprint start, starter, timer, feedback, intervals	Long distance running, pace, breathing, fluency, technique

OAA

		Pro 1	Pro 2
up	Year 3	Shapes, Body position, Teamwork, Take care	Teamwork, Look after each other, Control sheet, Explore
	Year 4	Compass point, Direction, Scale, Map orientation	Scavenger hunt, Exploration, Puzzle, Location

Year Group	Year 5	Scale, Map orientation, Control point, Decision making	Map features, Routes, Birds eye view, Tactics
	Year 6	Team roles, Organisation, Accurately punch sheet, Team tactics	Fitness, H.A.L.F technique (Head, Arms, Legs, Feet), Control points, Plan route

Gymnastics

		Pro 1	Pro 2
Year Group	Reception	Travel, speed, level, direction, animals, balance, coordination, control	Travel, speed, level, direction, animals, balance, coordination, control
	Year 1	Travel, speed, level, direction, animals, balance, space, fluency, pathways	Travel, speed, level, direction, shapes, animals, balance, space, fluency, pathways, safe
	Year 2	Travel, speed, level, direction, animals, balance, small body parts, large body parts, space, fluency, pathways, performance	Travel, speed, level, direction, animals, balance, small body parts, large body parts, space, fluency, pathways, performance
	Year 3	Travel, speed, level, direction, animals, pathway, balance, small body parts, coordination, control, tension	Jump, shape, straight, tuck, star, ski position, half turn, full turn, control, tight

Yea	Year 4	Travel, perform, animals, space, speed, direction, levels, pathway, control, fluency, coordination	Balance, tension, control, small body parts, large body parts, presentation, performance, travel, sequence
	Year 5	Travel, jump, balance, roll, control, body tension, presentation, quality	Balance, counter tension, pull, counter balance, push, matched, mirror, shapes, large body parts, small body parts, levels, unison, sequence
	Year 6	Travel, jump, balance, roll, leaps, control, body tension, presentation, quality	Balance, small body parts, large body parts, Roll, pencil roll, egg roll, rock and roll, teddy bear roll, control, smooth, body tension

Dance

		Pro 1	Pro 2
		Travel, levels, space, 8 counts, routine	Travel, levels, space, 8 counts, circle gallop, routine
	Reception		

Year Group

Year 1	Formation, sequence, leader, perform, counts, jump, travel, turn, gesture, stillness	Travel, formation, counts of 8, unison , clump, canon, sequence
Year 2	Unison, counts of 8, sequence, dynamics, performance, character, jump, travel, turn, gesture, stillness	Unison, counts of 8, sequence, dynamics, sharp, soft, slow, fast, performance, feedback, character
Year 3	Travel, jump, turn, stillness, gesture, formation, counts of 8, poses, sequence, unison, canon, dynamics, character	Travel, jump, turn, stillness, gesture, formation, counts of 8, sequence, feedback
Year 4	Travel, jump, turn, stillness, gesture, dynamics, canon, unison, pose, sequence, count of 8, formation, competition, performance	Travel, jump, turn, stillness, gesture, formation, unison, canon, counts of 8, choreography, dynamics
Year 5	Travel, jump, turn, stillness, gesture, dynamics, unison, pose, sequence, count of 8, formation, competition, performance, feedback	Travel, jump, turn, stillness, gesture, sequence, theme, levels, choreography, counts of 8

	Year 6	Travel, jump, turn, stillness, gesture, dynamics, unison, facial expressions, sequence, count of 8/16, character, theme	Competition, travel, jump, turn, stillness, gesture, unison, sequence, counts of 8/16, perform, dynamics
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FMS

Block 1:

Year	Pro 1	Pro 2	Pro 3
KS1	Speed, Looking forwards, Opposite arms and legs, On your toes	Looking forwards, Opposite arms and legs, Change speed, Bend elbows and knees	Take off, Landing, Bend knees, Swing arms

Block 2:

Year	Pro 13	Pro 14	Pro 15
KS1	Smooth roll, Along the floor, Aim at target, Release/Let go	Aim at target, Opposite leg forward, Bend knees, Swing arm	Aim at target, Opposite foot forward, Non-throwing arm, short distance

Target Games

	Pro 1	Pro 2

Year Group	Year 3/4	Chip, target, safe zone, tick-tock swing, grip, putting, pendulum, stance, power, weight	Putting, tick-tock swing, stance, grip, direction, speed, power, weight, pedulum
	Year 5/6	Over arm throw, grip, target, roll, force, power, speed, accuracy, dodge	Dodge, dexterity, tactics, speed of play, target, elbow over shoulder technique, stance, safety zone

Progressions

Pro 3	Pro 4	Pro 5
Pass and move, Awareness, Positioning, Communication	Move into space, Change direction, Change speed, Timing of pass	Create space, Accuracy, Distances, Timing of pass
Dribbling, Attacker, Defender, Change speed	Attacker, Defender, Possession, Reduce space	Timing of runs, Reduce space, Track opponant, Communication
Marking, Interception Move to recieve, Lose defender	Pass and move, Create space, Maintain possession, Tactics and strategies	Overload, Tactics and strategies, Marking, Zonal
Overload, Attacking tactics, Defensive tactics, Scoring	Attacking tactics, Defensive tactics, Blocking, Interception	Overload, Anticipate opponant, Team tactics, Positions

Progressions

Pro 3	Pro 4	Pro 5
Overarm throw, Catching, Aim for hands, Long distance	Bowler, Wicket keeper, wickets, Overarm bowl	Batter, Straight drive, V-Grips, Aim for space
Bowler, Overarm bowl, Wickets, Wicket Keeper	Overarm bowl, Accuracy, Control, Batters	Batter, Straight Drive, Control, Consistency
Straight Drive, Clear communication, Watch the ball, V-Grips	Ready position, Clear communication, Straight drive, Vary shots	Runs, Caught out, Bowled out, Watch the ball
Straight Drive, Aim for spaces, Overs, Runs	Straight Drive, Aim for spaces, Overs, Runs	Clear communication, Batting, Bowling, Fielding

Progressions

Pro 3	Pro 4	Pro 5
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Sprint start, technique, relay, baton, baton change, arm out, hand ready	Sprint start, technique, relay, baton, baton change, arm out, hand ready, throwing for distance, overarm, pull, javelin throw, sling throw, upwards trajectory, aim, grip	Throwing for distance, technique, javelin throw, sling throw, upwards trajectory, aim, grip
Triple jump, hop step jump, technique, travel, pathways, distance	Triple jump, hopt step jump, jumping for height, vertical jump, speed bounce, sideways jump, take off, landing, feedback	Triple jump, hopt step jump, jumping for height, vertical jump, speed bounce, sideways jump, take off, landing, rhythm, sprint
Teamwork, relay, baton change, baton, sprint technique, communication, upsweep, downsweep	Throwing, technique, sling throw, chest push, feedback	Throwing, technique, pull throw, shot, feedback, throw for distance
Relay, baton, baton change, upsweep, downsweep, short distance, middle distance	throwing, technique, pull throw, javeline, sling throw, quoit	throwing, technique, push throw, chest, shot,

Pro 3	Pro 4	Pro 5
Build, Dens, Design, Shelter from elements	Teamwork, Strategy, Communication, Balance	Communication, Guide, Instructions, Bounderies
Scale, Map orientation, Control point, location	Map symbols, Map legend/key, Landmark, Map orientation	Control punch, Contol sheet, Relay, Control marker,

Safety, Communication, Team roles, Man-made objects	Map orientation, Control point, Plan route, Decision making	Grid reference, Along the corridor, Up the strairs, Grid lines
Disoriented, Stability, Structure, Free standing	Designated route, Individual strengths, Leadership roles, Teamwork	Strict boundaries, Code words, Detailed instructions, Non-verbal communication

Progressions

Pro 3	Pro 4	Pro 5
Balance, tension, control, small body parts, large body parts	Balance, tension, control, small body parts, large body parts, floor, apparatus	Jump, shape, straight, tuck, star, vertical, landing, turn, control, sharp
Travel, animals, balance, tension, control, coordination, small body parts, large body parts	Jump, shape, straight, tuck, star, vertical, landing, turn, control, sharp, flight	Rolling, shapes, pencil roll, egg roll, rock and roll, control, technique, smooth transition
Travel, balance, jump, shape, straight, tuck, star, half turn, ski position, vertical, landing, turn, control, sharp, flight, tight	Roll, jump, balance, pencil roll, egg roll, rock and roll, sequence, smooth transition, fluency, control	Roll, jump, balance, pencil roll, egg roll, rock and roll, sequence, smooth transition, fluency, control
Roll, shapes, pencil roll, egg roll, rock and roll, control, technique, smooth transition, sequence	Roll, travel, balance, jump, shapes, pencil roll, egg roll, rock and roll, control, technique, smooth transition, sequence	Equipment, apparatus, balance, jump, travel, roll, vault, control

Jump, shape, straight, tuck, star, ski position, half turn, full turn, control, tight, apparatus	Roll, shapes, pencil roll, egg roll, rock and roll, teddy bear roll, control, technique, smooth transition, fluency	Roll, balance, travel, jump shapes, pencil roll, egg roll, rock and roll, teddy bear roll, control, technique, smooth transition, sequence, fluency
Balance, counter tension, pull, counter balance, push, matched, mirror, shapes, large body parts, small body parts, levels, unison, sequence	Equipment, apparatus, balance, jump, travel, roll, vault, control, technique, body tension, sequence	Gesture, swing, jump for height, length, turning, leaps, sequence, presentation, posture
Balance, counter tension, pull, counter balance, push, matched, mirror, shapes, large body parts, small body parts, levels, unison, partner sequence, timing	Balance, counter tension, pull, counter balance, push, matched, mirror, shapes, large body parts, small body parts, travel, jump, levels, unison, partner sequence, timing	Equipment, apparatus, balance, jump, travel, roll, vault, control, technique, body tension, sequence

Progressions

Pro 3	Pro 4	Pro 5
Travel, levels, space, 8 counts, circle, routine, balance, canon, unison	Travel, levels, space, 8 counts, circle, routine, balance, canon, unison	Jump, turn, balance, pencil jump, stillness, 4 counts, 8 counts, formation

Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence	Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence	Unison, canon, counts of 8 , formation
Formation, clump/triangle, counts of 8, travel, movements, space, character	Formation, clump/triangle, counts of 8, travel, movements, space, leader, character	Formation, unison, canon, counts of 8, character, travel, space, perform
Travel, jump, turn, stillness, gesture, unison, formation, counts of 16, dynamics, canon	Travel, jump, turn, stillness, gesture, canon, unison, group sequence, formation, counts of 16, dynamics, perform	Travel, jump, turn, stillness, gesture, canon, unison, formation, counts of 16, dynamics, perform
Formation, canon, clump, counts of 8, perform, facial expressions	Competition, performance, unison, levels, travel, dynamics	Performance, formation, choreography, canon, unison, rhythm, dynamics, facial expressions
Travel, jump, turn, stillness, gesture, sequence, theme, levels, choreography, counts of 8	Travel, jump, turn, stillness, gesture, sequence, theme, levels, choreography, counts of 8, perform	Motif, travel, jump, turn, stillness, gesture, formation, theme, levels

Canon, clump, formation, counts of 8/16, travel, jump, turn, stillness, gesture, unison	Canon, unison, counts of 8/16, perform, travel, jump, turn, stillness, gesture, formation	Travel, jump, turn, stillness, gesture, canon, unison, clump, formation, counts of 8/16, sequence dynamics, facial expressions
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Pro 4	Pro 5	Pro 6
Bend knees, Feet together, Take off, Landing	Still, static, statue, control, extend, stability, focus	Still, Feet flat, Extended arms, Head straight

Pro 16	Pro 17	Pro 18
Aim at target, Opposite foot forward, Throwing arm swings back, Swing in a straight line	Aim at target, Stand side on, Elbow bent, Starting position	Aim at target, Long distance, Starting position, Pushing action

Progressions

Pro 3	Pro 4	Pro 5
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Chip, tick-tock swing, target, direction, speed, power, weight, grip, stance	Tick-tock motion, putter, grip, out of bounds, stance, power, weight, target	Chip, put, power, distance, grip, speed, target, angle
Speed of play, agility, moving target, blocker, dodge, tactics, elbow over shoulder technique, stance	Tactics, dodge, blocker, possession, stance, speed of play, decision making	Dodge, moving target, static target, anticipate, tactics, outwit, possession, blocker

Pro 6	Pro 7	Pro 8
Possession, Create space, Accuracy, Communication	Awareness, Communication, Accuracy, Move to receive	Create space, Move to receive, Accuracy, Communication
Close control, Pressure, Reduce space, Intercept	Awareness, Close control, Intercept, Tackle	Close control, Scoring, Possession, Communication
Support, Reaction, Anticipate passes, Tactics and strategies	Support, Reaction, Anticipate passes, Tactics and strategies	Clear communication, Teamwork, Tactics and strategies, Scoring
Clear communication, React to possession change, Team tactics, Adapt	Evaluate, Teamwork, Team tactics, Clear communication	Clear communication, Teamwork, Tactics and strategies, Scoring

Pro 6	Pro 7	Pro 8

Pro 6	Pro 7	Pro 8
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Jumping, travel, technique, combinations, take off, landing, jumping for distance, standing long jump, flight, momentum	Jumping, travel, technique, combinations, take off, landing, jumping for distance, standing long jump, flight, momentum, hop step jump, triple jump	Hop step jump, triple jump, combination, technique, hurdling, smooth action, running action, control
Throwing, technique, pull, sling, shot, push distance, javeline, quoits	Throwing, technique, pull, sling, shot, push distance, javeline, quoits, shot put, throwing area	Hurdling, smooth action, running action, control, take off foot, landing, clear, speed
Jumping, jump for distance, standing long jump, momentum, triple jump, hop-step-jump	Jumping, jump for height, vertical jump, feedback, speed bounce	hurdling, smooth action, running action, control, take off foot, landing, clear, speed, accelerate, stride pattern
Jumping, jump for height, jump for distance, standing long jump, triple jump, hop-step-jump vertical jump, feedback, speedbounce, counter, timer	Jumping, jump for height, jump for distance, standing long jump, triple jump, hop-step-jump vertical jump, feedback, speedbounce, counter, timer	Hurdling, speed, accelerate, control, coordination

Progressions

Pro 6	Pro 7	Pro 8
Hazards, Map symbols, Map key, Control points	Detailed instructions, Bounderies, Guide, Trust	Communication, Control points, Orienteering, Hazards
Strategy, Teamwork, Look after each other, Problem solving	Design, Build, Den, Teamwork	Control punch, Control sheet, Map orientation

Grid reference, Along the corridor, Up the stairs, Control point	Body position, Equipment positioning, Design/Planning, Communication	Natural resources, Line of sight, Plan routes, Relay
Map symbol, Map key/legend, Orienteering, Competition	Square lashing knot, Bight, Stable structures, Resources available	Group discussion, Sharing responsibilities, Competition, Orienteering

Pro 6	Pro 7	Pro 8
Rolling, shapes, pencil roll, egg roll, rock and roll, control, technique, smooth transition,	Travel, balance, jump, sequence, perform	Travel, balance, jump, sequence, perform, competition
Travel, balance, roll, jump, sequence, perform, smooth transition	Travel, balance, roll, jump, apparatus, sequence, perform, smooth transition	Travel, balance, roll, jump, apparatus, sequence, perform, audience, smooth transition, competition
Equipment, apparatus, balance, jump, travel, vault, control	Sequence, 5 element, apparatus, travel, balance, jump, roll, control, flow, smooth transition	Sequence, 5 element, apparatus, travel, balance, jump, roll, control, flow, smooth transition, levels, speed
Equipment, apparatus, balance, jump, travel, roll, vault, control	Sequence, 6 element, apparatus, travel, balance, jump, roll, control, flow, smooth transition	Sequence, 6 element, perform, competition, apparatus, travel, balance, jump, roll, control, flow, smooth transition, level, speed

Equipment, apparatus, balance, jump, travel, roll, vault, control, technique, body tension	Sequence, 6 element, apparatus, travel, balance, jump, roll, control, flow, smooth transition	Sequence, 6 element, perform, competition, apparatus, travel, balance, jump, roll, control, flow, smooth transition, level, speed
Acrobatic gymnastics, partner sequence, balances, counter tension, counter balance, travel, roll, jump, unison, quality	Acrobatic gymnastics, partner sequence, balances, counter tension, counter balance, travel, roll, jump, unison, quality, feedback	Acrobatic gymnastics, partner sequence, balances, counter tension, counter balance, travel, roll, jump, unison, quality, competition, performance, judge
Acrobatic gymnastics, group sequence, partner balance, group balance, travel, roll, jump, unison, cannon, feedback, evaluate	Acrobatic gymnastics, group sequence, partner balance, group balance, travel, roll, jump, unison, cannon, perform	Acrobatic gymnastics, group sequence, partner balance, group balance, travel, roll, jump, unison, cannon, perform, competition, judge, tension, smooth transition

Pro 6	Pro 7	Pro 8
Gesture, travel, jump, turn, stillness, balance, 8 counts, formation, space	Gesture, travel, jump, turn, stillness, balance, 8 counts, formation, space, perform, feedback, canon, unison, levels	

<p>Unison, canon, counts of 8 , formation, performance</p>	<p>Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence, unison, canon, performance, competition, feedback</p>	
<p>Formation, unison, canon, counts of 8, character, travel, space, perform, dynamics</p>	<p>Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence, unison, canon, dynamics, performance, competition, feedback</p>	
<p>Travel, jump, turn, stillness, gesture, canon, unison, formation, group sequence, counts of 16, dynamics, perform</p>	<p>Travel, turn, jump, stillness, gesture, formation, counts of 8/16, group sequence, unison, canon, dynamics, performance, competition, feedback</p>	
<p>Performance, formation, choreography, canon, unison, rhythm, dynamics, facial expressions</p>	<p>Travel, turn, jump, stillness, gesture, formation, counts of 8/16, group sequence, unison, canon, dynamics, performance, competition, feedback, rhythm, facial expressions</p>	
<p>Motif, travel, jump, turn, stillness, gesture, performance</p>	<p>Travel, jump, turn, stillness, gesture, performance, competition, counts of 8, sequence, motif, theme, feedback</p>	

Travel, jump, turn, stillness, gesture, feedback, facial expressions, performance	Travel, jump, turn, stillness, gesture, counts of 8/16, muscle memory, performance	Competition, travel, jump, turn, stillness, gesture, canon, unison, formation, counts of 8/16, sequence, dynamics, performance
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Pro 7	Pro 8	Pro 9
Hopping leg, Non-hopping leg, Balls of feet/Tip toes, Bent leg behind	Take off, Landing, Balls of feet/Tip toes, Bent leg behind	Balls of feet/Tip toes, Step-hop, Swap legs

Pro 19	Pro 20	Pro 21
Feet shoulder width apart, Bend in knees, Eyes on the ball, Hands out together	Pull the ball into body, Adjust body Move body in line with the ball, Eyes on the ball	Eyes on the ball, Kicking leg bends back, Top of foot, Follow through the ball

Pro 6	Pro 7	Pro 8
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Core Task
Create space, Move to receive, Accuracy, Timing of pass
Close control, Possession, Reduce space, Communication
Tactics and strategies, Positioning, Maintain possession, Scoring
Evaluate, Clear communication, Officiate, Team tactics

Core Task
Batters, Straight drive, Fielders, Overarm bowl
Runs, Caught out, Bowled out, Boundary
Overs, Caught out, Bowled out, Runs
Runs, Boundary, Vary shots, Tactics

Core Task

Jog, sprint start, running technique, baton change, overarm/pull/javelin throw, standing long jump, sling throw, hurdles
Running, sprint start, relays, triple jump, vertical jump, speed bounce, throwing, sling throw, shot put relay, relay change
Running, sprint start, middle distance, relay, triple jump, vertical jump, speed bounce, throwing, chest, pull, sling throw, shot put relay, relay change
Running, sprint start, middle distance, relay, triple jump, vertical jump, speed bounce, throwing, chest, pull, sling throw, shot put relay, relay change

Pro 9	Pro 10	Core Task	Comp Week
Problem solve, Planning, Communication, Guide		Teamwork, Control points, Den, Team role	
Control points, Planning, Route,			

Orienteering, Teamwork, Control points, Den, Team role

Compass points, Map orientation, Direction, Control points

Control point, Control punch, Plan route, Map reading

Overhand knot, Bight, Square lashing knot, Stable structure

Control point Rescue, Stretcher, Shelter, Appropriate knot selection

Core Task
Travel, balance, roll, jump, floor, apparatus, sequence, perform, audience, smooth transition, competition
Sequence, 5 element, perform, apparatus, travel, balance, jump, roll, shape, control, flow, smooth transition, levels, speed
Sequence, 6 element, perform, competition, apparatus, floor, travel, balance, jump, roll, control, flow, smooth transition, level, speed, direction

Sequence, 6 element,
perform, competition,
apparatus, travel,
balance, jump, roll,
control, flow, smooth,
power, transition, level,
speed, direction

Sequence, 8 element,
floor, apparatus, travel,
balance, roll, jump,
shapes, consistency,
fluent, body tension,
control, levels, speed,
evaluate

Sequence, 10 element,
apparatus, music, travel,
balance, roll, jump,
shapes, strong,
expressive, timing,
speed, direction,
pathways

Core Task

Travel, turn, jump,
stillness, gesture,
formation, counts of 8,
sequence, unison, canon,
performance,
competition, feedback

Travel, turn, jump,
stillness, gesture,
formation, counts of 8,
sequence, unison, canon,
dynamics, performance,
competition, feedback

Travel, turn, jump,
stillness, gesture,
formation, counts of
8/16, group sequence,
unison, canon, dynamics,
performance,
competition, feedback

Travel, turn, jump,
stillness, gesture,
formation, counts of
8/16, group sequence,
unison, canon, dynamics,
performance,
competition, feedback,
rhythm, facial
expressions

Travel, jump, turn,
stillness, gesture,
performance,
competition, counts of 8,
sequence, motif, theme,
feedback

Competition, travel,
 jump, turn, stillness,
 gesture, canon, unison,
 formation, counts of
 8/16, sequence,
 dynamics, performance

Pro 10	Pro 11	Pro 12	Core Task 1	Core Task 2
Balls of feet/Tip toes, Step-hop, Swap legs on landing	Sideways, Leading foot, Change direction, Control	Sideways, Leading foot, Change direction, Control	Run, travel, straight line, opposite arms and legs, jump, bend knees, both feet, balance, support leg, arms extended	Hopping, take off, same foot, leg bent behind, skipping, balls of feet, alternate legs, sidestep, leading foot, opposite foot follows

Pro 22	Pro 23	Pro 24	Core Task 1	Core Task 2
Moving ball, Aim for target, Aim for space, Top of foot			Roll, face target, aiming arm, swing, underarm throw, aim opposite arm, opposite foot forward, overarm throw, side on, elbow bent, forwards, upwards	Catch, eyes on the ball, hands make target, Kick, kicking leg bent, contact, strike, stand sideways, horizontal bat swing

Core Task

