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| **Dodgeball/ Bench ball Skills** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they throw and catch with control when under limited pressure?
* Are they aware of space and use it to support team-mates and cause problems for the opposition?
* Do they know and use rules fairly to keep games going?
* Can they develop moving, and changing direction at speed?
 | * Can they select and use the most appropriate skills, actions or ideas?
* Can they move and use actions with co-ordination and control?
 | * Can they explain how their work is similar and different from that of others?
* With help, do they recognise how performances could be improved?
 | * Can they explain why it is important to warm-up?

Can they identify some muscle groups used in gymnastic activities? |