

<p> <b>Create</b>            hypothesise            formulate            design            imagine            compose            develop            improve         </p>	<ul style="list-style-type: none"> <li>• Compose a sequence in Gymnastics.</li> <li>• Improve your personal performance in Athletics.</li> <li>• Develop your understanding of tactical play in Games by learning the rules.</li> </ul>
<p> <b>Evaluate</b>            recommend            persuade            debate            justify            assess            conclude            determine         </p>	<ul style="list-style-type: none"> <li>• Assess technique in Athletics/Gymnastics and compare to the perfect model.</li> <li>• Determine the correct score in a tennis match.</li> <li>• Recommend actions/movements in a group dance.</li> </ul>
<p> <b>Analyse</b>            infer            research            investigate            question            appraise            examine            prioritise            organise         </p>	<ul style="list-style-type: none"> <li>• Examine your performance in athletics and compare to previous performances.</li> <li>• Research the rules of the major game you are studying this term.</li> <li>• Warm up your body prioritising the muscles you will be using in the lesson.</li> </ul>
<p> <b>Apply</b>            demonstrate            manipulate            calculate            practise            identify            use         </p>	<ul style="list-style-type: none"> <li>• Practise the key skills of the game.</li> <li>• Calculate your athletics improvement using past scores.</li> <li>• Identify the important elements to include in a gymnastics routine.</li> </ul>
<p> <b>Understand</b>            explain            interpret            give examples            estimate            illustrate         </p>	<ul style="list-style-type: none"> <li>• Give examples of safety rules in games.</li> <li>• Explain the travelling rule in basketball/footwork rule in netball.</li> <li>• Estimate the result you will achieve in the cooper test.</li> </ul>
<p> <b>Remember</b>            list            recognise            define            recall            label         </p>	<ul style="list-style-type: none"> <li>• List the 5 top tips for serving in badminton.</li> <li>• Define stamina/suppleness/strength.</li> <li>• Recall the muscles in the thigh/calf/upper arm.</li> </ul>

<b>Create</b> hypothesise formulate design imagine compose develop improve	<ul style="list-style-type: none"> <li>• Create a motif in dance by fluently linking three actions based on your theme.</li> <li>• Assess your partner's handstand/forward roll/cartwheel by comparing it to the perfect model.</li> <li>• Choose three pieces of equipment that will help you build more challenging group balances.</li> </ul>
<b>Evaluate</b> recommend persuade debate justify assess conclude determine	<ul style="list-style-type: none"> <li>• Develop the fluency of your gymnastics sequence by experimenting with linking movements.</li> <li>• Compose a dance motif based around our theme.</li> <li>• Substitute press ups in your circuit with another suitable exercise.</li> </ul>
<b>Analyse</b> infer research investigate question appraise examine prioritise organise	<ul style="list-style-type: none"> <li>• Investigate which linking movements allow your dance motif to be most fluent.</li> <li>• Organise your gymnastic equipment to allow your sequence to follow more than one direction.</li> <li>• Experiment with different hand positioning on the hockey stick to find the most effective hitting action.</li> </ul>
<b>Apply</b> demonstrate manipulate calculate practise identify use	<ul style="list-style-type: none"> <li>• Change the order of movements in your dance motif in order to develop it.</li> <li>• Apply the 5 top tips for holding a balance to assess your partner's performance.</li> <li>• Predict the path of the attacking player in order to move into your defensive position early.</li> </ul>
<b>Understand</b> explain interpret give examples estimate illustrate	<ul style="list-style-type: none"> <li>• Explain how a dance motif could be developed.</li> <li>• Describe what the run up in high jump should look like.</li> <li>• Select 3 suitable travelling actions for your sequence in gymnastics.</li> </ul>
<b>Remember</b> list recognise define recall label	<ul style="list-style-type: none"> <li>• Label the lines on a tennis/badminton court.</li> <li>• Remember the 5 key points for holding a balance in gymnastics.</li> <li>• List 9 exercises which are suitable to use in a fitness circuit.</li> </ul>

<p> <b>Create</b>            hypothesise            formulate            design            imagine            compose            develop            improve         </p>	<ul style="list-style-type: none"> <li>• Consider the similarities between the service rules in tennis and badminton.</li> <li>• Interpret the footwork/ travelling rule in netball/basketball.</li> <li>• Design a tennis score sheet which records both the score and the service order.</li> </ul>
<p> <b>Evaluate</b>            recommend            persuade            debate            justify            assess            conclude            determine         </p>	<ul style="list-style-type: none"> <li>• Produce a group sequence on apparatus to show flight.</li> <li>• Improve your team's performance by planning a set play for a side line/ centre/ backline pass.</li> <li>• Suggest ways in which your partner could improve their performance.</li> </ul>
<p> <b>Analyse</b>            infer            research            investigate            question            appraise            examine            prioritise            organise         </p>	<ul style="list-style-type: none"> <li>• Compare your fitness test result to the national average.</li> <li>• Experiment on the gymnastic equipment to find places where you can show flight.</li> <li>• Develop your dance motif to show a contrast in levels, speed and direction.</li> </ul>
<p> <b>Apply</b>            demonstrate            manipulate            calculate            practise            identify            use         </p>	<ul style="list-style-type: none"> <li>• Demonstrate good core strength throughout the performance of your gymnastics routine.</li> <li>• Choose your strongest throwing event to practise this lesson.</li> <li>• Identify errors in your partners technique.</li> </ul>
<p> <b>Understand</b>            explain            interpret            give examples            estimate            illustrate         </p>	<ul style="list-style-type: none"> <li>• Describe a test to measure stamina.</li> <li>• Give examples of field events in athletics.</li> <li>• Select your defensive players based on their ability to tackle well.</li> </ul>
<p> <b>Remember</b>            list            recognise            define            recall            label         </p>	<ul style="list-style-type: none"> <li>• Remember the gymnastics equipment layout for next week.</li> <li>• State 4 rules which apply to the tennis serve.</li> <li>• Repeat the baton changeover six times with your partner.</li> </ul>

<b>Create</b> hypothesise formulate design imagine compose develop improve	<ul style="list-style-type: none"> <li>• Improve your partner's volleyball serve by suggesting alterations to their technique.</li> <li>• Design a training drill which improves tackling in hockey/football.</li> <li>• Formulate a plan of attack which starts with a centre pass and ends with a shot on goal in netball.</li> </ul>
<b>Evaluate</b> recommend persuade debate justify assess conclude determine	<ul style="list-style-type: none"> <li>• Compose a ten-bounce trampolining routine with a tariff of 2.</li> <li>• Rearrange your team into height/age/register order.</li> <li>• Suggest ten suitable stations for a fitness circuit.</li> </ul>
<b>Analyse</b> infer research investigate question appraise examine prioritise organise	<ul style="list-style-type: none"> <li>• Analyse your partner's performance of the skill by comparing it to the perfect model.</li> <li>• Research the rules of rounders/cricket.</li> <li>• Organise your team into suitable playing positions according to their strengths.</li> </ul>
<b>Apply</b> demonstrate manipulate calculate practise identify use	<ul style="list-style-type: none"> <li>• Demonstrate the correct technique for a lay-up shot in basketball.</li> <li>• Produce a 10-bounce routine in trampolining.</li> <li>• Calculate your maximum heart rate.</li> </ul>
<b>Understand</b> explain interpret give examples estimate illustrate	<ul style="list-style-type: none"> <li>• Illustrate the different phases of a javelin throw.</li> <li>• Review your set play and, if necessary, make adaptations.</li> <li>• Summarise why it is important to cool down.</li> </ul>
<b>Remember</b> list recognise define recall label	<ul style="list-style-type: none"> <li>• Recognise some similarities between the games of handball and basketball.</li> <li>• Repeat the fitness circuit twice.</li> <li>• State the recommended number of steps in a long jump run up.</li> </ul>

<p> <b>Create</b>            hypothesise            formulate            design            imagine            compose            develop            improve         </p>	<ul style="list-style-type: none"> <li>• What judgement would you make about the new sinbin rule in football?</li> <li>• What choice of return would you make if the shuttle is hit deep into the back corner of the badminton court?</li> <li>• Award the player of the match and justify your reasons.</li> </ul>
<p> <b>Evaluate</b>            recommend            persuade            debate            justify            assess            conclude            determine         </p>	<ul style="list-style-type: none"> <li>• Experiment with ways to lift the hockey ball off the ground.</li> <li>• Propose an alternative training method to improve your stamina/strength/agility.</li> <li>• Modify your set shot in basketball by using the acronym BEEF.</li> </ul>
<p> <b>Analyse</b>            infer            research            investigate            question            appraise            examine            prioritise            organise         </p>	<ul style="list-style-type: none"> <li>• Prioritise each PE pathway according to its suitability for your exercise preferences.</li> <li>• Organise the group into four teams of equal ability.</li> <li>• Experiment with different centre pass set plays to find the most effective.</li> </ul>
<p> <b>Apply</b>            demonstrate            manipulate            calculate            practise            identify            use         </p>	<ul style="list-style-type: none"> <li>• Use your knowledge of your maximum heart rate to work out your aerobic training zone.</li> <li>• Identify the relevant muscle groups for this activity and warm them up.</li> <li>• Choose relevant team positions for your players based on their fitness levels.</li> </ul>
<p> <b>Understand</b>            explain            interpret            give examples            estimate            illustrate         </p>	<ul style="list-style-type: none"> <li>• Predict which opposition player will be receiving the centre pass in netball.</li> <li>• Estimate your resting heart rate.</li> <li>• Select an appropriate PE pathway based on your exercise preferences.</li> </ul>
<p> <b>Remember</b>            list            recognise            define            recall            label         </p>	<ul style="list-style-type: none"> <li>• Recall the correct technique for performing a press up/sit up/lunge.</li> <li>• Memorise the 3 second/8 second/24 second rule in basketball.</li> <li>• Recognise any technique errors in a trampoline back landing.</li> </ul>