



# PE Progressive Curriculum



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics Knowledge and Understanding	PD	Use sideways movement for a purpose. Use basic sprinting technique. Use different techniques to throw an object. Select appropriate technique in a given situation.	Evaluate and improve sprinting technique. Self-select appropriate speed when moving. Select appropriate technique in a given situation with different objects Demonstrate good technique when jumping for height and distance. Identify different throws. Use correct techniques to throw an object.	Jump and land safely. Describe and evaluate jumping action. Use correct technique to achieve maximum power. Recognise and describe what the body feels like after exercise. Jump and land safely. Run effectively at different speeds. Use good sprinting technique. Know basic principles of throwing for distance. Demonstrate basic principles of throwing for distance Use a variety of techniques to throw.	Adapt pace to race conditions. Select appropriate speed for a race. Select appropriate throwing technique for an event. Use correct technique to achieve maximum power. Describe effects of exercise. Explain rates of recovery Perform jumping technique with precision. Select appropriate throwing technique for an event.	Isolate parts of the jump in order to improve performance. Combine elements of jump to maximise distance. Adapt pace to race situation. Develop preferred starting position. Know good technique when jumping. Select preferred take-off foot when jumping.. Develop and apply baton passing technique.	Understand fully how a skill is broken down. Evaluate performance of others and suggest improvements. Adapt pace to race situation. Show determination. Demonstrate a strong desire to improve. Maintain a competitive attitude Know and use parts of the jump in isolation. Show improvement in jumping
Athletics - Skills	Revise and refine the fundamental movement skills they have already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping - climbing	Copy and develop a range of movements. Use basic sprinting technique. Shift weight side to side. Use sideways movement for a purpose. Change direction quickly whilst moving. Demonstrate a variety of jumps. Self-select appropriate speed when moving. Link 2 movements with balance. Use different techniques to throw an object. Throw with power.	Copy and develop a range of movements. Respond quickly to stimuli. Shift weight side to side. Use sideways movement for a purpose. Change direction quickly whilst moving. Self-select appropriate speed when moving. Link 2 or more movements with balance and agility.	Hop with balance and control. Jump with balance and control. Perform athletic sequence with control. Jump and land safely. Run effectively at different speeds. Use good sprinting technique. Show good acceleration from a static start. Know basic principles of throwing for distance. Demonstrate basic principles of throwing for distance. Use a variety of techniques to throw.	Perform jumping technique with precision. Show fluency in running and jumping. Maintain a constant pace. Show acceleration and speed over a distance. Demonstrate quick reactions and evaluate different starting positions. Pass baton without change of pace. Accelerate and maintain pace through a curve.	Combine explosion with control. Run and jump with height. Combine elements of jump to maximise distance. Run with high levels of speed, agility and competitiveness. Sustain acceleration and speed over a distance. Develop and apply baton passing technique. Use good technique with performing a variety of throws Throw with power using a run up	Know and use parts of the jump in isolation. Perform a variety of jumps fluently. Show improvement in jumping. Perform triple jump with balance and control. Can sustain an appropriate pace for a race. Consistently show power and effective technique when jumping, throwing and sprinting. Show determination. Demonstrate a strong desire to improve. Maintain a competitive attitude
Vocabulary		Distance, Height, Power, Arms, Bend, Stretch, Explosion, Effective, Speed, Straight, Balance, Slow, Heart rate, Pace, Change, Accurate, Power, Control	Explosion, Balance, Safety, Energy, Effort, Explosive, Power, Energy, Control, Balance, Imagination, Drive, Reaction, Quick, Slow, Accelerate, Decelerate, Angle, Technique	Balance, Strength, Control, Wobble, Speed, Concentration, Straight line, Pump, Aggression, Posture, Focus, Consistent, Relax, Pulse rate, Heart rate, Effect, Throw, Safety, Aware, Power, Distance, Weight, Transfer, Aggression	Distance, Balance, Control, Speed, Fluid, Effort, Power, Competitive, Technique, Performance, Endurance, Pace, Energy, Competitiveness, Will, Drive, Motivation, Constant, Posture, Long strides, Reactions, Positioning, Comfort, Throw, Safety, Aware, Distance, Balance, Transfer, Aggression	Explosion, Power, Height, Distance, Control, Speed, Fluid, Effort, Competitive, Technique, Performance, Pace, Energy, Competitiveness, Motivation, Constant, Posture, Power, Long strides, Reactions, Positioning, Comfort, Weight, Balance, Transfer, Aggression, Precision, Concentration, Communication, Hand/eye Coordination, Participation, Enjoyment, Team spirit, Fair play	Distance, Balance, Control, Speed, Fluid, Effort, Power, Competitive, Technique, Performance, Pace, Energy, Competitiveness, Motivation, Constant, Throw, Safety, Aware, Drive, Agility, Spring, Bounce, Transfer, Aggression, Determination, Teamwork, Support



# PE Progressive Curriculum



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics – Knowledge and Understanding	<p>PD</p> <p>Gross Motor Skills</p> <p>ELG (PD)</p>	<p>Show tension in some movements and balances.</p> <p>Create an original 5 part sequence.</p> <p>Perform sequence as part of a competition with control, tension and balance.</p> <p>Introduce a linking movement.</p> <p>Know and describe effective gymnastic movements.</p>	<p>Show tension in a variety of movements and balances.</p> <p>Create an original 5 part sequence using linking movements.</p> <p>Perform sequence as part of a competition with control, tension and balance.</p> <p>Act on feedback</p> <p>Know, describe and demonstrate effective gymnastic movements.</p> <p>Copy a 5 part sequence using gymnastic principles.</p>	<p>Consistently show tension in all balances.</p> <p>Create and perform a sequence with control and fluency.</p> <p>Can adapt sequence using complex movements and balances.</p> <p>Can act on feedback.</p> <p>Show variety in balances.</p> <p>Perform sequence in unison.</p>	<p>Consistently show tension and control.</p> <p>Perform leaps as part of a sequence.</p> <p>Create own sequence.</p> <p>Respond to and give appropriate feedback.</p> <p>Perform all rolls with control.</p> <p>Perform a variety of, complex sequences with a partner (mirror, canon, support).</p> <p>Connect complex jumps and turns.</p>	<p>Show creativity in paired work.</p> <p>Show safe landing position.</p> <p>Give appropriate feedback and work collaboratively</p> <p>Perform leaps as part of an original sequence.</p> <p>Adapt and perform a sequence with control and precision</p> <p>Perform up to 4 rolls with control.</p>	<p>Consistently show body tension.</p> <p>Perform original sequence with enthusiasm, precision, fluidity and balance.</p> <p>Demonstrate sound understanding of gymnastic performance.</p> <p>Evaluate own and others performance.</p> <p>Adapt ideas showing gymnastic awareness.</p>
Gymnastics – Skills	<p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop overall body-strength, balance, coordination and agility.</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group</p>	<p>Demonstrate effective and safe jumping and landing technique.</p> <p>Turn and spin with some control.</p> <p>Move in different ways.</p> <p>Consistently roll with control.</p> <p>Balance consistently using different body parts.</p> <p>Copy a 5 part sequence.</p> <p>Introduce a linking movement.</p>	<p>Consistently demonstrate effective and safe jumping and landing technique.</p> <p>Turn and spin consistently with control.</p> <p>Move in different ways with control.</p> <p>Consistently roll with control from different starting positions.</p> <p>Link jump and roll with control.</p> <p>Balance consistently using different body parts.</p> <p>Copy a 5 part sequence using gymnastic principles.</p>	<p>Perform ½ turns and full turns on a floor with control.</p> <p>Balance using apparatus</p> <p>Roll with control in at least 2 different ways.</p> <p>Roll forward into sitting position.</p> <p>Use linking movements with control.</p> <p>Alter shape in the air.</p>	<p>Perform 3 mirrored balances within given parameters.</p> <p>Perform a range of supported balances.</p> <p>Change speed, level and direction in a sequence.</p> <p>Roll from different starting positions.</p> <p>Attempt backward roll (with support)</p> <p>Demonstrate safe landing consistently.</p> <p>Demonstrate effective turns with control.</p> <p>Create own sequence</p>	<p>Perform mirrored balances within given parameters.</p> <p>Perform balances using support (apparatus and partner).</p> <p>Communicate effectively with partner.</p> <p>Show control and fluidity in sequence.</p> <p>Roll from different starting position.</p> <p>Start and exit roll with control.</p> <p>Perform cartwheel in a straight line.</p> <p>Show safe landing position.</p> <p>Show control when jumping, turning and spinning.</p> <p>Give appropriate feedback and work collaboratively.</p>	<p>Turn and spin with control.</p> <p>Work effectively in a group.</p> <p>Show elements of decision making and leadership.</p>
Vocabulary	<p>High</p> <p>Low</p> <p>Still</p> <p>Slowly</p> <p>Carefully</p> <p>Copy</p> <p>Mirror</p>	<p>Posture, Fluid, Control, Speed, Level, Precise, Purpose, Direction, Linking</p> <p>Balance, Steady, Rolling</p> <p>Explore, Freedom, Movement, Log roll</p> <p>Dish and hollow, Egg roll</p> <p>Space, Awareness, Height</p> <p>Direction, Move, Length</p> <p>Power, Tension, Tuck</p> <p>Straddle, Stretch, Turn, Position, Tension</p> <p>Arms, Smooth, Accuracy</p>	<p>Safety, Height, Technique</p> <p>Speed, Power, Slowly</p> <p>Graceful, Fluid, Smooth</p> <p>Control, Confidence, Balance, Still, Spiky, Posture</p> <p>Rigid, Precision, Poise</p> <p>Posture, Spin, Sequence</p> <p>Levels, Direction, Poise</p> <p>Imagination, Teamwork</p> <p>Communication, Unison, Canon</p>	<p>Control, Balance, Posture, Purpose, Professional, Levels, Direction, Speed</p> <p>Confidence, Fluency, Fluid</p> <p>Safety, Softly, Power, Elegance, Height, Posture, Technique, Slowly, Awareness, Technique</p> <p>Unison, Effort, Poise, Canon</p> <p>Mirroring, Precision</p> <p>Cooperation, Sharing</p>	<p>Control, Precision, Poise, Fluency, Fluid, Movement, Concentration, Confidence, Good points, Improvements, Teamwork, Cooperation, Combine</p> <p>Elegance, Height, Cushion</p> <p>Power, Technique</p> <p>Extension, Smooth, Flexible</p> <p>Balance, Link, Fluidity</p> <p>Smooth, Energy, Poise</p> <p>Fluidity, Smooth, Direction</p> <p>Level, Tension</p>	<p>Control, Precision, Poise</p> <p>Fluency, Fluid, Movement</p> <p>Concentration, Confidence</p> <p>Good points, Improvements</p> <p>Teamwork, Cooperation</p> <p>Combine</p> <p>Elegance, Height, Cushion</p> <p>Power, Technique, Smooth</p> <p>Flexible, Link, Fluidity, Energy, Direction, Level, Tension</p>	<p>Posture, Control, Balance</p> <p>Fluidity, Technique, Concentration, Flexibility, Poise, Observation, Feedback, Organised, Repetition</p> <p>Link, Fluid, Seamless, Effort</p> <p>Precision, Performance</p> <p>Canon (1 after the other)</p> <p>Unison (at same time)</p> <p>Mirror (same time but reflection)</p>



# PE Progressive Curriculum



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Net/Wall and Object Control- Knowledge and Understanding	Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly.	Hold racket effectively.	Hold racket effectively. Demonstrate correct hitting position.	Return a bouncing ball with some accuracy. Show awareness of hitting into space. Show awareness of space in a game situation. Show basic fielding principles. React quickly to events in a game situation. Hit a moving ball using correct technique.	Show competitive edge. Explain the rules of a game. Demonstrate effective fielding skills consistently. Know difference between forehand and backhand. Perform forehand using correct technique. React quickly to play the best shot possible. Demonstrate effective fielding skills consistently.	Hit a moving ball consistently and accurately. Select appropriate shot for a given situation. React well to changing situations within a game. Consistently select and apply correct throw. Show awareness of match situations	Consistently select the correct shot in any given situation. Use skills and knowledge to effectively win games. Contribute to group discussions. Lead group and resolve any conflicts React well to changing situations. Use correct technique when striking a ball.
Net/Wall and Object Control - Skills	Hold a ball with 2 hands /1 hand Throw a balloon Throw a variety of objects Move a ball along the floor with feet Stop a moving ball Catch a ball Use equipment to move a ball.	Show basic levels of hand/eye coordination. Demonstrate hand/eye coordination while moving. Hit a rolling ball with control Hit a bouncing ball. Move with an object at speed in a variety of ways. Can control object in a tight space. Control objects in a straight line. Keep control whilst changing direction Keep close control using different body parts. Show control with a change of direction at speed whilst holding/ carrying. Show control using equipment.	Show increased levels of hand/eye coordination. Demonstrate hand/eye coordination while moving in different directions. Hit a rolling ball with increased control. Hit a bouncing ball with control. Control an object at speed in a variety of ways. Can control a variety of objects in a tight space consistently. Control a variety of objects in a straight line. Keep close control using different body parts. Show control with a change of direction at speed, whilst moving in different ways. Consistently use equipment to send and control accurately.	Return a bouncing ball with some accuracy. Rally with a partner (10 shots). Hit a bouncing ball consistently with control. Catch consistently. Hit a volley with control. Hit a stationary ball. Choose direction of strike.	Perform forehand using correct technique. Use backhand to hit moving ball. Consistently hit a moving ball with control. Hit a volley with precision and control. Throw accurately using 2 techniques. Catch a small ball. Hit a ball in an intended direction with power.	Hit a moving ball consistently and accurately. Continue a rally. Consistently show accuracy using a backhand. Consistently hit a volley with precision. Coordinate throwing and hitting. Select appropriate shot for a given situation. Use a wide variety of shots with precision. Throw overarm/underarm effectively and accurately. Use correct technique (cricket bowl) Hit a ball consistently with power and controlled direction.	Keep a rally going over a prolonged period of time. Consistently show accuracy using backhand Consistently show accuracy using forehand. Consistently show accuracy using volley. Use correct technique when throwing and stopping a ball. Transfer from stop to throw quickly. Use correct technique when striking a ball. Contribute to group discussions. Lead group and resolve any conflicts
Vocabulary		Agility, Balance, Coordination, Concentration, Sending and Receiving, Control, Power, Agility, Balance	Concentration, Coordination, Technique, Control, Position	Coordination, Focus, Concentration, Movement, Control	Coordination, Concentration, Technique, Control, Balance	Control, Precision, Space, Aim, Focus, Coordination, Accuracy, Power, Grip, Technique	Control, Precision, Space, Aim, Focus, Coordination, Concentration, Control, Accuracy, Power, Grip, Technique



# PE Progressive Curriculum



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance- Knowledge and Understanding	<p>ELG –Being imaginative and expressive.</p> <p>Return to and build on their previous learning, refining ideas and developing their ability to represent them.</p> <p>Watch and talk about dance and performance art, expressing their feelings and responses.</p>	<p>Show originality when moving on different levels.</p> <p>Improve sequences based on Feedback</p> <p>Work collaboratively to adapt a sequence.</p> <p>Perform sequence in time with others.</p>	<p>Give specific feedback on a performance.</p> <p>Use specific feedback to improve performance.</p> <p>Perform sequence consistently in time with others.</p> <p>Perform sequence in time with music.</p>	<p>Show control and originality.</p> <p>Work with a partner or group to create a sequence</p> <p>Create original moves.</p> <p>Describe, evaluate and alter sequence accordingly.</p> <p>Create a sequence using different speeds, levels and directions.</p> <p>Perform moves to a beat with control.</p>	<p>Perform as a character.</p> <p>Use and perform with distinct and expressive movements.</p> <p>Create original movements to support narrative.</p> <p>Be an active group member.</p> <p>Evaluate a performance and refine accordingly.</p> <p>Adapt own performance to different stimuli.</p> <p>Suggest appropriate changes to a group’s formation.</p>	<p>Perform with elements of originality and expression.</p> <p>Work cooperatively with a partner.</p> <p>Convey a message or expression through dance.</p> <p>Adapt and change a performance based on self evaluation.</p> <p>Give appropriate feedback.</p> <p>Perform narrative with expression.</p> <p>Perform with purpose and with high energy levels.</p> <p>Create original movements linked in an original sequence.</p>	<p>Perform movements and routines with originality and expression.</p> <p>Link movements to a story.</p> <p>Adapt and change performance based on self evaluation.</p> <p>Adapt performances to incorporate equipment.</p> <p>Create and perform original routine with elements of performance and flair.</p> <p>Give appropriate feedback</p> <p>Perform and link dance phrases appropriately and effectively.</p> <p>Can lead groups and perform with high levels of energy.</p>
Dance- Skills	<p>Explore, use and refine a variety of artistic effects to express their ideas and feelings.</p> <p>Listen attentively, move to and talk about music, expressing their feelings and responses.</p> <p>Explore and engage in music making and dance, performing solo or in groups.</p> <p>Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>	<p>Move freely to music.</p> <p>Respond to stimuli.</p> <p>Alter speed appropriately</p> <p>Move with music.</p> <p>Perform a sequence with precision and fluidity.</p> <p>Create an original sequence and perform with timing and control.</p>	<p>Move appropriately in response to stimuli</p> <p>Move appropriately to music</p> <p>Copy and repeat a simple sequence consistently.</p> <p>Create and perform a dance sequence with expression.</p> <p>Create an original sequence and perform with timing and control.</p> <p>Change level in a sequence.</p>	<p>Translate stimuli to dance moves.</p> <p>Move appropriately with expression.</p> <p>Move at different speeds, directions and levels.</p> <p>Copy basic moves with precision.</p> <p>Copy an extended sequence.</p> <p>React to different tempo.</p>	<p>Perform as a character.</p> <p>Use and perform with distinct and expressive movements.</p> <p>Perform a routine with control, energy and flair.</p> <p>Copy a sequence with control.</p> <p>Work collaboratively to adapt a sequence.</p>	<p>Perform consistently with precision.</p> <p>Replicate sequence quickly.</p> <p>Communicate ideas in a group.</p> <p>Give appropriate feedback.</p>	<p>Move imaginatively and appropriately to a range of music.</p> <p>Can work within and contribute to group decisions.</p> <p>Replicate quickly what they have seen.</p> <p>Can lead groups and perform with high levels of energy.</p> <p>Create and perform original routine with elements of performance and flair.</p> <p>Give appropriate feedback</p>
Vocabulary	<p>High, Low, Still, Slowly, Carefully, Copy, Mirror</p>	<p>Performance, Control, Timing, Sequence, In order, Change, Timing, Elegance, Dance, Awareness, Combination, Link, Expression, Feedback, Precision, Movement, Fluidity, Adapt, Space, Awareness, Speed, Direction, Move, Feelings, Response, Alter, Listen, React, High, Low, Levels, Originality, Different</p>	<p>Space, Awareness, Speed, Technique, Effort, Energy, Response, Alter, Change, Listen, React, Intensity, Combination, Link, Expression, Feedback, Performance, Precision, Movement, Fluidity, Direction, Move, Feelings, High, Low, Levels, Originality, Different</p>	<p>Tempo, Energy, Join in, Confidence, Effort, Heart rate, Team work, Cooperation, Communicate, Feedback, Freely, Movement, Dance, Speed, Level, Direction, Performance, Precision, Originality, Composition, Creativity, Linking, Shadow, Support, Coordination, Repeat, Canon</p>	<p>Precision, Tempo, Energy, Effort, Timing, Movement, Imagination, Formation, Precision, Concentration, Levels, Direction, Speed, Originality, Creativity, Interesting, Adapt, Refine, Flair, Performance, In time, Enjoy, Expression, Over the top</p>	<p>Tempo, Timing, Energy, Beat, Team work, Patience, Effort, Beat, Confidence, Creativity, Originality, Positive, Fluidity, Continuous, Linking, Emotion</p>	<p>Tempo, Timing, Energy, Beat, Team work, Patience, Effort, Confidence, Fluid, Rhythmic, Expressive, Continuous, Creativity</p>



# PE Progressive Curriculum



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Sending and Receiving/Invasion Games - Knowledge and Understanding	<p>Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Work and play cooperatively and take turns with others. Work and play cooperatively and take turns with others.</p>	<p>Can predict where to move to stop a ball Show awareness of moving into a space and receiving on the move. Select appropriate throw (underarm/overarm) Select the best way to send Show awareness of purpose when sending an object</p>	<p>Can predict where to move to stop a ball effectively. Show increased awareness of moving into space and receiving on the move. Can adapt throwing and catching technique instinctively Show awareness of purpose when sending an object Demonstrate good technique when striking</p>	<p>Recognise and move into a space Show understanding of marking Anticipate opportunities to intercept Know the difference between a pass and a shot Apply skills and knowledge effectively in a game situation. Select appropriate technique in a given situation Execute a variety of passes Show understanding of marking Use evasion strategies Know difference between attack and defence</p>	<p>Consistently select appropriate skill for different situations Know difference between a shot and a pass Quickly identify space and react accordingly. Understand marking and react to an attack Evaluate own performance Consistency show awareness of game principles Give and act on effective feedback Select appropriate technique in a given situation Execute a variety of passes Consistently select appropriate skill for different situations Know difference between a shot and a pass</p>	<p>Move into a space appropriately Develop own attacking / defensive strategies Use tactics in a game situation Demonstrate elements of flair and creativity in game situations Consistently show teamwork and fair play Execute a variety of passes confidently Use evasive strategies Develop own attacking / defensive strategies</p>	<p>Have some creative input into the creation of a game Evaluate activity and make appropriate changes Implement attacking and defensive tactics in a game Develop own attacking and defensive tactics Show high levels of awareness of game principles Show leadership qualities to support and encourage Apply basic skills to game situations Know High 5 netball positions Execute a variety of passes consistently</p>
Sending and Receiving/Invasion Games - Skills	<p>Hold a ball with 2 hands / 1 hand Throw a balloon Throw a variety of objects Move a ball along the floor with feet Stop a moving ball Catch a ball Use equipment to move a ball.</p>	<p>Roll with accuracy Throw with accuracy Can predict where to move to stop a ball Show elements of leadership in a group</p>	<p>Roll with accuracy and control Throw with increased accuracy Can throw to themselves consistently. Show elements of leadership and decision making in a group Demonstrate good technique when striking</p>	<p>Execute a variety of passes Send and control a ball on the move Recognise and move into a space Apply skills and knowledge effectively in a game situation. Select appropriate technique in a given situation</p>	<p>Quickly identify space and react accordingly. Execute a variety of passes Pass accurately using correct technique Work as part of a team</p>	<p>Send and receive effectively on the move Execute a variety of passes confidently Move into a space appropriately Demonstrate leadership qualities Demonstrate elements of flair and creativity in game situations Show accuracy when shooting</p>	<p>Apply basic skills to game situations Have some creative input into the creation of a game Show high levels of control, skill and accuracy Execute a variety of passes consistently Recognise and move into a space quickly Apply flair in game situations</p>



# PE Progressive Curriculum



Vocabulary		Control, Speed, Accuracy, Coordination, Accuracy, Practice, Concentrate, Power, Feel, Watching, Technique, Teamwork, Stop, Focus	Control, Speed, Accuracy, Timing, Decision, Choice, Concentrate, Follow through, Power, Technique, Coordination, Hand- eye coordination	Control, Accuracy, Power, Technique, Concentration, Focus, Coordination, Watching, Relax, Teamwork	Coordination, Cooperation, Teamwork, Reaction, Attention, Concentration	Accuracy, Concentration, Technique, Power. Control, Speed, Coordination, Reactions, Positioning, HOWZAT, Accuracy,, Focus, Aim, Body position, Concentration, Practice, Precision, Swing, Vertical, Run	Accuracy, Technique, Power, Effort, Reactions, Teamwork, Communication, Ideas, Sensible, Listening, Concentration, Fair play, Skills
------------	--	--	---	--	---	---	--