

EYFS						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>EYFS All statements will be drawn from Reception Development Matter Statements.</p> <p>Session 1 in the week</p>	<p>Balance Bikes (School training) 10 Balance Bikes used with children from each class-10 at a time on a rota basis.</p> <ul style="list-style-type: none"> - Develop balance, co-ordination, agility, ability to control and steer bike and stop it safely. <p>Describe how body feels after exercise.</p> <ul style="list-style-type: none"> - Begin to balance with control. - Move around different objects and equipment. <p>Skills covered: Agility, Balance & Coordination</p>	<p>Kicks Dance I know how to</p> <ul style="list-style-type: none"> - Describe how the body feels when still and when exercising. - Join a range of different movements together. - Change the speed of their actions. - Create a short movement phrase which demonstrates their own ideas. <p>I can...</p> <ul style="list-style-type: none"> - Combine different movements with ease. - Show body strength by balancing. - Start to move with a fluent style developing control. 	<p>Dance (Dance Till You Drop) I know how to...</p> <ul style="list-style-type: none"> - To develop the ability to adapt a known dance. - Share my ideas about how to adapt a dance. - To develop the ability to change movements and adapt a simple dance. <p>I can...</p> <ul style="list-style-type: none"> - Move fluently with control. - Show coordination of multiple body parts. - Hold shapes and moves with balance. <p>Follow moves given by a peer.</p>	<p>Balance Bikes (West Sussex led external training) Develop balance, co-ordination, agility, ability to control and steer bike and stop it safely. Describe how body feels after exercise. Travel in different ways. Begin to balance with control. Move around different objects and equipment.</p> <p>Skills covered: Agility, Balance & Coordination</p>	<p>Best of Balls I know how to...</p> <ul style="list-style-type: none"> - Control a ball in a range of ways. - Develop the ability to throw accurately at a target. - Kick a ball with the correct technique. - Be able to use a bat or racket to move and control an object. <p>I can...</p> <ul style="list-style-type: none"> - Develop the ability to catch and bounce a ball. - Develop the ability to kick a ball. - Control a ball and move it round my body. - Pat a large ball making it bounce. - Catch a range of objects. 	<p>The Olympics I know how to...</p> <ul style="list-style-type: none"> - Develop the ability to throw an object. - Develop the ability to move at speed - Adapt the body when moving at speed. - Skip confidently <p>I can...</p> <ul style="list-style-type: none"> - jump safely. - Develop the ability to jump in different ways - Skip with control. - Hop with control. <p>Skills covered: Agility, Balance & Co-ordination</p>
	<p>Assessment Use the notes and discuss child's progress with the experts.</p>	<p>Assessment Note taking on those children who are struggling with their movements.</p>	<p>Assessment Evidence me videos and pictures of children showing coordination and balance.</p>	<p>Assessment Use notes and expertise from the instructors to gauge how the children have done.</p>	<p>Assessment Use the assessment grid T:\a Curriculum\P.E\PE\2022 2023\Assessment</p>	<p>Assessment Evidence me videos end of unit assessment.</p>
	<p>Vocab <i>Balance, direction, follow, stop, look.</i></p>	<p>Vocab Combine, exercise, movements, balance, strength.</p>	<p>Vocab Adapt, dance, movements, copy, follow.</p>	<p>Vocab Balance, bikes, equipment, follow.</p>	<p>Vocab Catch, kick, racket, control, accurately.</p>	<p>Vocab Skip, hop, change, throw.</p>

<p>Session 2 In the week</p>	<p><u>Gymnastics (Jungle)</u> <u>I know how to...</u></p> <ul style="list-style-type: none"> - Describe how the body feels when still and when exercising. - Create a short sequence of movements. - Roll in different ways with control. - Travel in different ways. - Stretch in different ways. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Jump in a range of ways from one space to another with control. - Begin to balance with control. - Move around, under, over, and through different objects and equipment. <p>Balance and move with good posture.</p>	<p><u>Gymnastics (Jumping Jacks Rock and Roll)</u> <u>I know how to...</u></p> <ul style="list-style-type: none"> - Develop the ability to jump in a range of ways from one space to another. - Control my body when jumping and balancing. - Create a sequence using a jump and a balance. - Climb safely on low and medium equipment. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Develop the ability to roll in a range of ways. - Control my body when rolling in a range of ways. - Perform a sequence with confidence and control. - Roll, crawl, walk, jump and hop with control. - Use small apparatus - Use Large apparatus. 	<p><u>Dance (Dinosaurs)</u> <u>I know how to...</u></p> <ul style="list-style-type: none"> - Develop the ability to create movements to music. - Join practice movements and join them together to create a motif. - Work as a team to create a short dance. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Remember and perform a short dance. - Show fluency when hopping, jumping and running. - Hold shapes for 5 seconds. - Follow moves given by adults and peers. 	<p><u>Balance Bikes (West Sussex led external training)</u> Develop balance, co-ordination, agility, ability to control and steer bike and stop it safely. Describe how body feels after exercise. Travel in different ways. Begin to balance with control. Move around different objects and equipment.</p> <p>Skills covered: Agility, Balance & Coordination</p>	<p><u>Best of Balls</u> <u>I know how to...</u></p> <ul style="list-style-type: none"> - Control a ball in a range of ways. - Develop the ability to throw accurately at a target. - Kick a ball with the correct technique. - Be able to use a bat or racket to move and control an object. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Develop the ability to catch and bounce a ball. - Develop the ability to kick a ball. - Control a ball and move it round my body. - Pat a large ball making it bounce. <p>Catch a range of objects.</p>	<p><u>The Olympics</u> <u>I know how to...</u></p> <ul style="list-style-type: none"> - Develop the ability to throw an object. - Develop the ability to move at speed - Adapt the body when moving at speed. - Skip confidently <p><u>I can...</u></p> <ul style="list-style-type: none"> - jump safely. - Develop the ability to jump in different ways - Skip with control. <p>Hop with control</p> <p>Skills covered: Agility, Balance & Co-ordination</p>
	<p><u>Assessment</u> Evidence me video footage during lesson 3 and 6.</p>	<p><u>Assessment</u> Evidence me video footage during lesson 3 and 6.</p>	<p><u>Assessment</u> Evidence me videos and pictures of children showing coordination and balance.</p>	<p><u>Assessment</u> Use notes and expertise from the instructors to gauge how the children have done.</p>	<p><u>Assessment</u> Use the assessment grid T:\a Curriculum\P.E\PE\2022 2023\Assessment</p>	<p><u>Assessment</u> Evidence me videos end of unit assessment.</p>
	<p><u>Vocab</u> Control, exercise, roll, stretch, balance.</p>	<p><u>Vocab</u> Roll, space, control, balance, climb, sequence, apparatus.</p>	<p><u>Vocab</u> Adapt, dance, movements, copy, follow.</p>	<p><u>Vocab</u> Balance, bikes, equipment, follow.</p>	<p><u>Vocab</u> Catch, kick, racket, control, accurately.</p>	<p><u>Vocab</u> Skip, jump, travel, throw.</p>
<p>Extra GM activities to strengthen arms/ legs, core strength, improve balance, develop concentration, stretch and increase flexibility.</p>	<p>Autumn Yoga</p>	<p>Halloween Yoga</p>	<p>Fairy Tale Yoga</p>	<p>Dinosaur Yoga Superhero Yoga</p>	<p>Farmyard Yoga</p>	<p>Pet Show Yoga</p>

Year 1

<p><u>Y1 Session 1</u></p> <p><u>Bat and Ball Attacking and Defending</u></p> <p><u>Kicks Dance Invasion Games</u></p> <p><u>Gymnastics Dance</u></p> <p><u>Circuit Training Gymnastics</u></p> <p><u>Multi Skills – Tessa Football + Hockey</u></p> <p><u>Multi Skills – Tessa Review of Skills</u></p>	<p><u>Bat and Ball skills</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Copy the correct grip of a racket. - Use a cricket bat to hit a ball. - Roll a ball accurately over a small distance. - Follow instructions to take on different roles in a game. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Balance a beanbag on a racket. - Throw a beanbag towards a target. - Show some control when hitting a ball. - Hit a ball towards a target with a cricket bat/tennis racket. 	<p><u>Kicks Dance</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Assess what is good about a partner's performance. - Copy and repeat actions with some prompting. - Change the speed of my actions. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Make different shapes with my body as I travel, jump and spin. - Use ideas from previous learning. - Perform given ideas independently. - Copy a dance from an adult. 	<p><u>Gymnastics</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Perform a star, straight and tuck shape with their body. - Perform a log and egg roll with some control. - Perform a straight jump and land safely. - Talk about my learning by identifying new skills. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Perform a range of shapes with my body. - Copy the movements of others to travel and balance in different ways. - Perform a front support and hold. - Perform a range of rolls. 	<p><u>Circuit Training</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Perform a jump, landing on 1 foot. - Move while bouncing a ball. - Identify the highest and lowest scores. - Read and talk about their scorecard <p><u>I can...</u></p> <ul style="list-style-type: none"> - Begin to change the speed of travel around an obstacle. - Hop and jump a short distance to complete a circuit activity. - Talk about how I feel after exercise - Roll a ball with some control 	<p><u>Multi Skills</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Run with a basic technique over different distances. Show good posture and balance. - Change direction when jogging. - Change between a jog and a sprint. - Change direction when sprinting. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Vary my pace and speed when running. - Maintain control as I change direction when jogging or sprinting. - Perform different types of jumps. - Land safely and with control. 	<p><u>Multi Skills</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Throw overarm correctly. - Throw underarm correctly - Throw at a target/person under and over arm. - Roll a ball in a straight line. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Throw a ball towards a target with increasing accuracy. - Improve the distance I can throw by using more power. - Roll a ball to a partner. - Throw different sized balls towards a partner. - Catch a ball consistently.
	<p><u>Assessment</u></p> <p>Use evidence me to assess children on how they can show control hitting a ball towards a target.</p>	<p><u>Assessment</u></p> <p>Use the opportunity to make notes on the children's focus and ability to copy moves correctly.</p>	<p><u>Assessment</u></p> <p>Video assessment in the final lesson capturing the rolls and shapes the children can make.</p>	<p><u>Assessment</u></p> <p>Use the assessment Grid to assess against the statements.</p> <p>T:\a Curriculum\P.E\PE\2022 2023\Assessment</p>	<p><u>Assessment</u></p> <p>Evidence me, look at the statements to assess against.</p>	<p><u>Assessment</u></p> <p>Evidence me, look at the statements to assess against.</p>
	<p><u>Vocab</u></p> <p><i>Racket, grip, accurately, target.</i></p>	<p><u>Vocab</u></p> <p><i>Shape, jump, spin, performance, repeat, dance.</i></p>	<p><u>Vocab</u></p> <p><i>Roll, shape, balance, hold,</i></p>	<p><u>Vocab</u></p> <p><i>Bounce, high and low scores, scorecard, circuit, control.</i></p>	<p><u>Vocab</u></p> <p><i>Vary, pace, technique, posture, direction.</i></p>	<p><u>Vocab</u></p> <p><i>Consistent, overarm, underarm, target, accuracy, power.</i></p>
	<p><u>Attack and Defend</u></p>	<p><u>Invasion Games</u></p>	<p><u>Dance</u></p>	<p><u>Gymnastics</u></p>	<p><u>Football and Hockey (Team games)</u></p>	<p><u>Review of skills/progression</u></p>

<p>Session 2</p>	<p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Move away from a defender in a team game. - Begin to get between two attackers - Compare a defender and an attacker. - Intercept a ball. - Use basic attacking and defending skills in a team game. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Move to a free space in a team game. - Begin to follow an attacker's movement. - Begin to pass the ball to another player. - Find other players to pass to. 	<p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Travel in at least two different ways - Stop travelling to change direction. - Begin to travel with a ball. - Pass a ball to another player correctly. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Travel forwards and backwards. - Change direction while traveling. - Travel with a ball using their feet and hands. - Change direction while travelling with a ball. 	<p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Show control when I travel. - work effectively within a group. - Adapt previous ideas and include into a dance. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Identify which part of a performance may need to be improved. - Keep to the beat of the music. - Mirror movements with a partner. - Follow movements from the teacher. 	<p><u>I know how to...</u></p> <ul style="list-style-type: none"> - How to lift and carry equipment safely. - Follow instructions. - That we need to warm up and cool down our bodies. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Bounce and jump correctly. - Describe their partner's movements. - Move at different speeds. - Make wide and thin shapes. 	<p><u>I Know how to...</u></p> <ul style="list-style-type: none"> - Pass a ball quickly to another player while in a game situation. - Travel forwards, backwards and sideways with the ball. - Score points in a game situation. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Travel with and pass a ball to another player to score points in a game. - Find space on the pitch. - Start to think about how to score points. - Attempt to intercept a ball between other players - Evade defenders by quickly changing direction. 	<p>Have mastered basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in some activities. They should begin to participate in team games, working as part of a team, all having the same goal. Perform dances using simple movement patterns.</p>
	<p><u>Assessment</u> Use the assessment grid T:\a Curriculum\P.E\PE\2022 2023\Assessment</p>	<p><u>Assessment</u> Video the children and annotate by speaking during the video.</p>	<p><u>Assessment</u> Use evidence me and look at how they can follow instructions.</p>	<p><u>Assessment</u> End of term performance assessment, showing different shapes and speeds.</p>	<p><u>Assessment</u> Concentrate on the team element and playing well within a team.</p>	<p><u>Use assessment to see which children need to work on certain targets.</u></p>
	<p><u>Vocab</u> <i>Defend, attack, defender, attacker, game, intercept.</i></p>	<p><u>Vocab</u> <i>Travel, change direction, forwards, backwards, sideways.</i></p>	<p><u>Vocab</u> <i>Mirror, performance, movements, partner, control, travel.</i></p>	<p><u>Vocab</u> Bounce, jump, wide, thin, cool down, warm up, equipment.</p>	<p><u>Vocab</u> Teamwork, team, game, score, points, space, intercept, defenders, attackers.</p>	

Year 2

<p>Y2 Kicks Dance Bat and Ball Invasion Games Attacking+Defending</p> <p>Gymnastics Dance</p> <p>Circuit Training Gymnastics</p> <p>Multi Skills – Tessa Tennis + Touch Rugby</p> <p>Multi Skills – Tessa Review of skills</p>	<p><u>Kicks Dance</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Create and perform a dance motif. - Use different movements and body shapes. - Create movements to represent something. - Work with a partner to create a dance. - Move my body in relation to the music. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Copy and repeat movements. - Perform some actions in unison. - Copy the movements and body shapes of others. - Move my body with some control. <p>Perform a dance with some prompting.</p>	<p><u>Invasion Games</u></p> <p><u>I Know how to...</u></p> <ul style="list-style-type: none"> - Move with a ball in a game - Use space when passing and receiving. - Use throwing and catching to pass and receive. - Make and deny space when attacking and defending. - Use attacking and defending skills in a game. - Follow specific rules for a game. <p><u>I Can...</u></p> <ul style="list-style-type: none"> - Recognise how the body feels during activity. - Kick a ball whilst moving. - Pass a ball in different ways. - I can dodge opponents in a game. - Find space in an area and move into it. 	<p><u>Gymnastics (Rolls and Jumps)</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Move and balance with agility and coordination. - Roll with coordination and control. - Make long thin shapes with my body. - Take my weight on my hands and feet. - Perform simple movements. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Log roll (controlled). - Curled side roll (egg roll). - Teddy bear roll (controlled). - Rocking forward roll. - Crouched forward roll. - Straight jump. - Tuck jump. - Jumping jack. - Half turn Jump. 	<p><u>Circuit Training</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Change the direction of movements. - Use and combine different types of jumps. - Perform movements with control. - Combine more than one skill to complete an activity. - Set myself a goal and try to improve on it. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Direct a ball towards a target. - Move in different directions with balance. - Jump in different ways, bending my knees to land. - Hit a target with a ball by throwing or rolling. 	<p><u>Multi Skills</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Run at different paces, describing the different paces. - Travel at different speeds. - Run with basic techniques. - Maintain and control a run over different distance. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Run slowly and quickly with good technique. - Run without stopping over longer distances. - Pace myself to achieve a certain distance. - Move sideways with balance. 	<p><u>Multi Skills</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Throw different types of equipment in different ways, for accuracy and distance. - Throw with accuracy at targets of different heights. - Investigate ways to alter their throwing technique to achieve greater distance. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Throw a ball at a moving target - Grip the ball/object correctly. - Throw underarm accurately - Throw overarm accurately. - Throw at different speeds.
	<p><u>Assessment</u></p> <ul style="list-style-type: none"> - Video assessment using Ipad/ 	<p><u>Assessment</u></p> <p>Use assessment grid to assess against each criteria. T:\a Curriculum\P.E\PE\2022 2023\Assessment</p>	<p><u>Assessment</u></p> <ul style="list-style-type: none"> - Video assessment, twice a term. Starting point and end point. 	<p><u>Assessment</u></p> <p>Use the scoring sheets as a continuous assessment</p>	<p><u>Assessment</u></p> <ul style="list-style-type: none"> - Take a class list and make notes on children who are finding it difficult to complete the tasks. 	<p><u>Assessment</u></p> <p>Use the assessment grid to assess</p> <ul style="list-style-type: none"> - T:\a Curriculum\P.E\PE\2022 2023\Assessment
	<p><u>Vocab</u></p> <p><i>Shapes, travel, spin, performance, unison, control, combine.</i></p>	<p><u>Vocab</u></p> <p><i>Travelling, space, receive, dodge, intercept</i></p>	<p><u>Vocab</u></p> <p><i>Roll, controlled, tuck, straight, crouched,</i></p>	<p><u>Vocab</u></p> <p><i>Direction, goal, improve, combine, target, balance.</i></p>	<p><u>Vocab</u></p> <p><i>Technique. Control, pace, sideways,</i></p>	<p><u>Vocab</u></p> <p><i>overarm, underarm, target, grip, technique, accuracy.</i></p>

			coordination, balance, agility.			
	<p><u>Bat and Ball skills</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Hold a racket correctly to hit a ball. - Hit a ball that has been thrown underarm. - Stand when hitting a ball. - Hold a cricket bat correctly. - Play the basics of a game of tennis. - Combine my skills to play a competitive game. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Hold a tennis racket with some support and show some control when hitting a ball. - Hit a ball forwards towards a target. - Throw a ball underarm over a short distance. - Show some consistency when hitting a ball. - Use the correct technique to roll a ball. - Cooperate with others to play a team game. 	<p><u>Attack and Defend</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Use space well in a team game. - Mark players in a game. - Defend in a game by intercepting. - How to get past a defender. - Pass a ball to another player effectively. - Use attacking and defending skills in a game. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Take on the role of an attacker and defender. - Move into space when playing a game. - Mark a player during the game. - Attempt to intercept a ball. - Find open space to receive a ball. - Look for players in open spaces. - Identify a skill they are good at. - Move at different speeds to help dodge a defender. 	<p><u>Dance</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Create and perform a dance motif. - Use different movements and body shapes. - Create movements to represent something. - Work with a partner to create a dance. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Copy, remember and repeat actions. - Change the speed of my actions. - Mirror and work in unison. - Move in time with the music. - Improve the timings of my actions. - Add control to my actions. 	<p><u>Gymnastics: (Travelling, Shapes and balances.)</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Move and balance with agility and coordination. - Roll with coordination and control. - Make long thin shapes with my body. - Take my weight on my hands and feet. - Perform simple movements. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Tiptoe, step, jump, hop. - Hopscotch. - Skip - Gallop - Standing balance. - Kneeling balance. - Balance on apparatus. - Pike,tuck,star,straight, straddle shapes. - Perform these into sequences. - Watch and describe performances. 	<p><u>Tennis and Touch Rugby (Individual and Team games)</u></p> <p><u>I know how to...</u></p> <ul style="list-style-type: none"> - Pass a ball quickly to another player while in a game situation. - Pass a ball accurately to another player; - Travel in different ways during a game. - Play a game by its rules. <p><u>I can...</u></p> <ul style="list-style-type: none"> - Start to think about how to score points. - attempt to intercept a ball between other players - Evade defenders by quickly changing direction. - Move and hit in tandem. 	<p><u>Review of skills/progression</u></p> <p>Using the assessment throughout the year, what areas of learning do you think need reviewing?</p> <p>You could focus on one area in particular or choose a few areas that need consolidating.</p>
	<p><u>Assessment</u></p> <p>Use the Assessment sheet and tick the I can statement when they have been achieved.</p>	<p><u>Assessment</u></p> <p>Take videos talking over them and say what they are showing.</p>	<p><u>Assessment</u></p> <p>Taking videos of the dances. Having a external teacher will allow you to assess closely.</p>	<p><u>Assessment</u></p> <p>Children in groups performing the different jumps, balances. Video their performance.</p>	<p><u>Assessment</u></p> <p>Look closely at how the children work as a team in tag rugby. Look for how</p>	

	T:\a Curriculum\P.E\PE\2022 2023\Assessment				they move into space and move the ball quickly	
	Vocab <i>Racket, target, technique, control, competitive</i>	Vocab <i>Attacker, defender, marking, space, receive, dodge, intercept.</i>	Vocab <i>Repeat, actions, mirror, control, motif</i>	Vocab <i>Tuck, pike, gallop, skip, straight, hop, balance, sequences</i>	Vocab <i>Intercept, space, position, score, rules.</i>	

Physical education – key stages 1 and 2

Subject content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.