

St Jude's CofE Primary School PE - Knowledge and Skills Progression



St Jude's PE Overview 2022-2023 - Key stage 1

CLASS/ TERM	R	1	2
AU 1	Movement Development PE Lessons.org (on the system)	Gymnastics Gymnastic Activities 1 (Lessons 1 – 6 (LCP)) Games Games Activities 1 (Lessons 1 – 6 (LCP))	Dance The Great Fire of London (LCP or BBC school radio) Games Games Activities 2 (Lessons 1 – 6 (LCP))
AU 2	Working with others PE Lessons.org (on the system)	Dance The Magic Toys (LCP) Games Games Activities 1 (Lessons 7 – 12 (LCP))	Gymnastics Gymnastic Activities 2 (Lessons 1 – 6 (LCP)) Games Games Activities 2 (Lessons 7 – 12 (LCP))
SP 1	Ball Skills PE Lessons.org (on the system)	Gymnastics Gymnastic Activities 1 (Lessons 7 – 12 (LCP)) Games Large ball skills (SG)	Dance Sleigh Ride (LCP) Games Large ball skills (SG)
SP 2	Throwing and Catching PE Lessons.org (on the system)	Dance Animals (LCP) Games Multi-skills (system)	Gymnastics Gymnastic Activities 2 (Lessons 7 – 12 (LCP)) Games Multi-skills (system)
SU 1	Fun & Games PE Lessons.org (on the system)	Gymnastics Key Steps Gymnastics (Year 1 & 2) Games Games and Team Games (system)	Dance At the seaside (LCP) Games Games and Team Games (system)
SU 2	Sports Day prep + Me and Myself PE Lessons.org (on the system)	Dance Life Cycles (LCP) Games Athletic Activities 1 (LCP)	Gymnastics Key Steps Gymnastics (Year 1 & 2) Games Athletic Activities 1 (LCP)

St Jude's PE Overview 2022-2023 - Key stage 2

CLASS/ TERM	3	4	5	6
AU 1	Gymnastics Gymnastic Activities 3 (LCP)	Swimming	Gymnastics Gymnastics (SG)	Gymnastics Gymnastics (SG)
	Games Football (SG)	Games Football (SG)	Games Invasion Games 3&4 (LCP (Football))	Games Invasion Games 3&4 (LCP (Football))
AU 2	Swimming	Dance Divali Dance (LCP)	Dance Divali Dance (LCP)	Dance In the playground (LCP)
	Games Tag Rugby (SG)	Games Tag Rugby (SG)	Games Tag Rugby (SG)	Games Tag Rugby (SG)
SP 1	Gymnastics (SG)	Gymnastics (SG)	Gymnastics Gymnastic Activities 5 (LCP)	Gymnastics Gymnastic Activities 5 (LCP)
	Games Invasion Games 1 (LCP)	Games Invasion Games 2 (LCP)	Games Invasion Games 3&4 (LCP (Netball))	Games Invasion Games 3&4 (LCP (Netball))
SP 2	Dance Life on the Nile (LCP)	Dance In the playground (LCP Years 5 & 6)	Dance Tudors (LCP Years 3 & 4)	Dance The River (LCP)
	Games Net/wall games 1 (LCP)	Games Net/wall games 1 (LCP)	Games Net/wall games 2 (LCP)	Games Net/wall games 2 (LCP)
SU 1	Gymnastics Gymnastic Activities 4 (LCP)	Gymnastics Gymnastic Activities 3 (LCP)	Gymnastics Gymnastic Activities 6 (LCP)	Gymnastics Gymnastic Activities 6 (LCP)
	Games Striking and fielding games 1 (LCP)	Games Striking and fielding games 1 (LCP)	Games Striking and fielding games 2 (LCP (Cricket))	Games Striking and fielding games 2 (LCP (Cricket))
SU 2	Dance The River (LCP Years 5 & 6)	Dance The River (LCP Years 5 & 6)	Dance At the Olympics (LCP)	Dance At the Olympics (LCP)
	Games Athletic Activities 1 (LCP)	Games Athletic activities 2 (LCP)	Games Athletic Activities 3 (LCP)	Games Athletic Activities 3 (LCP)

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement development EYFS – Games Activities KS1 – Football KS2	<p>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Can describe self in positive terms and talk about abilities.</p> <p>Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.</p> <p>Practices some appropriate safety measures without direct supervision.</p> <p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Uses language to imagine and recreate roles and experiences in play situations.</p>	<p>To be confident and safe in the spaces used to play games.</p> <p>To listen to instructions.</p> <p>To explore and use skills, actions and ideas individually and in combination to suit the game they are playing.</p> <p>To explore and use skills to suit the game they are playing.</p> <p>How to choose and use skills effectively for particular games.</p>	<p>To be confident and safe in the spaces used to play games.</p> <p>To improve the way they coordinate and control their bodies.</p> <p>To improve the way they coordinate and control their bodies and a range of equipment.</p> <p>To recognise good quality performance.</p> <p>To choose, use and vary simple tactics.</p> <p>To remember, repeat and link combinations of skills.</p>	<p>How to dribble and stop a football.</p> <p>To recognise aspects of their work that need improving.</p> <p>To develop the range and consistency of their passing and receiving skills.</p> <p>To use rules and adapt tactics in different situations.</p> <p>To use and adapt tactics, such as creating space and communicating, in different game situations.</p>	<p>To develop their attacking and defending skills.</p> <p>To use rules and adapt tactics in different situations.</p> <p>To find space and help each other.</p> <p>To play in a team and help each other.</p> <p>To recognise speed, strength and stamina are important in games.</p>	<p>To develop their dribbling skills with a football.</p> <p>To practise a range of techniques for changing direction in football.</p> <p>To combine skills fluently and effectively in tasks.</p> <p>To become more accurate with passing and receiving skills.</p> <p>To perform skills more fluently and effectively in games.</p> <p>To develop a broader range of football techniques.</p> <p>To choose combine and perform skills more fluently and effectively in games.</p> <p>To develop some techniques for attacking and defending.</p> <p>How to play as part of a team, choosing tactics for defence and attack.</p>	<p>To choose, combine and perform skills more fluently and effectively in a mini version of football.</p> <p>To develop a broader range of techniques for attacking and defending.</p> <p>To understand and apply a range of tactics and strategies for attacking as part of a team.</p> <p>To play invasion games effectively as part of a team.</p> <p>Understand and apply a range of tactics and strategies for defence and attack.</p> <p>To choose, combine and perform skills more fluently and effectively in games.</p>

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Working with others (EYFS) – Games Activities – Tag Rugby	<p>Can play in a group.</p> <p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed, or changing direction to avoid obstacles.</p> <p>Begin to accept the needs of others and can take turns and share resources, sometimes with support from others.</p> <p>Aware of the boundaries set, and of behavioural expectations in the setting.</p>	<p>Move fluently, changing direction and speed easily and avoiding collisions.</p> <p>Recognise space in their games.</p> <p>Show control and accuracy with the basic actions for underarm throwing and kicking.</p> <p>Show control and accuracy with the basic actions for rolling and throwing.</p>	<p>Move fluently, changing direction and speed easily and avoiding collisions.</p> <p>Understand the concepts of aiming and taking the ball to a good position for aiming.</p> <p>Show control and accuracy with the basic actions for rolling and throwing.</p> <p>Show control and accuracy with the basic actions for underarm throwing and kicking.</p> <p>Understand the concept of tracking and get in line with the ball to receive it.</p>	<p>Evasive movement, throwing and catching and developing basic skills.</p> <p>Developing basic attacking and defending play.</p> <p>Developing basic game understanding and learning how to be a team player.</p>	<p>Evasive movement, throwing and catching and developing basic skills.</p> <p>Developing basic attacking and defending play.</p> <p>Developing basic game understanding and learning how to be a team player.</p>	<p>Continue to develop agility, balance and coordination.</p> <p>Technical development and skill focus.</p> <p>Technical development of passing.</p> <p>Tackling, improving core strength and support play.</p> <p>Developing small-sided games (5 v 5 for example).</p> <p>Touch and contact.</p>	<p>Continue to develop agility, balance and coordination.</p> <p>Technical development and skill focus.</p> <p>Technical development of passing.</p> <p>Tackling, improving core strength and support play.</p> <p>Developing small-sided games (5 v 5 for example).</p> <p>Touch and contact.</p>

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Ball skills (EYFS) - Large ball skills – Invasion games - Netball	<p>Handles tools, objects, construction, and malleable materials safely and with increasing control.</p> <p>Understands that equipment and tools have to be used safely.</p> <p>Shows increasing control over and object, pushing, patting, throwing, catching or kicking it.</p> <p>Explains own knowledge and understanding, and asks appropriate questions of others.</p>	<p>Develop agility, balance, coordination and speed with large balls.</p> <p>Spacial awareness with invasion.</p> <p>Technical large ball development</p>	<p>Develop agility, balance, coordination and speed with large balls.</p> <p>Spacial awareness with invasion.</p> <p>Technical large ball development.</p>	<p>Throw and catch the ball with a partner.</p> <p>Recognise good quality throwing and catching skills.</p> <p>Use a range of skills that enable them to keep possession and control of the ball.</p> <p>Pass and receive the ball, working with a team to complete tasks.</p> <p>Pass, receive and move with the ball, keeping control and possession.</p> <p>Work with a team in relay and invasion games.</p> <p>Use a range of skills that enable them to keep possession and control of the ball and make progress towards a goal, on their own and with others.</p> <p>Know how to use space in games.</p>	<p>Learn dribbling and stopping techniques, showing consistency and control.</p> <p>Use tactics to keep possession of the ball and show that they have full control of the ball.</p> <p>Change direction and speed when dribbling the ball.</p> <p>Use a range of techniques and tactics when trying to keep possession of the ball and when defending.</p> <p>Understand the importance of creating space and communicating with each other.</p> <p>Use a range of techniques when attacking and defending.</p> <p>Show consistency and control in games, playing with greater speed and flow.</p> <p>Use a range of tactics to keep possession of the ball and get into positions to shoot and score.</p>	<p>Perform a chest pass with accuracy, confidence and control.</p> <p>Perform skills with control in a game, adapting them to meet the needs of the situation and perform them with greater speed.</p> <p>Use a variety of tactics to keep the ball, for example, changing direction, moving into a space.</p> <p>Learn the rules of footwork in netball and practise footwork skills.</p> <p>Use footwork and chest passing skills with control in games, adapting them to meet the needs of the situation.</p> <p>Know the difference between attacking skills and defending skills.</p> <p>Combine dodging, passing and footwork skills, adapting them to meet the needs of the situation and perform them with greater speed.</p> <p>Use a variety of tactics to keep the ball, for example, changing speed and direction, so that they keep possession and progress towards a goal.</p> <p>Know how to mark an opponent in netball.</p> <p>Learn about high five netball positions and use them in a game.</p> <p>Perform all the netball skills they have learned with accuracy, confidence and control.</p>	<p>Perform a chest pass with accuracy, confidence and control.</p> <p>Perform skills with control in a game, adapting them to meet the needs of the situation and perform them with greater speed.</p> <p>Use a variety of tactics to keep the ball, for example, changing direction, moving into a space.</p> <p>Learn the rules of footwork in netball and practise footwork skills.</p> <p>Use footwork and chest passing skills with control in games, adapting them to meet the needs of the situation.</p> <p>Know the difference between attacking skills and defending skills.</p> <p>Combine dodging, passing and footwork skills, adapting them to meet the needs of the situation and perform them with greater speed.</p> <p>Use a variety of tactics to keep the ball, for example, changing speed and direction, so that they keep possession and progress towards a goal.</p> <p>Know how to mark an opponent in netball.</p> <p>Learn about high five netball positions and use them in a game.</p> <p>Perform all the netball skills they have learned with accuracy, confidence and control.</p>

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Throwing and catching (EYFS) - Multi-skills – Net/Wall Games	Shows increasing control over an object, pushing, patting, throwing, catching, or kicking it.	Explore basic skills, actions and ideas with increasing understanding.	Explore basic skills, actions and ideas with increasing understanding.	Bounce a ball accurately and move in line to catch a ball. Get into a good position to receive the ball and can explain why this is important.	Bounce a ball accurately and move in line to catch a ball. Get into a good position to receive the ball and can explain why this is important.	Perform throwing, catching and hitting skills with control and consistency. Direct the ball into the spaces in their opponent's court.	Perform throwing, catching and hitting skills with control and consistency. Direct the ball into the spaces in their opponent's court.
	Understands that equipment and tools must be used safely.	Explore how to choose and apply skills and actions in sequence and in combination.	Explore how to choose and apply skills and actions in sequence and in combination.	Try to make their opponent move by bouncing the ball in different places.	Try to make their opponent move by bouncing the ball in different places.	Get into good position on court to receive the ball and know why this is important.	Get into good position on court to receive the ball and know why this is important.
	Can catch.	Remember and repeat simple skills and actions with increasing control and coordination.	Remember and repeat simple skills and actions with increasing control and coordination.	Perform basic throwing and hitting skills needed for the games with control and consistency.	Perform basic throwing and hitting skills needed for the games with control and consistency.	Become more accurate with their hitting skills, using a racket to hit a ball against a wall.	Become more accurate with their hitting skills, using a racket to hit a ball against a wall.
	Respond to simple instructions.	Use what they have learnt to improve the quality and control of their work.	Use what they have learnt to improve the quality and control of their work.	Play games using a racket, getting their body into good positions and hitting a ball fed to them accurately.	Play games using a racket, getting their body into good positions and hitting a ball fed to them accurately.	Direct the ball with control, varying the speed and height of the ball in order to hit a target area on the wall.	Direct the ball with control, varying the speed and height of the ball in order to hit a target area on the wall.
	Shows increasing control over an object when throwing it.	Develop the range of their skills and actions	Develop the range of their skills and actions.	Perform the basic skills needed for net games with control and consistency.	Perform the basic skills needed for net games with control and consistency.	Get into a good position to receive the ball.	Get into a good position to receive the ball.
				Play games using a racket, getting their body into good positions and hitting a ball fed to them accurately.	Play games using a racket, getting their body into good positions and hitting a ball fed to them accurately.	Hit a ball over a net and maintain a rally with their partner.	Hit a ball over a net and maintain a rally with their partner.
				Keep a game going using a range of throwing, catching and hitting skills.	Keep a game going using a range of throwing, catching and hitting skills.	Get into a good position on court to receive the ball and direct the ball into their opponent's court.	Get into a good position on court to receive the ball and direct the ball into their opponent's court.
				Play game using a racket, getting their body into good positions and hitting a ball fed to them accurately.	Play game using a racket, getting their body into good positions and hitting a ball fed to them accurately.	Work well with others to improve their score.	Work well with others to improve their score.
				Try to make things difficult for their opponent by directing the ball to a space, at different speeds and heights.	Try to make things difficult for their opponent by directing the ball to a space, at different speeds and heights.	Learn how to volley and begin to sue this shot when the opportunity arises in a game.	Learn how to volley and begin to sue this shot when the opportunity arises in a game.
				Use and make rules and keep games going without disputes.	Use and make rules and keep games going without disputes.	Perform shots on both sides of the body with control and consistency.	Perform shots on both sides of the body with control and consistency.
						Direct the ball at a target and into their opponent's court.	Direct the ball at a target and into their opponent's court.
						Work in a small group to devise their own net or wall game.	Work in a small group to devise their own net or wall game.
						Explain what they are trying to do and establish rules that they can teach to others.	Explain what they are trying to do and establish rules that they can teach to others.
						Try to beat their opponent by using tactics and playing attacking shots.	Try to beat their opponent by using tactics and playing attacking shots.

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fun & Games (EYFS) - Fun and Games - Games and Team Games - Striking and Fielding Games	<p>Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</p> <p>Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.</p> <p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Plays alongside other children who are engaged in the same theme.</p>	<p>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.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Developing balance, agility and co-ordination.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Developing balance, agility and co-ordination.</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Developing balance, agility and co-ordination.</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Participate in team games.</p>	<p>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.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Developing balance, agility and co-ordination.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Developing balance, agility and co-ordination.</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Developing balance, agility and co-ordination.</p> <p>Participate in team games.</p>	<p>Throw and catch a beanbag accurately.</p> <p>Know the demands that exercise makes on their bodies.</p> <p>Use throwing skills in tasks that require hitting targets and scoring points.</p> <p>Know the importance of warming up.</p> <p>Use throwing and catching skills in fielding games and relays.</p> <p>Work well as a team in fielding relays.</p> <p>Strike a ball with intent and throw it more accurately when fielding.</p> <p>Intercept and stop the ball with consistency, and sometimes catch the ball.</p> <p>Strike a ball with intent and throw it more accurately when bowling/fielding.</p> <p>Return the ball quickly and accurately.</p> <p>Choose where to stand as a fielder, working well as a team to make it harder for the batter.</p>	<p>Throw and catch a beanbag accurately.</p> <p>Know the demands that exercise makes on their bodies.</p> <p>Use throwing skills in tasks that require hitting targets and scoring points.</p> <p>Know the importance of warming up.</p> <p>Use throwing and catching skills in fielding games and relays.</p> <p>Work well as a team in fielding relays.</p> <p>Strike a ball with intent and throw it more accurately when fielding.</p> <p>Intercept and stop the ball with consistency, and sometimes catch the ball.</p> <p>Strike a ball with intent and throw it more accurately when bowling/fielding.</p> <p>Return the ball quickly and accurately.</p> <p>Choose where to stand as a fielder, working well as a team to make it harder for the batter.</p>	<p>Throw and catch a ball accurately.</p> <p>Bowl underarm towards a target.</p> <p>Throw and catch accurately, working well as team or pair to complete challenges.</p> <p>Learn how to hold a rounders bat and strike a ball effectively.</p> <p>Bowl underarm accurately.</p> <p>Act as backstop and fielder with increased accuracy.</p> <p>Work as a team to improve accuracy and score points.</p> <p>Field with increased accuracy.</p> <p>Return the ball quickly and accurately when fielding.</p> <p>Work well as a team to beat the opposition.</p> <p>Field with increased accuracy, returning the ball quickly, to help their team when fielding.</p> <p>Direct the ball away from fielders when batting and gauge when to run, to help their team when batting.</p>	<p>Throw and catch a ball accurately.</p> <p>Bowl underarm towards a target.</p> <p>Throw and catch accurately, working well as team or pair to complete challenges.</p> <p>Learn how to hold a rounders bat and strike a ball effectively.</p> <p>Bowl underarm accurately.</p> <p>Act as backstop and fielder with increased accuracy.</p> <p>Work as a team to improve accuracy and score points.</p> <p>Field with increased accuracy.</p> <p>Return the ball quickly and accurately when fielding.</p> <p>Work well as a team to beat the opposition.</p> <p>Field with increased accuracy, returning the ball quickly, to help their team when fielding.</p> <p>Direct the ball away from fielders when batting and gauge when to run, to help their team when batting.</p>

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Me & Myself - Athletic Activities KS1 - Athletic Activities KS2	<p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Explains own knowledge and understanding, and asks appropriate questions of others.</p> <p>Shows understanding of prepositions such as 'under', 'on top', 'behind' by carrying out an action.</p> <p>Keeps play going by responding to what others are saying or doing.</p> <p>Listens and responds to ideas expressed by others in conversation or discussion.</p>	<p>Throw with increasing accuracy and coordination into targets set at a distance.</p> <p>Demonstrate a range of throwing actions.</p> <p>Use different techniques and effort to meet challenges set for throwing.</p> <p>Use different techniques, speeds and effort to meet challenges set for running and jumping.</p> <p>Demonstrate the five basic jumps on their own and in combination, showing control at take off and landing.</p>	<p>Throw with increasing accuracy and coordination into targets set at a distance.</p> <p>Demonstrate a range of throwing actions.</p> <p>Use different techniques and effort to meet challenges set for throwing.</p> <p>Use different techniques, speeds and effort to meet challenges set for running and jumping.</p> <p>Demonstrate the five basic jumps on their own and in combination, showing control at take off and landing.</p>	<p>Throw with increasing accuracy and coordination into targets set at different distances.</p> <p>Demonstrate a range of throwing actions.</p> <p>Use different techniques and effort to meet challenges set for throwing.</p> <p>Use different techniques, speeds and effort to meet challenges et for running and jumping.</p> <p>Demonstrate the five basic jumps on their own and in combination, showing control at take off and landing.</p>	<p>Recognise that there are different styles of running.</p> <p>Learn how to run consistently and smoothly at different speeds.</p> <p>Throw beanbags into a target with consistency and accuracy.</p> <p>Recognise that they need to choose the best technique for throwing a particular type of equipment.</p> <p>Learn good overarm throwing techniques and improve the distance that they can throw.</p> <p>Recognise that there are different styles of throwing.</p> <p>Demonstrate different combinations of jumps, showing control, coordination and consistency.</p> <p>Pace their effort well in different types of event so that they can keep going steadily and maintain the quality of their action.</p> <p>Demonstrate different jumping techniques, showing control, coordination and consistency.</p> <p>Run consistently and smoothly at different speeds, competing as a team in relay races.</p>	<p>Recognise that there are different styles of running.</p> <p>Run consistently and smoothly at different speeds.</p> <p>Sustain their pace over longer distances.</p> <p>Throw overarm with greater control, accuracy and efficiency.</p> <p>Throw a range of implements into a target area with accuracy and consistency.</p> <p>Organise themselves in small groups safely and take turns in their group.</p> <p>Learn how to throw a quoit like a discus.</p> <p>Throw with greater control, accuracy and efficiency.</p> <p>Recognise that there are different styles of throwing.</p> <p>Demonstrate different jumps showing power, control and consistency at take-off and landing.</p> <p>Practise different styles of jumping i.e. Standing jump and long jump.</p> <p>Learn how to perform the high jump and triple jump.</p> <p>Practise different styles of jumping and try to improve their height/distance.</p> <p>Sustain their pace and take part well in a relay event.</p> <p>Understand the basic principles of relay take-overs.</p> <p>Use good running and changeover techniques in relays.</p>	<p>Recognise that there are different styles of running.</p> <p>Run consistently and smoothly at different speeds.</p> <p>Sustain their pace over longer distances.</p> <p>Throw overarm with greater control, accuracy and efficiency.</p> <p>Throw a range of implements into a target area with accuracy and consistency.</p> <p>Organise themselves in small groups safely and take turns in their group.</p> <p>Learn how to throw a quoit like a discus.</p> <p>Throw with greater control, accuracy and efficiency.</p> <p>Recognise that there are different styles of throwing.</p> <p>Demonstrate different jumps showing power, control and consistency at take-off and landing.</p> <p>Practise different styles of jumping i.e. Standing jump and long jump.</p> <p>Learn how to perform the high jump and triple jump.</p> <p>Practise different styles of jumping and try to improve their height/distance.</p> <p>Sustain their pace and take part well in a relay event.</p> <p>Understand the basic principles of relay take-overs.</p> <p>Use good running and changeover techniques in relays.</p>