



Physical Education at West Cornforth Primary School

“The sky has no limits. Neither should you.” – Usain Bolt

EYFS- Nursery		
Sport	Key Vocabulary	Key Knowledge/ Skills
All the Fun of the Fair	Rolling, throwing, bouncing, high, low, arms, lift, push, target, up, down, arms, move	<p>Ball skills:</p> <ul style="list-style-type: none"> • Developing throwing skills and large muscle movement by throwing soft balls using two hands. • Developing aiming skills by throwing towards a large target. • Developing movement of gross motor skills by attempting to bounce soft balls using two hands. <p>Developing the ability to roll balls towards a large target.</p>
Searching for Teddy	Run, jump, throw, move, balance, speed, target, distance, jump, jumping, running, warm-up, cool-down, hop, walking, hopping, crawling, climbing	<p>Movement patterns:</p> <ul style="list-style-type: none"> • Development of movement through movement patterns including running, hopping and skipping at different speeds. <p>Developing the ability to balance whilst moving across PE equipment at different speeds and heights.</p>
Dance Your Socks Off	Dance, move, speed, fast, slow, quick, mood, happy, sad, cross, beat, tap, movement, actions, music, sing, beat, songs, rhymes, style, dancers, perform, rhythm, practice, balance	<p>Dance:</p> <ul style="list-style-type: none"> • Developing the ability to balance and freeze during Dancing games. • Developing the ability to move in new ways to music by learning new dance moves. • Beginning to recall and follow patterns of movement to music. <p>Beginning to understand how we can move to a rhythm and beat</p>
Beep Beep!	Run, jump, throw, move, speed, balls, throwing, catching, target, distance, running, high jump, long jump, warm-up, cool-down, hop, hopping, skipping, lift, lifting, team, teamwork, dance, balance	<p>Movement games:</p> <ul style="list-style-type: none"> • Beginning to understand how they can work as a team. • Development of moving in different ways through games eg running, hopping and skipping. • Developing gross motor skills by throwing and rolling during games. • Using large muscle movements as part of movement games such as lifting parachutes and waving flags.
Saving the Princess	Throw, catch, target, team, kick, ball, running, speed, run, walk, legs, bend, arm, lift, push, roll	<p>Ball skills:</p> <ul style="list-style-type: none"> • Beginning to throw towards a smaller target using different sized balls. • Beginning to attempt to catch large soft balls. • Developing large muscle movements by kicking balls towards a large target. • Development of moving at different speeds through games.
The Seaside	Warm up, cool down, move, speed, skip, jump, high jump, long jump, hop, hopping, balance, dance, beat, tap, slow, fast,	<p>Movement skills:</p> <ul style="list-style-type: none"> • Developing movement of running at different speeds through games. • Developing balancing skills through games by following directions. • Developing large muscle movement by attempting to jump in different ways and land on their feet e.g. high, long • Developing climbing skills by attempting to climb up PE equipment.



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EYFS- Reception		
Sport	Key Vocabulary	Key Knowledge/ Skills
All the Fun of the Fair	Rolling, throwing, bouncing, high, low, arms, lift, push, target, up, down, arms, move, throw, catch, target, team, kick, ball, running, speed, run, walk, legs, bend, arm, lift, push, roll	Ball skills: <ul style="list-style-type: none"> • Revise all fundamental throwing skills that were previously acquired. - rolling - running - crawling - hopping - walking - skipping - jumping - climbing • Throw balls with increasing control towards a small target. • Begin to throw towards a person with the intention for them to catch. • Begin to bounce balls towards a human target with the intention for them to catch.
Searching for Teddy	Run, jump, throw, move, balance, speed, target, distance, jump, jumping, running, warm-up, cool-down, hop, walking, hopping, crawling, climbing	Movement patterns: <ul style="list-style-type: none"> • To run, hop and skip with increasing precision and co-ordination. • Children begin to move across varied PE equipment with increasing confidence. • Develop overall body-strength, balance and agility whilst moving in new ways.
Dance Your Socks Off	Dance, move, speed, fast, slow, quick, mood, happy, sad, cross, beat, tap, movement, actions, music, sing, beat, songs, rhymes, style, dancers, perform, rhythm, practice, balance	Dance: <ul style="list-style-type: none"> • Recap previous learning; how to move to music, and to a beat. • To follow patterns of movement to music with increasing confidence. • Beginning to recall and follow patterns of movement to music with ease and fluency. • To be able to move at different speeds to new rhythms and beats. • To develop the ability to represent themselves through dance. • To begin to explore and engage in music making and dance, performing solo or in groups.
Beep Beep!	Run, jump, throw, move, speed, balls, throwing, catching, target, distance, running, high jump, long jump, warm-up, cool-down, hop, hoping, skipping, lift, lifting, team, teamwork, dance, balance	Movement games: <ul style="list-style-type: none"> • Display teamwork and play co-operatively. • To begin to demonstrate large muscle movement strength, co-ordination and balance during games. • To apply ball skills with increasing control during games.
Saving the Princess	Throw, catch, target, team, kick, ball, running, speed, run, walk, legs, bend, arm, lift, push, roll	Ball skills: <ul style="list-style-type: none"> • Kicking with increasing confidence towards a small target. • Begin to smaller balls towards a human target with the intention for them to kick back. • Developing large muscle movements by kicking balls towards goals. • To move with increasing agility during ball games.
The Seaside	Warm up, cool down, move, speed, skip, jump, high jump, long jump, hop, hopping, balance, dance, beat, tap, slow, fast,	Movement skills: <ul style="list-style-type: none"> • To display improved co-ordination whilst moving in different ways of moving (running, skipping, hopping) • Independently combining different movements during games in order to succeed. • Display large muscle strength during games by increasing movement speed. • Display core strength and balance skills by moving with agility.



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Year 1		
Sport	Key Vocabulary	Key Knowledge /Skills
Games Ten Point Hoops QCA	Bean bag, hoop, defender, attacker, cones.	Identify the rules of the game. Identify how do we outwit our opponents to score points. Using team work to outwit our opponents. Look at the technique of attacking and defending.
Dance Moving Along QCA	Dance, Spin, Balance, Counter balance, partner assisted balance, Music, Stretching, Speed and Space, creating movement phrases, bringing together movements, safe journeys, using stimuli for dance, Evaluating, cones, hoops, theme.	How do we move to the beat? Look at the technique of moving at different levels, speed and intensity. Identifying topics and creatively making dancing based around the chosen topic. How do we use equipment to effectively make our dances effective? Using our team and bodies to tell a storyline.
Gymnastics Making Shapes QCA	Dance, Spin, Balance, Counter balance, partner assisted balance, Music, Stretching, Speed and Space, creating movement phrases, bringing together movements, safe journeys, using stimuli for dance, Evaluating, cones, hoops, theme, mats, forwards rolls, teddy bear role, pencil role, star jump, tuck jump, gymnastic tables, crash mats, Routine.	How to position our body to complete the technique of rolls, travels and jumps. How to use our partners to complete partner assisted movements. Linking multiple movements together to create a routine. Evaluating personal and peer performances.
Games Kick Rounders (unit 2 task 3) Durham	Kick, side foot, cones, strike, roll, under-arm, over-arm, throwing, bowler, fielder, catch, backstop, rounders, anti-clockwise, gaps, bases, home-run, points.	Identifying how to bowl and kick the ball. Identifying where to kick the ball and why. Understanding the importance of kicking the ball into spaces. Evaluating personal and peers' performances.
Games Bean bag throw (Unit 1 task 3)	Throwing, hoop, rope, cones, target, movement games, jelly spots, teams, retrieve, sending, running, jumping, channel, outwitting opponents, monitoring breathing, fitness and games, mental approach.	Identifying the correct technique of throwing both overarm and underarm. Using the correct tactics to overcome opponents and score more points. Identifying the reasons why we use specific techniques to throw short and longer distances. Using team work to outwit our opponents. Evaluating personal and peers' performances.
Athletics Honey Pot	Bee's, Queen bee, hoop, bean bag, balls, honey, hoop, area, cones, points, running.	Understand the correct techniques of throwing, jumping and running. Identifying why and where do we collect the bean bags to have a beneficial effect on our teams result. Using team work to outwit our opponents. Evaluating personal and peers' performances.



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Year 2		
Sport	Key Vocabulary	Key Knowledge /Skills
Games Piggy in the Middle QCA	Attackers, defenders, ball, over-arm, under-arm, piggy-in-middle. Cones, hoops, bibs.	Identify the rules of the game. Identify how do we outwit our opponents to score points. Using team work to outwit our opponents. Look at the technique of attacking and defending. Overarm and underarm throwing.
Dance Cat Dance QCA	Dance, Spin, Balance, Counter balance, partner assisted balance, Music, Stretching, Speed and Space, creating movement phrases, bringing together movements, safe journeys, using stimuli for dance, Evaluating, cones, hoops, theme.	How do we move to the beat? Look at the technique of moving at different levels, speed and intensity. Identifying topics and creatively making dancing based around the chosen topic. How do we use equipment to effectively make our dances effective? Using our team and bodies to tell a storyline.
Games Rolla Ball (unit 1 task 2) Durham	Ball, cones, line markings, court, defender, attackers, roll, bounce, throw, catch, goal, partner, scoring, winning, observing, evaluating, movement, positions, technique, under-arm, over-arm, sending, retrieving, targets, outwitting opponents, monitoring breathing, fitness and games, mental approach.	Identifying the correct technique of throwing both overarm and underarm. Using the correct tactics to overcome opponents and score more points. Identifying the reasons why we use specific techniques to throw short and longer distances. Using team work to outwit our opponents. Evaluating personal and peers' performances.
Games Kick Rounders (unit 2 task 3) Durham	Kick, side foot, cones, strike, roll, under-arm, over-arm, throwing, bowler, fielder, catch, backstop, rounders, anti-clockwise, gaps, bases, home-run, points.	Identifying how to bowl and kick the ball. Identifying where to kick the ball and why. Understanding the importance of kicking the ball into spaces. Evaluating personal and peers' performances.
Games Bean bag throw (Unit 1 task 3)	Throwing, hoop, rope, cones, target, movement games, jelly spots, teams, retrieve, sending, running, jumping, channel, outwitting opponents, monitoring breathing, fitness and games, mental approach.	Identifying the correct technique of throwing both overarm and underarm. Using the correct tactics to overcome opponents and score more points. Identifying the reasons why we use specific techniques to throw short and longer distances. Using team work to outwit our opponents. Evaluating personal and peers' performances.
Athletics Colour Match	Bee's, Queen bee, hoop, bean bag, balls, honey, hoop, area, cones, points, colours, running, jumping.	Understand the correct techniques of throwing, jumping and running. Identifying why and where do we collect the bean bags to have a beneficial effect on our teams result. Using team work to outwit our opponents. Evaluating personal and peers' performances.



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Year 3		
Sport	Key Vocabulary	Key Knowledge /Skills
Games Mini Tennis 1 (unit 2 task 2) Durham 3 Touch Ball- QCA	Racquet, tennis balls, cones, net, bibs, opponents, fore-arm, back-hand, court.	Identify the rules of the game. Identify how do we outwit our opponents to score points. Using team work to outwit our opponents. Look at the technique of attacking and defending. Overarm and underarm throwing. Understanding when to use the forehand and backhand shot.
Dance Round the Clock-QCA Gymnastics	Dance, Spin, Balance, Counter balance, partner assisted balance, Music, Stretching, Speed and Space, creating movement phrases, bringing together movements, safe journeys, using stimuli for dance, Evaluating, cones, hoops, theme.	How do we move to the beat? Look at the technique of moving at different levels, speed and intensity. Identifying topics and creatively making dancing based around the chosen topic. How do we use equipment to effectively make our dances effective? Using our team and bodies to tell a storyline.
Games End Zone (Hockey) Games End Zone (Netball)	Hockey, hockey sticks, tennis ball, bibs, cones, pitch, teams, opponents, attackers, defenders, goalkeepers, goal, strike, shoot, block, dribble, push, score, invasion, team work, communication. Netball, Basketball, passing, dribbling, movement, teamwork, communication, teams, bibs, cones, score, points.	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match. Understand how to use the hockey stick in multiple ways to control and gain power. Evaluating personal and peers’ performances.
Games Skittles unit1 task1 (I)	Basketball, Netball, teams, skittles, floor sports, cones, teams, team work, communication, passing, bounce pass, chest pass, overhead pass, dribble, possession, attackers, defenders, zone, target, scoring goals, keeping the score, making space, send and retrieve, back up, support partners and team players.	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match. Evaluating personal and peers’ performances.
Games Arc Rounders (S&F) Durham Games Boundary line	Rounders, rounders bat, tennis ball, cones, bibs, teams, communication, team work, winning, losing, catching, throwing, bowling, fielders, backstop, zones, points, scoring, hitting gaps, tactics, evaluating, self-assessing, team work	Understand how to bowl, bat and field using the correct technique. Understand the importance of the “Straight arm” technique when bowling. Using equipment to strike the ball from stationary positions as well moving positions. Using team work to outwit opponents when playing matches. Identifying the correct areas to strike the ball into to optimise the opportunity for points. Evaluating personal and peers’ performances.
Athletics Pass the Baton OAA Search and Rescue-QCA and Where Am I? Durham	Running, sprinting, skipping, jumping, stopwatch, cones, running track, lanes, hurdles, markers, officiate, assessing, evaluating, commands, batons, relay, team work, time, distance, technique.	Understand the correct techniques of throwing, jumping and running. Identifying why and where do we collect the bean bags to have a beneficial effect on our teams result. Using team work to outwit our opponents. Evaluating personal and peers’ performances.



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Year 4		
Sport	Key Vocabulary	Key Knowledge /Skills
Games On the Attack (I)-QCA	Hockey, hockey sticks, tennis ball, bibs, cones, pitch, teams, opponents, attackers, defenders, goalkeepers, goal, strike, shoot, block, dribble, push, score, invasion, team work, communication. Football, rugby, basketball, netball.	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match. Understand how to use the hockey stick in multiple ways to control and gain power. Evaluating personal and peers’ performances.
Dance Indian Delight-QCA	Dance, Spin, Balance, Counter balance, partner assisted balance, Music, Stretching, Speed and Space, creating movement phrases, bringing together movements, safe journeys, using stimuli for dance, Evaluating, cones, hoops, theme, India.	How do we move to the beat? Look at the technique of moving at different levels, speed and intensity. Identifying topics and creatively making dancing based around the chosen topic. How do we use equipment to effectively make our dances effective? Using our team and bodies to tell a storyline.
Games End Zone	Basketball, passing, dribbling, movement, teamwork, communication, teams, bibs, cones, score, points.	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match. Understand how to use the hockey stick in multiple ways to control and gain power. Evaluating personal and peers’ performances. Gaining knowledge on how to kick or throw the balls correctly. Understanding the knowledge between attacking and defending. Gaining a wider knowledge of the technique when passing shooting and dribbling the ball.
Games Mini Tennis 2 (N&W Durham	Racquet, tennis balls, cones, net, bibs, opponents, fore-arm, back-hand, court.	Identify the rules of the game. Identify how do we outwit our opponents to score points. Using team work to outwit our opponents. Look at the technique of attacking and defending. Overarm and underarm throwing. Understanding when to use the forehand and backhand shot.



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<p>Games Arc Rounders (S&F) Durham</p> <p>Games Boundary line</p>	<p>Rounders, rounders bat, tennis ball, cones, bibs, teams, communication, team work, winning, losing, catching, throwing, bowling, fielders, backstop, zones, points, scoring, hitting gaps, tactics, evaluating, self-assessing, team work</p>	<p>Understand how to bowl, bat and field using the correct technique. Understand the importance of the “Straight arm” technique when bowling. Using equipment to strike the ball from stationary positions as well moving positions. Using team work to outwit opponents when playing matches. Identifying the correct areas to strike the ball into to optimise the opportunity for points. Evaluating personal and peers’ performances.</p>
<p>Athletics Furthest Five</p>	<p>Running, sprinting, skipping, jumping, stopwatch, cones, running track, lanes, hurdles, markers, officiate, assessing, evaluating, commands, batons, relay, team work, time, distance, technique.</p>	<p>Understand the correct techniques of throwing, jumping and running. Identifying why and where do we collect the bean bags to have a beneficial effect on our teams result. Using team work to outwit our opponents. Evaluating personal and peers’ performances.</p>



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Year 5		
Sport	Key Vocabulary	Key Knowledge /Skills
Games Calling the Shots (I)- QCA	Hockey, hockey sticks, tennis ball, bibs, cones, pitch, teams, opponents, attackers, defenders, goalkeepers, goal, strike, shoot, block, dribble, push, score, invasion, team work, communication.	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match. Understand how to use the hockey stick in multiple ways to control and gain power. Evaluating personal and peers’ performances.
Dance Masquerade	Dance, Spin, Balance, Counter balance, partner assisted balance, Music, Stretching, Speed and Space, creating movement phrases, bringing together movements, safe journeys, using stimuli for dance, Evaluating, cones, hoops, theme.	How do we move with the beat? Look at the technique of moving at different levels, speed and intensity. Identifying topics and creatively making dancing based around the chosen topic. How do we use equipment to effectively make our dances effective? Using our team and bodies to tell a storyline.
Games Fives and Threes (Invasion) Durham	Hockey, hockey sticks, tennis ball, bibs, cones, pitch, teams, opponents, attackers, defenders, goalkeepers, goal, strike, shoot, block, dribble, push, score, invasion, team work, communication. Basketball, football, rugby.	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match. Understand how to use the hockey stick in multiple ways to control and gain power. Evaluating personal and peers performances. Gaining knowledge on how to kick footballs correctly. Understanding the knowledge between attacking and defending. Gaining a wider knowledge of the technique when passing shooting and dribbling the ball.
Games Calling the shots (Football)	Football, bibs, cones, pitch, teams, opponents, attackers, defenders, goalkeepers, goal, strike, shoot, block,	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match.



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	dribble, push, score, invasion, team work, communication.	<p>Understand how to use the hockey stick in multiple ways to control and gain power.</p> <p>Evaluating personal and peers’ performances.</p> <p>Gaining knowledge on how to kick footballs correctly.</p> <p>Understanding the knowledge between attacking and defending.</p> <p>Gaining a wider knowledge of the technique when passing shooting and dribbling the ball.</p>
<p>Games Zone Rounders (S&F)-Durham</p> <p>Games Runners (unit 2 task 1 S&F) Durham</p>	<p>Rounders, rounders bat, tennis ball, cones, bibs, teams, communication, team work, winning, losing, catching, throwing, bowling, fielders, backstop, zones, points, scoring, hitting gaps, tactics, evaluating, self-assessing, team work</p>	<p>Understand how to bowl, bat and field using the correct technique.</p> <p>Understand the importance of the “Straight arm” technique when bowling.</p> <p>Using equipment to strike the ball from stationary positions as well moving positions.</p> <p>Using team work to outwit opponents when playing matches.</p> <p>Identifying the correct areas to strike the ball into to optimise the opportunity for points.</p> <p>Evaluating personal and peers’ performances.</p>
<p>Athletics Distance Challenge-Durham</p>	<p>Running, sprinting, skipping, jumping, stopwatch, cones, running track, lanes, hurdles, markers, officiate, assessing, evaluating, commands, batons, relay, team work, time, distance, technique.</p>	<p>Understand the correct techniques of throwing, jumping and running.</p> <p>Identifying why and where do we collect the bean bags to have a beneficial effect on our teams result.</p> <p>Using team work to outwit our opponents.</p> <p>Evaluating personal and peers’ performances.</p>



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Year 6		
Sport	Key Vocabulary	Key Knowledge /Skills
Games Calling the Shots (I)- QCA	Hockey, hockey sticks, tennis ball, bibs, cones, pitch, teams, opponents, attackers, defenders, goalkeepers, goal, strike, shoot, block, dribble, push, score, invasion, team work, communication.	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match. Understand how to use the hockey stick in multiple ways to control and gain power. Evaluating personal and peers’ performances.
Dance Making the Grade-QCA	Dance, Spin, Balance, Counter balance, partner assisted balance, Music, Stretching, Speed and Space, creating movement phrases, bringing together movements, safe journeys, using stimuli for dance, Evaluating, cones, hoops, theme.	How do we move with the beat? Look at the technique of moving at different levels, speed and intensity. Identifying topics and creatively making dancing based around the chosen topic. How do we use equipment to effectively make our dances effective? Using our team and bodies to tell a storyline.
Games Fives and Threes (Invasion Durham	Bibs, cones, pitch, teams, opponents, attackers, defenders, goalkeepers, goal, strike, shoot, block, dribble, push, score, invasion, team work, communication, basketball, netball, football, rugby.	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match. Understand how to use the hockey stick in multiple ways to control and gain power. Evaluating personal and peers’ performances. Gaining knowledge on how to kick footballs correctly. Understanding the knowledge between attacking and defending. Gaining a wider knowledge of the technique when passing shooting and dribbling the ball.
Games Calling the shots (Football)	Football, bibs, cones, pitch, teams, opponents, attackers, defenders, goalkeepers, goal, strike, shoot, block, dribble, push, score, invasion, team work, communication.	Understand how to outwit your opponents to win a game. Using the correct technique to pass and shoot. Introduction into the use of tactical awareness to impact a match. Using team work to have a positive effect on the match. Understand how to use the hockey stick in multiple ways to control and gain power. Evaluating personal and peers’ performances. Gaining knowledge on how to kick footballs correctly. Understanding the knowledge between attacking and defending. Gaining a wider knowledge of the technique when passing shooting and dribbling the ball.
Games Zone Rounders (S&F)-Durh	Rounders, rounders bat, tennis ball, cones, bibs, teams, communication, team work, winning, losing, catching, throwing, bowling, fielders, backstop, zones, points,	Understand how to bowl, bat and field using the correct technique. Understand the importance of the “Straight arm” technique when bowling. Using equipment to strike the ball from stationary positions as well moving positions. Using team work to outwit opponents when playing matches. Identifying the correct areas to strike the ball into to optimise the opportunity for points.



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Games Pairs Cricket (S&F) Durham	scoring, hitting gaps, tactics, evaluating, self-assessing, team work	Evaluating personal and peers' performances.
Athletics Distance Challenge-Durham	Running, sprinting, skipping, jumping, stopwatch, cones, running track, lanes, hurdles, markers, officiate, assessing, evaluating, commands, batons, relay, team work, time, distance, technique.	Understand the correct techniques of throwing, jumping and running. Identifying why and where do we collect the bean bags to have a beneficial effect on our teams result. Using team work to outwit our opponents. Evaluating personal and peers' performances.