

Physical Education in Year 6

Focus: Games

- ✓ I can use good hand-eye coordination to be able to direct a ball when striking or hitting.
- ✓ I understand how to serve in order to start a game.
- ✓ I can show confidence in using ball skills in various ways in a game situation, and link these together effectively.
- ✓ I can work as a team to develop fielding strategies to prevent the opposition from scoring.

Focus: Athletics

- ✓ I can accelerate to pass other competitors.
- ✓ I can work as a team to competitively perform a relay.
- ✓ I can perform a heave throw.
- ✓ I can develop a technique for the standing vertical jump.

Focus: Dance

- ✓ I can use dramatic expression in dance movements and motifs.
- ✓ I can perform with confidence, using a range of movement patterns.
- ✓ I can combine flexibility, techniques and movements to create a fluent sequence.
- ✓ I can improvise with confidence, still demonstrating fluency across their sequence.

Focus: Gymnastics

- ✓ I can carry out a jump (Stag leap and cat leap full turn)
- ✓ I can carry out controlled rolls (dive forward roll, backward roll to standing pike, pike backward roll)
- ✓ I can hurdle step and hurdle step into cartwheel and round-off.
- ✓ I can use pivot and chassis step as a way of travelling.
- ✓ I can create in a group or on own complex sequences involving a range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.

Focus: Health and Fitness knowledge

- ✓ I can carry out warm-ups and cool-downs safely and effectively.
- ✓ I understand why exercise is good for health, fitness and wellbeing.
- ✓ I know ways I can become healthier.

