

Year 6 - Progression of Knowledge and Skills- PE

Term	Knowledge	Skills
<p style="text-align: center;">Autumn 1</p> <p>Topic: Invasion Games (basketball, football, tag rugby and hockey)</p> <p style="text-align: center;">Swimming</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics</p> <p style="text-align: center;">Healthy Participation</p>	<p>Sending & Receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. Know that cushioning a ball will help me to control it when receiving it.</p> <p>Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. Know that protecting the ball as I dribble will help me to maintain possession.</p> <p>Space: know that by moving to space even if not receiving the ball will create space for a teammate.</p> <p>Attacking: recognise when to pass and when to shoot.</p> <p>Defending: know when to mark and when to attempt to win the ball.</p> <p>Tactics: know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals.</p>	<p>Sending & Receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success. Develop control when S&R under pressure.</p> <p>Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control. Dribble with some control under pressure.</p> <p>Space: explore moving to create space for themselves and others in their team.</p> <p>Attacking: develop movement skills to lose a defender. Use a variety of techniques to lose an opponent e.g. change of direction or speed.</p> <p>Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.</p> <p>Health and fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>

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<p style="text-align: center;">Autumn 1</p> <p>Topic: Invasion Games (basketball, football, tag rugby and hockey)</p> <p style="text-align: center;">Swimming</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Rules: know and understand the rules to be able to manage our own game. Understand and apply rules in a variety of invasion games whilst playing and officiating. Know how to be a good team player and understand the rules of fair play.</p> <p>Swimming Knowledge:</p> <p>Strokes: Know that lifting my hips will help me to stay afloat whilst swimming. Understand that keeping my legs together for crawl helps me to stay straight in the water.</p> <p>Breathing: Know that turning my head to the side to breathe will allow me to swim with good technique. Know that breathing out with a slow consistent breath enables me to swim for longer before needing another breath.</p> <p>Water safety: Know that treading water enables me to keep upright and in the same space. Know what to do if I fall in the water.</p> <p>Rules: Know that the water should be clear of swimmers before entering. Understand the water safety rules.</p>	<p>Swimming Skills:</p> <p>Strokes: Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. Develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p> <p>Breathing: Begin to explore front crawl breathing technique. Demonstrate improved breathing technique in front crawl.</p> <p>Water safety: Explore techniques for personal survival to include survival strokes such as sculling and treading water. Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>

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<p style="text-align: center;">Autumn 2</p> <p style="text-align: center;">Topic: Gymnastics & Swimming</p> <p style="text-align: center;"> Motor Competence Rules, Strategies and Tactics Healthy Participation </p>	<p>Shapes: understand how shapes can be used to improve my sequence. Understand that shapes underpin all other skills.</p> <p>Inverted movements: know that inverted movements are actions in which my hips go above my head. Understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.</p> <p>Balances: know how to keep myself and others safe when performing partner balances.</p> <p>Rolls: understand that I can keep the shape of my roll using body tension. Understand that I need to work within my own capabilities and this may be different to others.</p> <p>Jumps: develop control in performing and landing rotation jumps. Select a range of jumps to include in sequence work. understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.</p> <p>Strategy: know that if I use different levels it will</p>	<p>Shapes: develop the range of shapes I use in my sequences. Inverted movements: develop strength in bridge and shoulder stand. Perform shapes consistently and fluently linked with other gymnastic actions.</p> <p>Inverted movements: know that inverted movements are actions in which my hips go above my head. Explore progressions of a cartwheel.</p> <p>Balances: develop control and fluency in individual and partner balances. Explore symmetrical and asymmetrical balances.</p> <p>Rolls: develop control in the straight, barrel, and forward roll. Jumps: develop stepping into shape jumps with control. Crouched forward roll, Forward roll from standing, Tucked backward roll.</p> <p>Jumps: Straight jump, Tuck jump, Jumping jack, Star jump, Straddle jump, Pike jump, Straight jump half-turn, Cat leap. Select a range of jumps to include in sequence work.</p>

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<p data-bbox="244 462 422 501">Autumn 2</p> <p data-bbox="155 579 512 679">Topic: Gymnastics & Swimming</p> <p data-bbox="155 932 512 1148"> Motor Competence Rules, Strategies and Tactics Healthy Participation </p>	<p data-bbox="550 401 1411 529">help to make my sequence look interesting. Know that if I use different pathways it will help to make my sequence look interesting.</p> <p data-bbox="550 544 861 579">Swimming Knowledge:</p> <p data-bbox="550 594 1360 765">Strokes: Understand that pulling harder through the water will enable me to travel the distance in fewer strokes and travel faster. Understand that making my body streamlined helps me to glide through the water.</p> <p data-bbox="550 779 1403 1051">Breathing: Know that breathing every three strokes helps to balance my stroke and allows me to practise breathing on both sides. Understand that the more I practice my breathing in the water, the more my heart and lungs can work effectively and aid my muscles with the ability to utilise oxygen when swimming.</p> <p data-bbox="550 1065 1335 1243">Water safety: know that a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers. Know which survival technique to use for the situation.</p> <p data-bbox="550 1258 1411 1386">Rules: Understand rules in and around water. Understand that different environments have different rules to keep us safe around water.</p>	<p data-bbox="1437 401 2257 579">Sequencing: Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p data-bbox="1437 594 2257 765">Health and fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p> <p data-bbox="1437 779 1666 815">Swimming Skills:</p> <p data-bbox="1437 829 2244 1008">Strokes: Demonstrate increased technique in a range of stokes, swimming over a distance of 25m. Identify my personal best in a range of strokes. Successfully select and apply my fastest stroke over a distance of 25m.</p> <p data-bbox="1437 1022 2232 1200">Breathing: Explore underwater breaststroke breathing technique over a distance of 25m. Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m</p> <p data-bbox="1437 1215 2232 1343">Water safety: Explore safety techniques to include the H.E.L.P and huddle positions. Perform a variety of survival techniques</p>

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<p style="text-align: center;">Spring 1</p> <p style="text-align: center;">Topic: Street Dance Electricity</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Actions: understand that actions can be improved with consideration to extension, shape and recognition of intent.</p> <p>Compose: Compose an interpretive dance that reflects and responds to the movement and properties of electricity. Compose longer dance sequences in a small group.</p> <p>Dynamics: change dynamics confidently within a performance to express changes in mood or character.</p> <p>Space: confidently use changes in level, direction and pathway. Understand that space relates to where my body moves both on the floor and in the air.</p> <p>Relationships: use action and reaction to represent an idea. Understand that different dance styles utilise selected relationships to express mood.</p> <p>Performance: perform complex dances that communicate narrative and moods well, performing clearly and fluently. Understand what makes a performance effective and know how to apply these principles to my own and others' work.</p>	<p>Actions: understand that some actions are better suited to a certain character, mood or idea than others. Develop flexibility, strength, technique, control and balance. Demonstrate precision and some control in response to stimuli. Choreograph dances by using, adapting and developing actions and steps from different dance styles.</p> <p>Dynamics: understand that some dynamics are better suited to a certain character, mood or idea than others. Vary dynamics and develop actions and motifs in response to musical and image stimuli.</p> <p>Space: understand that space can be used to express a certain character, mood or idea. Demonstrate rhythm and spatial awareness.</p> <p>Relationships: understand that some relationships are better suited to a certain character, mood or idea than others. Confidently improvise with a partner or on their own.</p>

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<p data-bbox="264 462 402 501">Spring 1</p> <p data-bbox="173 582 499 676">Topic: Street Dance Electricity</p> <p data-bbox="163 758 509 972">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>		<p data-bbox="1442 405 2168 536">Breathing: Begin to explore front crawl breathing technique. Demonstrate improved breathing technique in front crawl.</p> <p data-bbox="1442 558 2257 793">Water safety: Explore techniques for personal survival to include survival strokes such as sculling and treading water. Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>

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<p style="text-align: center;">Spring 2</p> <p style="text-align: center;">Topic: Net and Wall Volleyball, Badminton, Tennis</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Shots: understand the appropriate skill for the situation under pressure e.g.choosing to play the ball short over the net if I have just moved my opponent to the back of the court.</p> <p>Serving: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</p> <p>Rallying: understand how to play different shots depending on if a rally is co-operative or competitive.</p> <p>Footwork: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</p> <p>Tactics: know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points. Understand the need for tactics and identify when to use them in different situations.</p> <p>Rules: understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.</p>	<p>Shots: demonstrate technique when using shots playing cooperatively and beginning to execute this competitively. Develop the range of shots used in a variety of games.</p> <p>Rallying: Develop rallying using both forehand and backhand with increased technique. Develop the range of shots used in a variety of games.</p> <p>Footwork: consistently use and return to the ready position in between shots. Demonstrate effective footwork patterns to move around the court.</p> <p>Health and Fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>

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<p style="text-align: center;">Summer 1</p> <p style="text-align: center;">Topic: Athletics</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Running: understand that I need to pace myself when running further or for a long period of time. understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances.</p> <p>Jumping: understand that a run up builds speed and power and enables me to jump further</p> <p>Throwing: understand that I need to prepare my body for throwing and know the muscle groups I will need to use.</p> <p>Rules: understand and apply rules in events that pose an increased risk</p> <p>Compete/Perform: Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p>Strength: know that when completing strength activities they need to be performed slowly and with control to help me to stay safe.</p> <p>Stamina: understand that I need to pace myself when running further or for a long period of time.</p>	<p>Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. Apply fluency and coordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.</p> <p>Jumping: Use one and two feet to take off and to land with. Develop an effective take-off for the standing long jump. Develop an effective flight phase for the standing long jump. Land safely and with control. Explore technique and rhythm in the triple jump.</p> <p>Throwing: Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance. Explore power and technique when throwing for distance in a pull and heave throw. Develop technique and power in javelin.</p> <p>Health and fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>

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<p style="text-align: center;">Summer 2</p> <p style="text-align: center;">Topic: Striking and fielding Outdoor Adventure</p> <p style="text-align: center;">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p>Striking: understand that the momentum and power for striking a ball comes from legs as well as arms. Understand that stance is important to allow me to be balanced as I hit.</p> <p>Fielding: know which fielding action to apply for the situation. Know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</p> <p>Throwing and Catching: consistently make good decisions on who to throw to and when to throw to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p> <p>Tactics: understand and apply some tactics in the game as a batter, bowler and fielder. Understand the need for tactics and identify when to use them in different situations</p>	<p>Striking: strike a bowled ball with increasing accuracy and consistency. Explore defensive and driving hitting techniques and directional batting</p> <p>Fielding: use a wider range of fielding skills with increasing control under pressure. Develop over and underarm bowling technique. Develop long and short barrier and two handed pick up.</p> <p>Throwing: consistently demonstrate good technique in throwing skills under pressure. Demonstrate good technique when using a variety of throws under pressure.</p> <p>Catching: consistently demonstrate good technique in catching skills under pressure. Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations</p> <p>Health and fitness: Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.</p>



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<p data-bbox="249 462 422 501">Summer 2</p> <p data-bbox="168 582 504 733">Topic: Striking and fielding Outdoor Adventure</p> <p data-bbox="168 818 512 1029">Motor Competence Rules, Strategies and Tactics Healthy Participation</p>	<p data-bbox="555 404 1375 539">Rules: understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.</p> <p data-bbox="555 558 1365 694">Health & Safety: Know how to use striking and fielding equipment safely, avoiding injury to themselves or others.</p>	