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| **PE Skills**  *Expected by End of Year 6* |
| **GAMES**  *(including a range of Net & Wall, Invasion and Striking & Fielding)* |
| * Pupils link and perform skills with good control. * They make good choices within a game situation. * They can advise and help others with their techniques within a game situation and can describe the effects exercise has on their bodies and why. * Pupils can use activities in warm ups to target specific body parts. |
| **Gymnastics** |
| * Pupils can perform and create sequences showing accuracy and consistency both alone and in groups. * They can apply skills using imaginative variations and contrasts and can analyse skills and pupils link and perform skills with good control. * Pupils suggest ways to improve the quality of performance. * Pupils know how to improve health and fitness and can demonstrate all round safe practice. |
| **Dance** |
| * Pupils can perform and create a variety of movement phrases communicating ideas and feelings confidently both alone and in groups. * They can extend and refine movements showing the mood and feeling of the dance using different choreographic devices and compositional structures. * Pupils can analyse skills and suggest ways to improve the quality of performance. * Pupils know how to improve health and fitness and can comment on the effects of exercise on the body. |
| **Outdoor and Adventurous Activities** |
| * Take part in outdoor and adventurous activity challenges both individually and within a team * Compare their performances with previous ones and demonstrate improvement to achieve their personal best. |
| **Swimming** |
| * Swim competently, confidently and proficiently over a distance of at least 25 metres. * Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] * Perform safe self-rescue in different water-based situations. |

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| **PE Assessment**  *Expected by End of Year 6* | | | | | |
| **GAMES***(including a range of Net & Wall, Invasion and Striking & Fielding)* | | | **Gymnastics** | | |
| * Pupils link and perform skills with good control. * They make good choices within a game situation. * They can advise and help others with their techniques within a game situation and can describe the effects exercise has on their bodies and why. * Pupils can use activities in warm ups to target specific body parts. | | | * Pupils can perform and create sequences showing accuracy and consistency both alone and in groups. * They can apply skills using imaginative variations and contrasts and can analyse skills and pupils link and perform skills with good control. * Pupils suggest ways to improve the quality of performance. * Pupils know how to improve health and fitness and can demonstrate all round safe practice. | | |
| **Below Expectation** | **Above Expectation** | | **Below Expectation** | | **Above Expectation** |
| **Dance** | | | **Outdoor and Adventurous Activities** | | |
| * Pupils can perform and create a variety of movement phrases communicating ideas and feelings confidently both alone and in groups. * They can extend and refine movements showing the mood and feeling of the dance using different choreographic devices and compositional structures. * Pupils can analyse skills and suggest ways to improve the quality of performance. * Pupils know how to improve health and fitness and can comment on the effects of exercise on the body. | | | * Take part in outdoor and adventurous activity challenges both individually and within a team * Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | | |
| **Below Expectation** | | **Above Expectation** | **Below Expectation** | | **Above Expectation** |
| **Swimming** | | | | | |
| * Swim competently, confidently and proficiently over a distance of at least 25 metres. * Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] * Perform safe self-rescue in different water-based situations. | | | | | |
| **Below Expectation** | | | | **Above Expectation** | |