

Name: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PE – Year 6**

**Autumn 2 – Invasion Games**

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I combine and perform gymnastic actions, shapes and balances with control and fluency? |  |  |
| Can I understand what a counterbalance and counter tension is and show examples with a partner? |  |  |
| Can I combine and perform gymnastic shapes fluently and effectively? |  |  |
| Can I balance on different body parts using different levels and shapes? |  |  |
| Can I combine and perform a range of gymnastic jumps more fluently and effectively? |  |  |
| Can I perform with fluency and consistency the straddle, forward and backward roll? |  |  |
| Can I develop control in progressions of a cartwheel and handstand? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I use appropriate language to evaluate and refine my own and others work? |  |  |

**Autumn 1 - Gymnastics**

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I dribble, pass, receive and shoot the ball increasing control under pressure? |  |  |
| Can I select the appropriate action for the situation and make decisions quickly? |  |  |
| Can I make quick decisions about when, how and who to pass to? |  |  |
| Can I dribble consistently using a range of techniques with increasing control under pressure? |  |  |
| Can I create attacking tactics with others in response to a game? |  |  |
| Can I move to the correct space when transition from attack to defence to help my team? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I use the rules of the game and use them often and honestly? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I work collaboratively to create tactics with my team and evaluate the effectiveness of these? |  |  |

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A close-up of a logo  Description automatically generated with low confidence | Can I perform dances confidently and fluently with accuracy and good timing? |  |  |
| Can I work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances? |  |  |
| Can I use counts to keep in time with others and the music? |  |  |
| Can I use simple movement patterns to structure dance phrases on my own, with a partner and in a group? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I use appropriate language to evaluate and refine my own and others work?  |  |  |
| Can I use feedback provided to improve the quality of my work? |  |  |

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I strike a ball with accuracy and consistency? |  |  |
| Can I consistently select and apply the appropriate fielding action for the situation? |  |  |
| Can I consistently make good decisions on who and when to pass in order to get batters out? |  |  |
| Can I consistently demonstrate good technique in catching skills under pressure? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I use the rules of the game to consistently play fairly? |  |  |
| Can I understand and apply tactics in the game as a batter, bowler and fielder? |  |  |
| A group of people in matching yellow shirts  Description automatically generated with low confidence | Can I work in collaboration with others so that games run smoothly? |  |  |

**Spring 2 – Striking & Fielding**

**Spring 1 - Dance**

 **Summer 2 – Net & Wall Games**

 **Summer 1 - Athletics**

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I select and apply the best pace for a running event and sustain this over longer distances? |  |  |
| Can I perform jumps for distance and height using good techniques showing power, control and consistency at both take off and landing? |  |  |
| Can I show accuracy, control and good technique when throwing for distance? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I identify my own and others strengths and areas for development and suggest ways to improve?  |  |  |

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I demonstrate increased success and technique in selecting and applying the appropriate shot for the situation?  |  |  |
| Can I serve accurately and consistently and begin to apply tactics to serve? |  |  |
| Can I successfully apply a variety of shots to keep a continuous rally?  |  |  |
| Can I demonstrate a variety of footwork patterns relevant to the game I am playing? |  |  |
| Can I return to the ready position to defend my own court? |  |  |
| A picture containing text, building, window, clipart  Description automatically generated | Can I use rules of the game consistently to play honestly and fairly? |  |  |
| Can I show good sportspersonship when playing against an opponent? |  |  |

**Swimming**

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|  | **Key Objective:** | **Start of unit** | **End of unit** |
| A picture containing text, clipart  Description automatically generated | Can I swim competently, confidently and proficiently over a distance of at least 25 metres? |  |  |
| Can I use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)? |  |  |
| Can I perform safe self-rescue in different water-based situations? |  |  |