



## Year 6

# Progression in PE

### Key Stage 2 PE Statutory Coverage

**Pupils should be taught to:**

1. Use running jumping, throwing and catching in isolation and in combination
2. Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending
3. Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)
4. Perform dances using a range of movement patterns
5. Take part in outdoor and adventurous activity challenges, both individually or in a team
6. Compare their performance with previous ones, demonstrate improvement to achieve their personal best
7. Swim competently, confidently and proficiently over a distance of at least 25m
8. Use a range of strokes effectively (for example, front crawl, back stroke and breast stroke)

Perform safe self-rescue in different water based situations

Key Objective	Key Skills
1. Use running, jumping, throwing and catching in isolation and in combination	-Throw with accuracy and power
2. Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending	-Throw with accuracy and power. -Combine, vary and choose appropriate strategies and tactics. -Choose and use the most appropriate skills, tactics and actions to cause problems. -Know how to keep possession -Work within a team with less focus on self. -Understand that a winning team has not always been the best one.
3. Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)	-Demonstrate precision, control and fluency. -Sustain movements over a longer period of time. -Convey expression and emotion in performance. -Use changes in and combinations of direction, level and speed with increasingly complex sequences. -Begin to improvise based on previous skills. -Plan, perform and repeat sequences including change in speed and level.
4. Perform dances using a range of movement patterns	-Demonstrate precision, control and fluency. -Sustain movements over a longer period of time. -Convey expression and emotion in performance. -Use changes in and combinations of direction, level and speed with increasingly complex sequences. -Begin to improvise based on previous skills.

	-Plan, perform and repeat sequences including change in speed and level.
5. Take part in outdoor and adventurous activity challenges, both individually or in a team	<ul style="list-style-type: none"> <li>-Read a variety of maps and plans accurately, recognising symbols and features</li> <li>-Use physical and teamwork skills successfully and efficiently in a variety of different challenges</li> <li>-Know how to prepare physically and organisationally to be safe and efficient</li> <li>-Are clear about what they have to achieve and recognise the importance of planning</li> <li>-Identify what they have done well and adapt plans to be more efficient when facing similar challenges</li> </ul>
6. Compare their performance with previous ones, demonstrate improvement to achieve their personal best	<ul style="list-style-type: none"> <li>-Use a range of criteria to judge own or others work.</li> <li>-Monitor their own heart rate and breathing.</li> <li>-Understand how heart rate and breathing slows after exercise.</li> <li>-Know and use the relationship between power and stamina.</li> </ul>
7. Swim competently, confidently and proficiently over a distance of at least 25m	N/A
8. Use a range of strokes effectively (for example, front crawl, back stroke and breast stroke)	N/A
9. Perform safe self-rescue in different water based situations	N/A