



# 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	-Move a ball with control and accuracy
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	-Move a ball with control and accuracy -Show increasing confidence when rolling, hitting or kicking a ball. -Understand the importance of rules and fairness -Follow rules in games -Understand the concept of both team and opponent. -Develop and use simple tactics in team games.
3. Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)	-Move across the room indifferent ways with an awareness of space. -Make increasingly clear and fluid movements. -Understand the different uses of tense, relax, stretch, curl in movement. -Improvise with ideas and movements. -Copy, remember, repeat, and explore simple actions and movements with control and coordination. -Begin to sequence moves and link actions. -Begin to choose movement to show ideas.
4. Perform dances using a range of movement patterns	-Move across the room indifferent ways with an awareness of space. -Make increasingly clear and fluid movements. -Understand the different uses of tense, relax, stretch, curl in movement. -Improvise with ideas and movements.

	<ul style="list-style-type: none"> <li>-Copy, remember, repeat, and explore simple actions and movements with control and coordination.</li> <li>-Begin to sequence moves and link actions.</li> <li>-Begin to choose movement to show ideas.</li> </ul>
5. Take part in outdoor and adventurous activity challenges, both individually or in a team	<ul style="list-style-type: none"> <li>-Recognise where they are on a plan or diagram and recognise symbols and pictures and relate them to the diagram.</li> <li>-Travel successfully to and from objects and locations on the ground</li> <li>-Choose simple approaches to problem solving and work cooperatively with others on tasks</li> <li>-Show an awareness of how to keep safe</li> </ul>
6. Compare their performance with previous ones, demonstrate improvement to achieve their personal best	<ul style="list-style-type: none"> <li>-Talk about the differences in their own and others' actions.</li> <li>-Comment on the skills and techniques used in their own and others' work.</li> <li>-refine movements after evaluation from others.</li> <li>-Understand the importance of practice.</li> <li>-Describe what effects exercise has on their bodies.</li> <li>-Understand the importance of warming up and cooling down.</li> </ul>
7. Swim competently, confidently and proficiently over a distance of at least 25m	<ul style="list-style-type: none"> <li>-Control, their breathing and are comfortable on the surface and under water swimming fluently and with control when using back crawl, front crawl and breast stroke.</li> <li>-To swim at least 25m</li> </ul>
8. Use a range of strokes effectively (for example, front crawl, back stroke and breast stroke)	<ul style="list-style-type: none"> <li>-Swim on their front and back using arm and leg actions with smooth coordination.</li> <li>-Control, their breathing and are comfortable on the surface and under water swimming fluently and with control when using back crawl, front crawl and breast stroke.</li> </ul>
9. Perform safe self-rescue in different water based situations	<ul style="list-style-type: none"> <li>-Use personal surviving techniques including floating, sculling and surface diving.</li> </ul>