

Physical Education Year 6	
Physical skills	• Perform a variety of movements and skills with good body tension and strong control, • Perform a range of sending, receiving and travelling techniques in games with varied control • Use a combination of skills confidently in a range of sporting contexts • Effectively perform a range of skills fluently and accurately in practise and competitive situations, working cooperatively with others to put strategies and solutions into place in competitive situations • Perform balance, agility and co-ordination skills in a range of activities with increasing control and accuracy, linking actions together so that they flow in running, jumping and throwing activities • Play competitive sports implementing fundamental skills into them - including hockey/netball/tag-rugby/rounders/cricket • Effectively take part in outdoor activity challenges both individually and in a team and build up stamina
Cognitive and creative skills	• Understand ways to judge their peer's performance (criteria) and identify specific parts to continue to work upon • Recognise and suggest patterns of play which will increase chances of success and develop methods to outwit opponents • Review/analyse and evaluate my own and others strengths and weaknesses • Read and react to different game situations as they develop • Effectively disguise what they are going to do next • Use variety and creativity to engage an audience
Personal skills	• Improve their stamina and resilience levels when things become challenging • Develop confidence and competence in a range of sporting situations • Work and compete individually and with others in games demonstrating good sportsmanship • Accept critical feedback and apply this • Compare their performance with previous ones and demonstrate improvements to achieve their personal best
Health and Fitness Skills	• Understand fully why exercise is good for fitness, health and wellbeing • Self select and perform appropriate warm ups and cool down activities

	- Identify activities that help develop stamina and suggest how some of these can be used in other types of activities - Use equipment safely and appropriately, including setting activities up and away, with indirect supervision
Key vocabulary	Related Vocabulary
Greater Depth:	- Prepare physically and organisationally for challenges that are set, taking into account group safety and adapt their skills and understandings as they move from familiar to unfamiliar environments - Design a fitness plan to address ways to use physical activity to enhance fitness - Organise and judge events and challenges - Individual talents and interests (in and out of school) are enhanced
Topic/Novel Link:	

Defined End Point
- Engage in competitive sports and activities with increased precision by regularly evaluating the performance of themselves and others - Understand how to lead healthy, active lives - The impact of drugs, diet and fitness on the circulatory systems