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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** |