PE at Kimbolton St James’ Primary School

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| **Knowledge - Year 6** | | |
| **Topic** | **Vocabulary** |  |
| **Swimming** | Self-rescue  Front crawl  Backstroke  Breaststroke  Straddle  Surface  Tumble Turn  Tread water  Depth  Scull  Submerge  Dive | * I can swim 25m using a range of strokes * I can perform and evaluate a safe self-rescue |
| **Invasion Games** | Change pace  Change direction  Coordination  Precision  Coaching  Feedback  Dodge  Warm-up  Attacker  Defender  Tactic  Tackling  Evaluation | * I can plan and lead class warm up * I can take part in and help lead a basic warm up which includes a pulse raise, stretches and mobility * I understand the different roles of key positions in at least one invasion game * I can identify areas of strength and areas for improvement of a performance within invasion games * I can pass and receive the ball showing good technique in one or more invasion game * I can move with the ball using the correct technique in at least one invasion game * I know how to evaluate my/others’ performance within a game and suggest improvement * I know how to follow the basic rules within at least one invasion game * I know that to make space I can use different movement skills; turn/dodge/change pace/change direction * I can control a ball with my feet/hands/using a hockey stick * I can explain different methods of striking/throwing a ball with my feet/hands/a stick, for different types of pass eg. chest pass/ shoulder pass * I can master running, jumping and throwing in isolation and combination * I know how to play competitive games safely and with good team spirit and sportsmanship * I can evaluate my own performance and that of others and offer suggestions about how to improve it * I know and understand how to apply a range of attacking/defending skills * I can respond to coaching in a positive and effective way implementing tactics for the success of the team |
| **Dance** | Motif  Choreography  Travel  Speed  Stimulus  Fluency  Composition  Flow  Energy  Explosive  Jerky  Dynamics | * I can plan and lead class warm up * I know that a dance is created with simple movement patterns * I know the importance of having a start and end position for a dance * I can compose individual, partner and group dances that reflect the chosen dance style * I can show a change of pace and timing in my movements * I can demonstrate different levels in my movements * I can use transitions to link motifs together smoothly * I can modify my dance because of self and peer evaluation |
| **Gymnastics** | Sequence  Movements  Fluid  Precision  Stability  Smooth  Transitions  Clear extensions Formation  Pike  Straddle jump Straddle vault | * I can plan and lead class warm up * I can create a gymnastic sequence (independently or in a team) using different variables, adapting and improving them in response to feedback * I can improve my strength, control and technique by practice and feedback * I can evaluate the success of my own and others’ performances and suggest strategies to improve * I can develop my flexibility, strength, technique, control and balance |
| **Net/Wall Games** | Serve  Lob  Volley  Drive  Rally  Love  Advantage | * I can plan and lead class warm up * I know the basic rules of tennis * I can use different types of shot to achieve a purpose * I know how to serve a ball |
| **Athletics** | Throwing  Field events  Track events  Distance  Endurance  Resistance  Stamina  Accelerate | * I can plan and lead class warm up * I can master running, jumping and throwing in isolation and combination * I can improve strength, control and technique in athletic activities and can judge my own success, e.g. in triple jump * I can evaluate my performance and judge my own success * I know how to stay in a lane when doing running events * I can show the best angle to use for throwing events * I know to use my arms when running and jumping to help me go faster and further * I can respond positively to critique and implement advice of posture and form to improve my success |
| **Skills** | | |

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| **Key skills**  **Key knowledge** | **1**  **Invasion games** | **2**  **Gymnastics** | **3**  **Dance** | **4**  **Athletics** | **5**  **Swimming** |
| **Developing Skills**  **Making and Applying**  **Decisions**  **Evaluating and Improving** | **To engage in appropriate competitive games against self and others.**  **Participate in team games developing simple tactics for attacking and defending.**  **Enjoy taking part and be able to recognise their own success.** | **To develop fundamental movement skills (agility, balance and co-ordination.)**  **Learn how to use the skills in different ways.**  **Be able to talk about own and others’ performances and show improvements.** | **To develop fundamental movement skills.**  **To perform dances using simple movement patterns with opportunity to be creative and make their own decisions.**  **Be able to talk about own and others’ performances and show improvements.** | **To master fundamental movements including running, jumping and throwing.**  **To begin to apply the skills in a range of activities mainly in isolation. Sprints and longer distances / standing broad jump, vertical jump, triple jump / throwing a variety of implements.**  **Enjoy taking part and be able to recognise their own success.** | **To begin to develop the basic water skills leading to the ability to swim competently, confidently and proficiently over 25 metres.**  **To use a range of strokes and skills effectively.**  **Improve on stroke technique. Evaluate own water safety.** |
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