PE at Kimbolton St James’ Primary School

|  |
| --- |
| **Knowledge - Year 6** |
| **Topic** | **Vocabulary** |  |
| **Swimming** | Self-rescue Front crawlBackstrokeBreaststrokeStraddleSurfaceTumble TurnTread waterDepthScull Submerge Dive  | * I can swim 25m using a range of strokes
* I can perform and evaluate a safe self-rescue
 |
| **Invasion Games** | Change paceChange directionCoordination PrecisionCoaching FeedbackDodgeWarm-upAttackerDefenderTacticTacklingEvaluation | * 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 TravelSpeedStimulus FluencyComposition FlowEnergyExplosiveJerky 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** | SequenceMovementsFluidPrecisionStabilitySmoothTransitions Clear extensions FormationPikeStraddle 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** | ServeLob Volley  DriveRally LoveAdvantage | * 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 eventsTrack eventsDistanceEndurance 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** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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.** |
|  |  |  |  |  |  |