

PE Non Negotiables: Year 6

	Developing skills	Making & applying	Physical & mental	Evaluate & improve
Dance <i>(Core task: Invasion)</i>	<ul style="list-style-type: none"> I can respond to a range of stimuli, improvising freely using a range of controlled movements and patterns I can explore dance and movement ideas imaginatively, including actions, dynamics, space and relationship 	<ul style="list-style-type: none"> I can select and use a range of compositional ideas to create motifs that demonstrate my dance idea I can perform to an accompaniment, communicating a dance idea on my own, with a partner and in a group 	<ul style="list-style-type: none"> I can describe how dance contributes to fitness and wellbeing I can identify what types of exercise I need to do to help my dancing 	<ul style="list-style-type: none"> I can use appropriate language and terminology to describe, interpret and evaluate my own and others' work I can comment on what works well and explain why I can recognise how costume, music and set can help to improve a dance performance
Gymnastics <i>(Core task: Group Dynamics)</i>	<ul style="list-style-type: none"> I can perform fluently and with control, even when performing difficult combinations I can work well with a partner or a small group to practise and refine my work 	<ul style="list-style-type: none"> I can make up longer sequences and perform them with fluency and clarity of movement I can vary direction, levels and pathways, to improve the look of a sequence I can use planned variations and contrasts in actions and speed in my sequences 	<ul style="list-style-type: none"> I understand what it is important to include in a warm up for gymnastic activity I can recognise that a cool down is important I understand how gymnastic activity helps my overall health 	<ul style="list-style-type: none"> I can watch performances and use criteria to make judgements and suggest improvements I can explain how a sequence is formed, using appropriate terminology to describe technique and composition
Invasion Games <i>(Core task: Wide Attack)</i>	<ul style="list-style-type: none"> I can combine and perform skills with control, adapting them to meet the needs of the situation I can perform skills with greater speed 	<ul style="list-style-type: none"> I can choose when to pass or dribble, so that I keep possession and make progress towards the goal I can use attacking and defending skills appropriately in games I can choose and use different formations to suit the needs of the game 	<ul style="list-style-type: none"> I know the importance of being fit, and what types of fitness are most important for games I understand how playing games can contribute to a healthy lifestyle 	<ul style="list-style-type: none"> I can recognise and describe the best points in an individual's and a team's performance I can identify aspects of my own and others' performances that need improvement, and suggest how to improve them
Striking/	<ul style="list-style-type: none"> I can use different ways of bowling 	<ul style="list-style-type: none"> I can hit the ball from both sides of my body 	<ul style="list-style-type: none"> I can make up my own warm up and explain how it is organised 	<ul style="list-style-type: none"> I can identify what I need to improve in my performance and

Fielding <i>(Core task: Pairs Play)</i>	<ul style="list-style-type: none"> I can bowl underarm accurately I can vary how I bowl I can bat effectively, using different types of shot I can field with increased accuracy I can throw over arm with accuracy and for a good distance 	<ul style="list-style-type: none"> I can direct the ball away from fielders, using different angles and speeds I can plan to outwit the opposition individually, as a pair or as a team, when I am batting, bowling and fielding I can gauge when to run after hitting the ball I can use tactics which involve bowlers and fielders working together 	<ul style="list-style-type: none"> I recognise my own and others' strengths 	<p>suggest how I could do this</p> <ul style="list-style-type: none"> I know the importance of particular types of fitness to the game
Outdoor/Adventure <i>(Core task: Crystal Star Challenge)</i>	<ul style="list-style-type: none"> I can read a variety of maps and plans accurately, recognising symbols and features I can use physical and teamwork skills well in a variety of different challenges 	<ul style="list-style-type: none"> I can successfully apply my skills and understanding to new challenges and environments I recognise similarities between challenges and choose efficient approaches to new ones 	<ul style="list-style-type: none"> I understand the excitement and enjoyment of completing a challenge I know how to prepare physically and organisationally to be safe and efficient 	<ul style="list-style-type: none"> I am clear about what I have to achieve and recognise the importance of planning and thinking as I go I can identify what I have done well and adapt plans to be more efficient when facing similar challenges

Main progression points:

- Respond to a range of stimuli using a range of controlled movements & patterns
- Perform to an accompaniment, communicating a dance idea on their own, partner AND group (8+ movements)
- Perform, with a partner or group, difficult combinations fluently and with control and practise & refine their work
- Make up longer sequences and perform them with fluency and clarity of movement (8+ actions)
- Perform skills with control and greater speed, adapting them to the situation
- Use attacking and defending skills appropriately and choose formations to suit the game
- Bat using different shot types and bowl over arm from greater distance

- Plan to outwit the opposition individually, as a pair or as a team, when they are batting, bowling and fielding
- Read a variety of maps and plans accurately, recognising symbols and features

Spring 2012 - CN
Summer Term 2012 reviewed -
KP JB AD
Summer 2014 reviewed - TC