

Physical Education Overview 2017-18



Year 6	Objectives
Dance and Movement	<ul style="list-style-type: none"> • Perform a variety of dance styles with accuracy and consistency • explore, improvise and choose appropriate material to create new motifs in a chosen dance style • respond to a range of stimuli, improvising freely using a range of controlled movements and patterns • Extend compositional skills incorporating a wider range of dance styles and forms • compose, develop and adapt motifs to make dance phrases and use these in longer dances • select and use a range of compositional ideas to create motifs that demonstrate their dance idea
Games	<ul style="list-style-type: none"> • Dribble effectively around obstacles. Show precision and accuracy when sending and receiving • perform skills with accuracy, confidence and control • combine and perform skills with control, adapting them to meet the needs of the situation • play shots on both sides of the body and above their heads in practices and when the opportunity arises in a game • use different ways of bowling • Play recognised versions of net games showing tactical awareness and knowledge of rules and scoring. • they play, choosing and using skills which meet the needs of the situation • choose when to pass or dribble, so that they keep possession and make progress towards the goal • hit the ball with purpose, varying the speed, height and direction • hit the ball from both sides of the body
Gymnastics	<ul style="list-style-type: none"> • Perform a range of rolls showing different entrances and exits. • perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy • perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension • Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions • repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body • Compose sequences with changes in shape and changes in direction. • adapt sequences to include a partner or a small group
Athletics	<ul style="list-style-type: none"> • Strength, stamina and speed when running, jumping and throwing, know rules, judge events • Adapt skills and techniques to different challenges and equipment
Swimming	<ul style="list-style-type: none"> • Swim 50-100 metres, 45-90 secs, • 3 different strokes, swim on front + back, control breathing • Show which breathing techniques to use for the particular strokes.
Outdoor and adventurous activities.	<ul style="list-style-type: none"> • Work confidently in changing environments, adapt quickly • Devise and put into practice a range of solutions and challenges
Evaluating and improving performance	<ul style="list-style-type: none"> • Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding.
Knowledge and understanding of fitness and health.	<ul style="list-style-type: none"> • Can show responsibility for personal warm up programme specific to the activity. • Demonstrate all round safe practice, including handling equipment, safety of self and others, playing within accepted rules and conventions.