

## Curriculum end points – Year 6

By the end of year 6, pupils will be able to...		
HEAD (cognitive/thinking)	HANDS (psychomotor / doing)	HEART (affective/ behavioural)
<ul style="list-style-type: none"><li>• Select and apply appropriate tactical strategies in individual and team game context.</li><li>• Apply the attacking and defending principles.</li><li>• Assess and analyse own and others performances -giving and receiving feedback- to recognise achievements and areas for development to achieve personal bests.</li><li>• Solve problems through decision making as an individual and with others in a range of context.</li><li>• Understand the importance of exercise on the body, both short and long term.</li></ul>	<ul style="list-style-type: none"><li>• Have mastered the range of FMS.</li><li>• Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities.</li><li>• Demonstrate strength, flexibility, technique, control and balance through a broad range of experiences.</li><li>• Compose and perform dances using a range of creative and imaginative movement patterns and sequences.</li><li>• Take part in outdoor and adventurous activities individually and within a team.</li></ul>	<ul style="list-style-type: none"><li>• Use a range of communication methods, styles and language appropriate to the context, effectively.</li><li>• Contribute (collaborate) effectively to a group/team; respecting and valuing other members.</li><li>• Display positive character traits and manage own emotional intelligence i.e empathy, self-awareness, growth mindset and discipline.</li><li>• Display school key values in PE, School sport and Physical activity.</li></ul>

## Skills and knowledge

### Games

- I can use ball skills in various ways in a game situation, and link these skills together effectively with fluency. E.g under pressure making the right decisions.
- Apply knowledge of skills for attacking and defending, for example - work as a team to develop fielding strategies.
- I can move at different speeds and in different directions and transfer this into a game scenario.
- I can demonstrate a good awareness of space.

### Gym

- I can demonstrate precise and controlled placement of body parts in my actions, shapes and balances.
- Apply and perform skills and techniques consistently, showing precision, fluency and control.
- I can create and perform a group sequence by linking complex shapes, movements and balances and using apparatus effectively.

### Dance

- I can use dynamic, rhythmic and expressive qualities clearly and with control
- I can use movement to explore and communicate ideas and issues, and my own feelings and thoughts.

- I can perform to an accompaniment expressively and sensitively, with fluency, control and accuracy.

## **Athletics**

- Build on skills from Y5 and apply into competitive situations i.e. sport's day.
- I can maintain a good running technique whilst in a competitive situation including building up speed for a sprint finish, accelerating to pass other competitors.

## **OAA**

- I can start to orientate myself with increasing confidence using a set out course.
- Use physical and teamwork skills well in a variety of different challenges - successfully compete in orienteering activities both as part of a team and independently.
- consistently communicate effectively and clearly with others as appropriate using verbal and non-verbal communication

## **Swimming**

- enter and exit deep water safely.
- swim competently and confidently for 25m.
- perform a safe self-rescue.
- use personal survival techniques, e.g. floating, sculling and surface diving.