

YEAR 6 PE KEY LEARNING OBJECTIVES

Yr 6				
GYMNASTICS	Unit X	Unit Y	Unit Z	Unit A+
	<ul style="list-style-type: none"> To understand, identify and demonstrate contrasting, matching and mirroring balances and movements. To identify and use different spatial relationships with a partner, i.e. following a leader, side by side, face to face, back to back, meeting and parting. To work in pairs to construct, practise, evaluate and improve the composition and quality of a sequence. To adapt and transfer sequences from floor to apparatus. 	<ul style="list-style-type: none"> To travel rhythmically and develop timing with a partner or small group using synchronisation and canon. To adapt and develop movements and skills and work co-operatively with a partner or small group. To extend their understanding and use of levels, speeds and pathways. To understand the compositional principles of sequencing and recognise when they are absent. 	<ul style="list-style-type: none"> To travel over or under shapes made by a partner with or without contact. To extend their skills to travel over a moving base. To work co-operatively with a partner to design a sequence which shows variations in shape, speeds and direction and evaluate its effectiveness. To adapt and transfer skills and sequences to apparatus. 	<ul style="list-style-type: none"> To understand and identify counter-balance and counter-tension. To demonstrate counter-balance and counter-tension balances in two's to show changes in shape, level and body parts used and in contact. To work in pairs to construct, practise, evaluate and improve the composition and quality of a sequence. To adapt and transfer a sequence onto apparatus.

GAMES	Unit 1	Unit 2	Unit 3	Unit 4
	<ul style="list-style-type: none"> To combine and perform skills more fluently in implement and kicking invasion games. To understand and apply a range of tactics for attack and defence. To evaluate their own and others' work and suggest ways to improve it. To understand the need to prepare properly for games. 	<ul style="list-style-type: none"> To play small-sided and modified versions of net/wall games. To develop the range and consistency of their skills. To use and adapt rules, strategies and tactics with a knowledge of basic principles of attack and defence. To evaluate performance and explain what needs to be improved. 	<ul style="list-style-type: none"> To develop the consistency and accuracy of their striking and fielding skills. To select and use skills appropriately in a game situation. To play a wide range of striking and fielding games and transfer common principles. To recognise strengths and weaknesses in their own performance. 	<ul style="list-style-type: none"> To choose, combine and perform ball-handling skills more fluently and effectively in games. To use attacking and defending strategies more consistently in similar games. To develop their ability to evaluate work and suggest improvements. To understand why exercise is good for fitness, health and well-being.

DANCE	Unit 1	Unit 2	Unit 3	Unit 4
	<ul style="list-style-type: none"> Perform with clear intention and meaning. Perform set patterns with knowledge and understanding of their meaning. Work collaboratively in small and large groups. Comment upon appropriate actions. Value the contributions that dance makes to different cultures. 	<ul style="list-style-type: none"> Work creatively and imaginatively on their own and with a partner. Perform expressively and sensitively to accompaniment. Perform dances fluently with control. Observe and evaluate their own and other's dances. Warm up and cool down independently. 	<ul style="list-style-type: none"> Explore, improvise and combine movement ideas fluently and effectively. Create and structure motifs, phrases, sections and whole dances. Begin to use basic compositional principles when creating their dances. Evaluate, refine and develop their own and others work. 	<ul style="list-style-type: none"> Perform with expression and show clear understanding of the dance. Demonstrate the ability to translate ideas into symbolic movement. Show confidence in including personal responses in relation to observation.

ATHLETICS	Unit 1	Unit 2		
	<ul style="list-style-type: none"> • To increase the number of techniques and develop consistency. • To choose appropriate techniques for specific events. • To understand the basic principles of warming up. • To evaluate their own and other's work and suggest ways to improve it. 	<ul style="list-style-type: none"> • To increase the number of techniques and develop consistency. • To choose appropriate techniques for specific events. • To understand why exercise is good for fitness, health and well-being. • To evaluate their own and other's work and suggest ways to improve it. 		