



Progression of Knowledge in P.E. – Year 6

<u>Invasion Games</u>	<ul style="list-style-type: none">● Understand the need to perform skills with greater speed and control● Explain how to use skills more effectively to outwit opposition● Describe how to mark a player and space and explain how to intercept, tackle and shoot from close range or distance● Describe different ways of attacking and defending● Know and explain the rules of some invasion games specifically football or basketball● Know and understand the need to prepare properly for a game● Understand why exercise is good for health, fitness and wellbeing● Describe what they see, explain techniques and tactics which went well and describe how it can be improved
<u>Gymnastics</u>	<ul style="list-style-type: none">● Know a wider variety of shapes, balances and actions such as counterbalances, using partners as a base, using rotation, twists, turns, reversals● Understand how to adapt movement from floor onto apparatus and vice versa● Know how to adapt sequences to different apparatus layouts using pathways and dynamics effectively● Understand and describe how different ways of working with a partner or small group change the way the sequence is seen● Understand how to use different compositional devices such as variation in speed, shape, level, timing and actions● Understand why physical activity is good for their health, fitness and wellbeing and how to become healthier themselves and know how it promotes strength, power and suppleness● Know what feedback will be effective and which aspects of performance need to be improved
<u>Dance</u>	<ul style="list-style-type: none">● Understand how movements reflect and use the music● Know how to turn ideas into dance phrases taking into account dynamics, actions, space and relationships● Explain choices for dance phrases including partner work, group work, circle/straight line formations, unison, canon etc● Understand how to plan a simple dance and develop its creative quality● Know which joints and muscles are used when performing different types of dance and how it helps improve their fitness, health and flexibility● Explain how dances can be refined with action, expressive features and space

<u>Athletics</u>	<ul style="list-style-type: none"> ● Understand how to run at a steady pace when running at different speeds ● Know and describe how to sink their hips and increase the last stride of a run up, increases the distance/height they can jump ● Know that increasing the speed of release and where their feet are positioned helps them to throw further ● Explain and understand how to mark a run up for more effective jumping ● Know which method of throwing is best depending upon the equipment being used ● Understand that athletic activities help build strength, suppleness and stamina and how this benefits the body ● Explain how performances are different and how the outcome could be improved
<u>Net/Wall</u>	<ul style="list-style-type: none"> ● Describe how to hold and swing a racket well ● Describe the best place to stand on court to see the ball well/retrieve the ball and how to position their feet ● Know the different shots in tennis – forehand, backhand, serve, overhead, drop shot, lob ● Explain which shots should be used at different times to keep rallies going or to win points ● Understand how to change the speed, height or direction of the ball to outwit opponents ● Know the rules of a game eg tennis (or a simpler version) including a scoring system ● Explain why speed and flexibility is important for net games and describe appropriate warm up activities to prepare for them ● Explain who is playing well and describe how their own or others' performance can be improved