**Progression of skills: PE Year Six**

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| National Curriculum  (Abbreviated from SPTO) | Use running, jumping, throwing and catching in isolation and in combination.  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.  Develop flexibility, strength, technique, control and balance.  Take part in outdoor and adventurous activity challenges both individually and within a team.  Perform dances using a range of movement patterns.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.  Swimming:  Use a range of strokes effectively.  Swim competently, confidently and proficiently over a distance of at least 25 metres.  Perform safe self-rescue in different water-based situations. |
| Games Skills | * Choose and combine skills in game situations (running, throwing, catching, passing, jumping and kicking) * Work alone and with a team to outwit an opponent / opposing team passing, jumping and kicking through practise and repetition of the skills * Use a range of shots and strokes to strike a ball in order to outwit the opponent, considering the direction of play * Act as a good role model within a team, taking a lead role when required |
| Dance Skills | * Choreograph creative and imaginative dance sequences, independently and in a group * Choreograph and perform more complex sequences * Demonstrate a consistent theme throughout a dance |
| Gym Skills | * Create longer, more complex gymnastic sequences that include a good range of well performed gymnastic elements * Incorporate a range of different speeds, directions, levels, pathways and body rotations during gymnastic performances * Rehearse, refine and perfect gymnastic skills |
| Athletic skills | * When running over a range of distances, show stamina, speed and control * Throw accurately, perfecting techniques by analysing the movement and body shape * Demonstrate control, balance and power in take-off and landing when jumping * Compete with others, recording results, setting targets and endeavouring to improve performance. |
| Swimming skills | * Swim competently, confidently and proficiently over a distance of at least 25m * Use a range of strokes effectively (front crawl, backstroke, breaststroke) * Perform safe self-rescue in different water-based situations |
| Support |  |
| More Able |  |