

## Key Stage 2 YEAR 6 PHYSICAL EDUCATION

National Curriculum KS2 Programme of Study	Chris Quigley Essential Skills Milestone 3	
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b> <b><u>Games</u></b></p>	<ul style="list-style-type: none"> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Use forehand and backhand when playing racket games.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b> <b><u>Dance</u></b></p>	<ul style="list-style-type: none"> <li>• Perform expressively and hold a precise and strong body posture.</li> <li>• Perform and create complex sequences.</li> <li>• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (<i>such as cartwheels or handstands</i>).</li> </ul>
	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b> <b><u>Gymnastics</u></b></p>	<ul style="list-style-type: none"> <li>• Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> <li>• springing</li> <li>• flight</li> <li>• vaults</li> <li>• inversions</li> <li>• rotations</li> </ul> </li> <li>• Hold shapes that are strong, fluent and expressive.</li> <li>• Vary speed, direction, level and body rotation during floor performances.</li> <li>• Practise and refine the gymnastic techniques used in performances (<i>listed above</i>).</li> <li>• Use equipment to vault and to swing (remaining upright).</li> </ul>

	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b>  <u><b>Athletics</b></u></p>	<ul style="list-style-type: none"> <li>• Choose the best place for running over a variety of distances.</li> <li>• Show control in take off and landings when jumping</li> <li>• Compete with others and keep track of personal best performances, setting targets for improvement.</li> </ul>
	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b>  <u><b>Swimming</b></u>  <b>(Y6 Top up Swim Pupils only)</b></p>	<ul style="list-style-type: none"> <li>• Swim at least 25m unaided</li> <li>• Use a front and back and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.</li> <li>• Swim fluently with controlled strokes</li> </ul>
	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b>  <u><b>Outdoor and adventurous activities</b></u></p>	<ul style="list-style-type: none"> <li>• Select appropriate equipment for outdoor and adventurous activity.</li> <li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>• Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>• Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li> <li>• Remain positive even in the most challenging circumstances, rallying others if need be.</li> <li>• Use a range of devices in order to orientate themselves.</li> <li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> </ul>