

## Year 6

### Dance

To perform to an accompaniment creatively, expressively and sensitively.

To perform dances using a range of movement patterns

### Gymnastics

To develop flexibility, strength, technique, control and balance.

To combine and perform gymnastic actions, shapes and balances.

### Invasion Games

To play effectively as part of a team.

To play competitive games and apply basic principles suitable for attacking and defending

### Net Games

To use the volley in games where it is important.

To use the skills they prefer with competence and consistency.

### Striking and Fielding

To use and apply the basic rules consistently and fairly.

To understand and implement a range of tactics in games.

### Athletics

To use running, jumping, throwing and catching in isolation and in combination

### Outdoor Adventurous Activities

To follow a map / diagram and identify features on the map and able to adapt to different settings.

To take part in outdoor and adventurous activity challenges both individually and within a team.

### Healthy Lifestyle

To understand the importance of warming up and cooling down.

To say why activity is good for their health, fitness and well-being.

To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Swimming

To develop basic pool safety and confidence in water.

Can swim at least 25 metres.

Can use different strokes when swimming on my front or back.