

PE Skills, Knowledge and Vocabulary Progression



Year 6

	<u>Athletics</u>	<u>Striking and fielding</u>	<u>Net/ wall</u>	<u>Invasion</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>OAA</u>
<u>Skills</u>	<p>Accurately and confidently judge across a range of athletics activities</p> <p>Record accurately scores given in variety events</p> <p>Demonstrate accuracy and good technique when throwing for distance</p> <p>Show good technique and control for</p>	<p>Apply with consistency standard rules of (modified) games</p> <p>Use a range of tactics for attacking and defending in the role of bowler, batter and fielder</p> <p>In rounders use correctly the rules for running round bases</p> <p>Strike a bowled ball and attempt a small range of shots</p>	<p>Make appropriate choices in games about the best shot to use</p> <p>Apply tactics in games effectively</p> <p>Use forehand, backhand and overhead shots in isolation</p> <p>Use forehand, backhand and overhead shots with more confidence in</p>	<p>Choose and implement a range of strategies to attack and defend such as restricting attackers space or goal side marking</p> <p>Suggest, plan and lead a warm up or drill and use STEP technique to modify</p> <p>Make quicker decisions in games (on and</p>	<p>Identify their strengths and weakness and compose a sequence which will achieve the highest score against criteria</p> <p>Perform increasingly complex sequences</p> <p>Compose and practise actions and relate to music</p>	<p>Interpret different stimuli with imagination and flair</p> <p>Identify in others and self where good performance qualities are achieved</p> <p>Warm up and cool down independently</p> <p>Work creatively and imaginatively on their own,</p>	<p>Use knowledge of games in PE to suggest adaptations and variations to games/activities</p> <p>Follow instructions accurately</p> <p>Use written description to identify objects</p> <p>Refine and adapt ideas in group task</p> <p>Use information given by others</p>

	<p>jumping activities</p> <p>Choose appropriate run up distance as an individual for athletic jumps</p> <p>Use appropriate pace for different running distances</p> <p>Demonstrate improvement when working with self and others</p> <p>Use appropriate language to deliver a taught activity to their peers</p>	<p>Attempt to track and catch high balls in isolation and game play</p> <p>Demonstrate control and consistency in a range of fielding skills, <i>e.g. throwing, catching, tracking, intercepting</i></p> <p>Play within small sided games using standard field/pitch layout <i>e.g. boundaries, posts bowling areas</i></p> <p>Work collaboratively in teams to compete against themselves and others</p>	<p>games</p> <p>Start games with the appropriate serve</p> <p>Begin to use full scoring systems</p> <p>Develop doubles play further implement basic positioning tactics (team play for volleyball)</p> <p>Use speaking and listening skills to umpire and play with peers without dispute</p>	<p>off the ball)</p> <p>Use and apply boundary rules such as corners, self pass and sideline in relevant game</p> <p>Build upon set plays such as in tag rugby, some suggest improvements to play</p> <p>Use a variety of techniques for passing, controlling, dribbling and shooting the ball in games</p> <p>Play in a variety of positions (attacking and defensive)</p>	<p>Experience flight on and off of apparatus</p> <p>Show clarity, fluency, accuracy and consistency in their movements</p> <p>Lead group warm up demonstrating the importance of strength and flexibility</p> <p>Work independently and in small groups to make up sequences to perform to an audience</p>	<p>in pairs and in a group to create simple dances</p> <p>Use recognised dance actions and adapt to create motifs and movement patterns</p> <p>Communicate the artistic intention of a dance clearly, fluently, musically and with control</p> <p>Practise and refine coordination skills through activities such as live aural setting / freeze frame</p>	<p>to complete a task and work collaboratively</p> <p>Work collaboratively to perform a more complex task</p> <p>Takes responsibility for a role in a task</p>
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				<p>Consistently catch/stop and control a ball</p> <p>Able to track and control a rebound from shot (penalty or open play)</p> <p>Work collaboratively in a team to play and keep possession of the ball</p>		<p>When working in groups/pairs take the lead suggesting ideas and refining actions of others</p> <p>Use facial expression to communicate emotion and a further narrative</p>	
<u>Vocabulary</u>	<p>Run</p> <p>Jump</p> <p>Throw</p> <p>Agility</p> <p>Power</p> <p>Speed</p> <p>Track, Distance</p> <p>Curve</p> <p>Accelerate</p> <p>Hurdles</p> <p>Foam javelins</p> <p>Vortex howler</p> <p>Bounce</p> <p>Relay</p>	<p>Tactics</p> <p>Shots</p> <p>Bowling</p> <p>Wicket</p> <p>Stumps</p> <p>Crease</p> <p>Boundary</p> <p>Stance</p> <p>Innings</p> <p>Strike</p> <p>Cross</p> <p>Four</p>	<p>Hit</p> <p>Return</p> <p>Court</p> <p>Forehand</p> <p>Backhand</p> <p>Bounce</p> <p>Points</p> <p>Score</p> <p>Net</p> <p>Tactics</p> <p>Underarm</p> <p>Overarm</p>	<p>Control</p> <p>Use space</p> <p>Defend</p> <p>Attack</p> <p>Dribble</p> <p>Pass</p> <p>Tactics</p> <p>Compete</p> <p>Collaborate</p> <p>Teamwork</p> <p>Score</p> <p>Shoot</p>	<p>Flight</p> <p>Sequences</p> <p>Combinations</p> <p>Direction</p> <p>Speed</p> <p>Partner</p> <p>Asymmetrical</p> <p>Actions</p> <p>Control</p> <p>Balance</p> <p>Strength</p> <p>Flexibility</p>	<p>Motif</p> <p>Phrase</p> <p>Street</p> <p>Dance</p> <p>Hakka</p> <p>Step</p> <p>Slide</p> <p>Repeat</p> <p>Beat</p> <p>Composition</p> <p>Collaborate</p> <p>Formations</p>	<p>Maps</p> <p>Diagrams</p> <p>Scale</p> <p>Symbols</p> <p>Orienteering</p> <p>Compass</p> <p>Challenges</p> <p>Problem-solving</p> <p>Lead</p> <p>Follow</p> <p>Plan</p> <p>Trust</p>

Baton
Safety
Rules
Targets
Record
Set
Take over
Pass
Strength
Judge
Trajectory

Six
Single
Over
Ball
Shot
Forward
Defensive
Offensive
Wide
No ball

Position
Ready
Volley
Overhead
Singles
Doubles

Positions
Power
Distance
Perform
Consistent
Fair play
Tackle
Covering
Supporting
Running
Backwards
Tag
Straight
Space,
Try-area
Retain
Contest
Possession
Pressure
Support
Control
Chest pass
Footwork
Foul
Free pass
Pivot

Half lever
Box splits
Bridge
Broad
Jump
Splits
Dish
Arch
Bounce
Symmetry
Combinations
Elements

Stag
Leap
Rebound
Expression
Gesture
Dynamics.
Canon
Contrast
Variation
Dynamics
Facial
Focus,
Devices
Group -
devices
Speed
Level

Solve
Team
Design
Instructions
Extend
Knot
Orient

				Blocking			
<u>Knowledge</u>	<p>I know that the STEP Principle means: Space Time Equipment Practice and that this can be used to improve performance in an activity</p> <p>I know that running at a slower pace will allow me to conserve energy to make my performance last longer</p> <p>I know that running at a faster pace will allow me to complete a task quickly but will impede the length of time I can</p>	<p>I know that having a plan/tactic for a game will help me to improve my performance</p> <p>I know the rules for Kwik Cricket</p> <p>I know that watching the ball and its flight closely will allow me a better chance of catching the ball</p> <p>I know that throwing a ball over a short distance will be more accurate than throwing over a longer</p>	<p>I know that having a plan/tactic for a game will help me to improve my performance</p> <p>I know which areas of the court that can be used to score points in tennis</p> <p>I know that the ball can only bounce once for a point to be scored in tennis</p> <p>I know what position my body should be in for a forehand shot in tennis</p>	<p>I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax</p> <p>I know basic rules to play: netball, football, Tag Rugby and Hockey</p> <p>I know the main principles of attack and defend positions in Invasion Games and can execute them to support my team</p> <p>I know what aspects of an</p>	<p>I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax</p> <p>I know how to safely use apparatus</p> <p>I know that I need to bend my knees when dismounting equipment to reduce the risk of injury</p> <p>I know that the higher I</p>	<p>I can adapt and refine the way I use actions, dynamics and relationships in my dance.</p> <p>I can recognise and comment on dances, showing an understanding of style.</p> <p>I can suggest ways to improve my own and other people's work.</p> <p>I know how to conduct a short warm up that increases my heart rate and allows my muscles to</p>	<p>I can reflect on when and how I was successful at solving challenges, and alter my methods in order to improve.</p> <p>I can use critical thinking to approach a task.</p> <p>I know how to evidence results and keep score.</p> <p>I know how to compete against others and perform under pressure.</p> <p>I know how to explore and refine ways of communicating to best complete a set task.</p>

	<p>maintain the task for</p> <p>I know that by moving my arms in conjunction with my legs I can increase the power of my movement</p> <p>I know that the position of my arms influences the speed of my movement</p> <p>I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax</p> <p>I know how to demonstrate improvement when working with self and others</p>	<p>distance</p> <p>I know what position my body should be in for an over-arm throw</p> <p>I know how to set up a small sided game using standard field/pitch layout</p> <p>I know how to work collaboratively in teams to compete against others</p>	<p>I know what position my body should be in for a back hand shot</p> <p>I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax</p> <p>I know how to use speaking and listening skills to umpire and play with peers without dispute</p>	<p>Invasion Game (Attack or Defend) I am good at and through game play can identify ways to improve these</p> <p>I know that is easier to receive a ball when my body position is faced towards the thrower/kicker</p> <p>I know my body position for dribbling needs to be in Ready Position with my knees slightly bent, on my toes and my body in an open position</p> <p>I know the importance of</p>	<p>jump off equipment, the more I will need to control my landing</p> <p>I know the correct body position to perform the following rolls: forward, backward, pencil, teddy</p> <p>I know the correct body positions to perform the following jumps:: straddle, tuck, pike</p> <p>I know what movements will work together well</p>	<p>stretch and relax.</p> <p>I know when working in a group to take the lead suggesting ideas and refining actions of others</p> <p>I know how to use facial expression to communicate emotion and to further narrative</p>	<p>I know how to work collaboratively to perform a more complex task</p> <p>I know how to take responsibility for a role in a task</p>
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I know to use appropriate language to deliver a taught activity to my peers.

working collaboratively in a team to play and keep possession of the ball

in a sequence and how they can flow into each other.