



Whitegate CE Primary School
 "Trusting in God; Growing in Wisdom"

Whitegate C of E Primary School – Physical Education

Year Six Progressive Statement

Curriculum Requirements

- 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
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Games and athletics	Dance	Gymnastics
Year Six	<ul style="list-style-type: none"> • Uphold spirit of fair play and respect in all competitive situations. • Strike a bowled or volleyed ball with increase accuracy • Use forehand and back hand strokes in racket sports. • Field, defend and attack tactically by anticipating the direction of play. • Lead others when called upon • Be a good role model to others. • Show control in take-off and landing when jumping • Compete with others and keep track of personal best performances • Set challenging targets to improve. 	<ul style="list-style-type: none"> • Perform expressively and hold a prewise and strong body posture • Create and perform comply sequences • Perform with a range of themes, tempos and rhymes. • Perform complex moves that combine strength and stamina gained through gymnastics. 	<ul style="list-style-type: none"> • Create complex and well executed sequences that include a range of moments including: <ul style="list-style-type: none"> ○ Travelling ○ Balances ○ Swinging ○ Bending ○ Stretching ○ Twisting ○ Gestures ○ Linking shapes • Vary speed, direction, level and body rotation. • Practise and refine gymnastic techniques. • Use equipment to vault and to swing, remaining upright.
Swimming	<p>By the end of Key Stage 2: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations</p>		