

## PE Key Skills Y6

Area	Key Skill
<b>Games</b>	<ul style="list-style-type: none"> <li>• Perform skills with greater speed, fluency and accuracy in invasion, striking and net games</li> <li>• Understand, choose and apply a range of tactics and strategies for defence and attack</li> <li>• Know the importance and types of fitness and how playing games contributes to a healthy lifestyle</li> <li>• Develop their ability to evaluate their own and others' work, and to suggest ways to improve it</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Can explore improvise and combine movements</li> <li>• Can create structure in sections of dance</li> <li>• Can understand why dance is good for fitness</li> <li>• Can comment on their own work and the work of others</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Combine and perform actions, shapes and balances with fluency increasingly difficult combinations</li> <li>• Work with a partner or small group to practise and refine a sequence</li> <li>• Create and perform a longer, fluent sequence using planned variation and contrasts in actions and speed</li> <li>• Understand how to improve their own health and fitness through exercise</li> <li>• Evaluate their own and others performance, explaining how the sequence is formed using appropriate terminology</li> </ul>
<b>Outdoor Adventure</b>	<ul style="list-style-type: none"> <li>• Find appropriate solutions to problems and challenges</li> <li>• Prepare physically and organisationally for challenges they are set, taking into account group safety and adapt their skills and understanding as they move from familiar to unfamiliar environments</li> <li>• Identify and respond to events as they happen and improve their performance by changing or adapting their approaches as needed</li> <li>• Evaluate effective responses and solutions</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Choose the best pace for a running event, in order to sustain running and improve their personal target</li> <li>• Show control and power in take-off and landing activities</li> <li>• Show accuracy and good technique when throwing for distance</li> <li>• Choose appropriate techniques for specific events</li> <li>• Organise and judge events and challenges well</li> <li>• Identify activities that help develop stamina or power and suggest how some can be used in other types of activities</li> <li>• Identify parts of a partner's performance that need to be practised and refined and suggest improvements</li> </ul>