

Subject Progression

Physical Education – Year 6

Adjusted Autumn Term Due to COVID restrictions

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Athletics: -I can sprint with a good knee lift and arm action and hurdle at speed. -I can aim and throw a variety of different implements with accuracy and long jump by landing on both feet.	Athletics: -I can participate in an athletics competition demonstrating most of the skills I have learnt to improve my sprinting, long distance running, jumping and throwing.	Tag Rugby: -I can run forward with the ball and pass backwards to a player once tagged. -I am beginning to evaluate my own performance and the performance of others.	Dance: -I can copy a number of set steps and then change their order, size, direction or speed to make a new dance phrase. I can teach a dance phrase to a friend and learn theirs.	Athletics: -I can participate in an athletics competition demonstrating most of the skills I have learnt to improve my sprinting, long distance running, jumping and throwing.	Swimming: -I can swim 25m front crawl. I can swim 1 length front crawl and follow with a strong push off from the pool side, on the back, using both feet and arms extended. -I can retrieve an object from the pool bottom using both hands
		Gymnastics: -I can work with a partner to create and perform a sequence of 8-10 actions on the floor and apparatus. -I can show changes of levels in my sequence. -I can include 3 or more partner balances and travel in unison and cannon.	Tri-Golf: -I can play a golf course within 20 shots on the target number using some correct techniques.	Tennis: -I can play a competitive tennis game using the following skills: to play a forehand and backhand tennis shot in a match, be able to overhead pop and push serve, to be able to volley and use some tactics in gameplay for both singles and doubles matches.	Cricket: -I can play a competitive cricket game using the following skills: hit the ball a range of distances and bowl a ball over or underarm consistently into a designated area, allowing the ball to bounce once. -I can stop the ball and throw over arm towards the bowler at the stumps.

