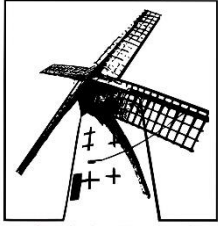


# Skills & Knowledge Progression: PE

Year group	Dance	Gymnastics	Games	Evaluating and Improving	Healthy Lifestyles
<b>Nursery (F1)</b>	<ul style="list-style-type: none"> <li>To move to the sound of music.</li> <li>To be increasingly able to use and remember sequences and patterns of movements related to music and rhythm.</li> <li>Explore and engage in dance, performing solo or in groups.</li> </ul>	<ul style="list-style-type: none"> <li>To climb up apparatus using alternative feet.</li> <li>Skip, hop, stand on one leg and hold a pose.</li> <li>To move freely over and around small objects.</li> <li>Walk using different body parts, at different levels and at different speeds.</li> <li>Jump in a variety of directions in a variety of directions, speeds and levels.</li> <li>Develop the correct technique for jumping, including distance and height.</li> </ul>	<ul style="list-style-type: none"> <li>To develop ball skills, for example throwing and rolling in a direction.</li> <li>To start taking part in group activities/ teams.</li> <li>To set up and work on basic obstacle courses.</li> <li>To begin to demonstrate control when moving a ball in different ways with hands, including pushing and rolling.</li> <li>To play simple games with rules (including partner work) and begin to understand the roll of a defender.</li> </ul>	<ul style="list-style-type: none"> <li>Match developing physical skills to tasks and activities.</li> <li>Choose the right resources to carry out their own plan.</li> <li>Collaborate with others to manage large items.</li> <li>Watch and talk about dance and performance art, expressing their feelings and responses.</li> </ul>	<ul style="list-style-type: none"> <li>To be increasingly independent as they get dressed/ undressed.</li> <li>Children can identify what clothing they need to put on when working outside.</li> <li>Make healthy choices about food, drink, activity and tooth brushing.</li> </ul>

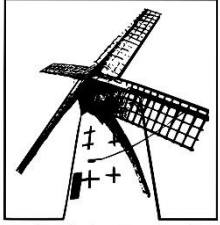
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# Skills & Knowledge Progression: PE

Year group	Dance	Gymnastics	Games	Evaluating and Improving	Healthy Lifestyles
Reception (F2)	<ul style="list-style-type: none"> <li>Progress towards a more fluent style of moving with developing control and grace.</li> <li>Combine different movements with ease and fluency.</li> <li>Demonstrate strength, balance and co-ordination when moving energetically such as dancing.</li> <li>Explore different movements using different parts of the body, including larger scale travelling movements.</li> <li>Respond to words and music using body parts and props.</li> <li>Create own movement ideas.</li> </ul>	<ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills (rolling, crawling, walking, jumping, running, hopping, skipping, climbing).</li> <li>Use core muscle strength to achieve good posture when sitting.</li> <li>Explore high and low body shapes and movement using the floor and the variety and apparatus.</li> <li>Travel over, under and along apparatus with safety and control.</li> </ul>	<ul style="list-style-type: none"> <li>Move a ball in different ways, with control, such as bouncing, rolling and pushing (including partner work).</li> <li>Explore ways to move a ball with control using feet.</li> <li>Develop the technique of dribbling.</li> <li>Demonstrate turn taking in games and understand why we follow rules and keep scores.</li> <li>Begin to understand the role of an attacker and a defender in games including competitive games.</li> </ul>	<ul style="list-style-type: none"> <li>Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</li> <li>Negotiating space and obstacles safely with consideration for themselves and others.</li> </ul>	<ul style="list-style-type: none"> <li>Know and talk about the factors that support their overall health and wellbeing.</li> </ul>

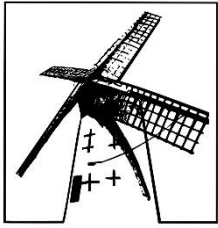


# Skills & Knowledge Progression: PE

Year group	Gymnastic	Games	Dance	Athletics
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• Create and perform a movement sequence.</li> <li>• Copy actions and movement sequences.</li> <li>• Can use equipment safely (travelling over, under and through).</li> <li>• Can link 2 actions to make a sequence. Recognise and copy contrasting action</li> <li>• s (small/tall, narrow/wide)</li> <li>• Travel in different ways, changing direction and speed.</li> <li>• Hold still shapes and simple balances (with some control).</li> <li>• Carry out a range of simple jumps, landing safely.</li> <li>• Carry out simple stretches.</li> <li>• Begin to move with control and care.</li> </ul>	<ul style="list-style-type: none"> <li>• Use hitting skills in a game.</li> <li>• Practise striking, sending and receiving a ball.</li> <li>• Throw underarm and overarm.</li> <li>• Catch and bounce a ball.</li> <li>• Use rolling skills in a game.</li> <li>• Practise accurate throwing and consistent catching.</li> <li>• Use kicking skills in a game.</li> <li>• Travel with a ball in different ways.</li> <li>• Pass the ball to another player in a game.</li> <li>• Use different ways of travelling in different directions or pathways.</li> <li>• Begin to use the terms attacking and defending.</li> <li>• Use simple defensive skills such as marking a player or defending a space.</li> <li>• Use simple attacking skills such as dodging to get past a defender.</li> </ul>	<ul style="list-style-type: none"> <li>• Copies and explores basic movements and body patterns with some control.</li> <li>• Remembers simple movements and dance steps.</li> <li>• Vary the speed of their actions.</li> <li>• Links movements to sounds and music.</li> <li>• Responds to range of stimuli.</li> </ul>	<ul style="list-style-type: none"> <li>• Can run at different speeds.</li> <li>• Can jump from a standing position.</li> <li>• Performs a variety of throws with basic control.</li> </ul>

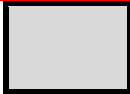
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	Tactics, Teamwork & Performance	Evaluating & Improving	Healthy Lifestyles
Year 1	<ul style="list-style-type: none"><li>• Run at different speeds.</li><li>• Follow simple rules to play games, including team games.</li><li>• Use simple defensive skills such as marking a player or defending a space.</li><li>• Begin to use space in a game.</li><li>• Engage in competitive activities and team games.</li><li>• Perform using a range of actions and body parts with some coordination.</li><li>• Begin to perform learnt skills with some control.</li></ul>	<ul style="list-style-type: none"><li>• Can comment on own and others' performance.</li><li>• Can give ways to improve performance.</li><li>• Use appropriate vocabulary when giving feedback.</li><li>• Can improve their performance over time to achieve their personal best.</li></ul>	<ul style="list-style-type: none"><li>• Can recognise and describe the effect exercise has on the body, before during and after exercise.</li><li>• Can explain what is need to stay a healthy.</li></ul>



# Skills & Knowledge Progression: PE

Year group	Gymnastics	Games	Dance	Athletics
<b>Year 2</b>	<ul style="list-style-type: none"> <li>Copy, explore and remember actions and movements to create a sequence.</li> <li>Link actions to make a sequence on their own and with a partner.</li> <li>Uses equipment in a variety of ways safely.</li> <li>Travel in a variety of ways including rolling.</li> <li>Hold a still shape whilst balancing on different points of the body.</li> <li>Jump in a variety of ways and land with increasing control and balance.</li> <li>Explores and creates different pathways and patterns.</li> <li>Move with increasing control and care.</li> </ul>	<ul style="list-style-type: none"> <li>Strike or hit a ball with increasing control.</li> <li>Learn skills for playing striking and fielding games.</li> <li>Position the body to strike a ball.</li> <li>Throw different types of equipment in different ways, for accuracy and distance.</li> <li>Throw, catch and bounce a ball with a partner.</li> <li>Use throwing and catching skills in a game.</li> <li>Use hand-eye coordination to control a ball.</li> <li>Use at least one technique to attack or defend to play a game successfully.</li> <li>Use different ways of travelling at different speeds and following different pathways, directions or courses.</li> <li>Begin to use and understand the terms attacking and defending.</li> <li>Bounce and kick a ball whilst moving.</li> <li>Use kicking skills in a game.</li> <li>Use dribbling skills in a game.</li> </ul>	<ul style="list-style-type: none"> <li>Copies and explores basic movements with clear control.</li> <li>Varies levels and speed in sequence.</li> <li>Can vary the size of their body shapes.</li> <li>Add change of direction to a sequence.</li> <li>Use simple choreographic devices such as unison, canon and mirroring.</li> <li>Develop the timing of their actions.</li> <li>Uses space well and negotiates space clearly.</li> <li>Responds imaginatively to stimuli.</li> </ul>	<ul style="list-style-type: none"> <li>Can change speed and direction whilst running.</li> <li>Can jump from a standing position with accuracy.</li> <li>Performs a variety of throws with control and co-ordination (preparation for shot put and javelin).</li> <li>Can use equipment safely.</li> </ul>
	<b>Tactics, Teamwork &amp; Performance</b>		<b>Evaluating &amp; Improving</b>	<b>Healthy Lifestyles</b>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>Know how to pass the ball in different ways.</li> <li>Understand the importance of rules in games.</li> <li>Use at least one technique to attack or defend to play a game successfully.</li> <li>Perform learnt skills with increasing control.</li> <li>Compete against self and others.</li> <li>Begin to choose and use the best space in a game.</li> </ul>		<ul style="list-style-type: none"> <li>Can comment on own and others' performance.</li> <li>Can give ways to improve performance.</li> <li>Use appropriate vocabulary when giving feedback.</li> <li>Can improve their performance over time</li> </ul>	<ul style="list-style-type: none"> <li>Can recognise and describe the effect exercise has on the body, before during and after exercise.</li> <li>Can explain what is need to stay a healthy.</li> </ul>



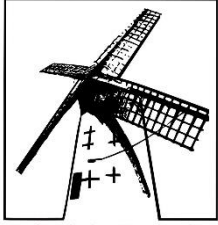
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to achieve their  
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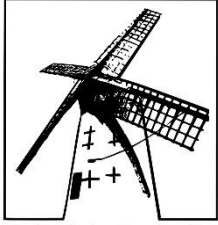


# Skills & Knowledge Progression: PE

Year group	Gymnastics	Games	Dance	Athletics
Year 3	<ul style="list-style-type: none"> <li>Choose ideas to compose a sequence independently and with others.</li> <li>Link a combination of actions with increasing confidence, including changes of direction, speed and levels.</li> <li>Uses turns whilst travelling in a variety of ways.</li> <li>Use a range of jumps in their sequences.</li> <li>Begin to use vault equipment.</li> <li>Create interesting body shapes while holding balances with developing control and confidence.</li> </ul>	<ul style="list-style-type: none"> <li>Strike or hit a ball with increasing control.</li> <li>Strike a ball for distance.</li> <li>Practise the correct batting technique and use it in a game.</li> <li>Throw and catch with greater control and accuracy.</li> <li>Practise the correct technique for catching a ball and use it in a game.</li> <li>Throw a ball in different ways (e.g. high, low, fast or slow).</li> <li>Use fielding skills to stop a ball from travelling past them.</li> <li>Know how to play a striking and fielding game fairly.</li> <li>Understand and begin to apply the basic principles of invasion games.</li> <li>Develop a safe overarm throw.</li> <li>Move with the ball in a variety of ways with some control.</li> <li>Use simple attacking and defending skills in a game.</li> <li>Use two different ways of moving with a ball in a game.</li> <li>Know how to keep and win back possession of the ball in a team game.</li> </ul>	<ul style="list-style-type: none"> <li>Beginning to improvise independently to create a simple dance.</li> <li>Beginning to improvise with a partner to create a simple dance.</li> <li>Translates ideas from stimuli into movement with support.</li> <li>Beginning to compare and adapt movements and motifs to create a larger sequence.</li> <li>Perform with some awareness of rhythm and expression, on their own and with others.</li> <li>Develop the quality of their actions in their performances.</li> <li>Perform learnt skills and techniques with control and confidence.</li> </ul>	<ul style="list-style-type: none"> <li>Beginning to run at speeds appropriate for the distance e.g. sprinting and the daily mile.</li> <li>Can perform a running jump with some accuracy.</li> <li>Performs a variety of throws using a selection of equipment.</li> <li>Can use equipment safely and with good control.</li> </ul>

# E

Year group	Tactics, Teamwork & Performance	Evaluating & Improving	Healthy Lifestyles	Outdoor Adventurous Activities	Swimming
Year 3	<ul style="list-style-type: none"><li>• Find a useful space and get into it to support teammates.</li><li>• Apply and follow rules fairly.</li><li>• Develop the quality of the actions in their performances.</li><li>• Perform learnt skills and techniques with control and confidence.</li><li>• Compete against self and others in a controlled manner.</li></ul>	<ul style="list-style-type: none"><li>• Watch describe and evaluate the effectiveness of performances of others, giving ideas for improvements.</li><li>• Work with a partner or small group to identify similarities and differences.</li><li>• Modify their use of skills and techniques to achieve their personal best.</li><li>• Describe how their performance has improved over time.</li></ul>	<ul style="list-style-type: none"><li>• Can how the body react at different times and how this affects performance.</li><li>• Can explain the importance of exercise and a healthy lifestyle.</li><li>• Can describe importance of strength and flexibility for physical activity.</li><li>• Understands the need to warm up and cool down.</li></ul>	<ul style="list-style-type: none"><li>• Follows instructions from a partner/adult and gives instructions of their own.</li><li>• Beginning to think activities through and problem solve.</li><li>• Work positively with others in a small group and with a partner.</li><li>• Demonstrates an understanding of how to stay safe.</li><li>• Plan and attempt to apply strategies to solve problems.</li><li>• Develop basic map-reading skills to navigate to various place.</li></ul>	<ul style="list-style-type: none"><li>• Begin to swim with increasing confidence over a distance of 25 metres.</li><li>• Use a variety of arm and leg actions on front and back.</li></ul>

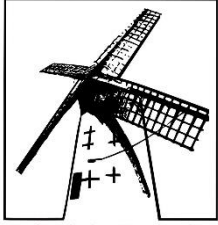


# Skills & Knowledge Progression: PE

Year group	Gymnastics	Games	Dance	Athletics
Year 4	<ul style="list-style-type: none"> <li>• Understands composition by performing more complex sequences, using a range of actions, directions and levels (independently and with others).</li> <li>• Links skills with control, technique, co-ordination and fluency.</li> <li>• Show changes of direction, speed and levels during performance.</li> <li>• Travel in different ways, including flight.</li> <li>• Carry out balances, recognising the position of their centre of gravity and how this affects their balance</li> <li>• Develop strength, technique and flexibility throughout performances.</li> <li>• Combines equipment (including vault) with movement to create sequences.</li> <li>• Develop good technique when travelling, balancing and using equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Use hand-eye coordination to strike a moving and a stationary ball.</li> <li>• Develop different ways of throwing and catching.</li> <li>• Pass the ball with increasing speed, accuracy and success in a game situation.</li> <li>• Use fielding skills as an individual to prevent a player from scoring.</li> <li>• Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</li> <li>• Accurately serve underarm.</li> <li>• Build a rally with a partner.</li> <li>• Use at least two different shots in a game situation.</li> <li>• Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</li> <li>• Make the best use of space to pass and receive the ball.</li> <li>• Use a range of attacking and defending skills and techniques in a game.</li> <li>• Move with the ball using a range of techniques showing control and fluency.</li> </ul>	<ul style="list-style-type: none"> <li>• Confidently improvises with a partner or on their own.</li> <li>• Beginning to create longer dance sequences in a larger group.</li> <li>• Demonstrating precision and some control in response to stimuli.</li> <li>• Beginning to vary dynamics and develop actions and motifs.</li> <li>• Demonstrates rhythm and spatial awareness.</li> <li>• Perform and create sequences with fluency and expression.</li> <li>• Perform and apply skills and techniques with control and accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>• Beginning to build a variety of running techniques and use with confidence.</li> <li>• Can perform a running jump with more than one component e.g. hop skip jump (triple jump).</li> <li>• Demonstrates accuracy in throwing and catching activities.</li> <li>• Describes good athletic performance using correct vocabulary.</li> <li>• Can use equipment safely and with good control.</li> </ul>

# E

Year group	Tactics, Teamwork & Performance	Evaluating & Improving	Healthy Lifestyles	Outdoor Adventurous Activities	Swimming
Year 4	<ul style="list-style-type: none"><li>• Vary the tactics they use in a game.</li><li>• Adapt rules to alter games.</li><li>• Perform and apply skills and techniques with control and accuracy.</li><li>• Take part in a range of competitive games and activities.</li></ul>	<ul style="list-style-type: none"><li>• Watch describe and evaluate the effectiveness of performances of others, giving ideas for improvements</li><li>• Work with a partner or small group to identify similarities and differences.</li><li>• Modify their use of skills and techniques to achieve their personal best.</li><li>• Describe how their performance has improved over time.</li></ul>	<ul style="list-style-type: none"><li>• Can how the body react at different times and how this affects performance.</li><li>• Can explain the importance of exercise and a healthy lifestyle.</li><li>• Can describe importance of strength and flexibility for physical activity.</li><li>• Understands the need to warm up and cool down.</li></ul>	<ul style="list-style-type: none"><li>• Follows instructions from a partner/adult and gives instructions of their own.</li><li>• Beginning to think activities through and problem solve</li><li>• Work positively with others in a small group and with a partner.</li><li>• Demonstrates an understanding of how to stay safe.</li><li>• Plan and attempt to apply strategies to solve problems.</li><li>• Develop basic map-reading skills to navigate to various place.</li></ul>	<ul style="list-style-type: none"><li>• Swims confidently over a distance of at least 25 metres using at least one stroke competently.</li></ul>

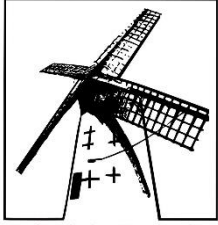


# Skills & Knowledge Progression: PE

Year group	Gymnastics	Games	Dance	Athletics
Year 5	<ul style="list-style-type: none"> <li>• Select ideas to compose specific sequences of movements, shapes and balances.</li> <li>• Performs jumps, shapes and balances fluently and with control.</li> <li>• Develops strength, technique and flexibility throughout performances.</li> <li>• Links skills with control, technique, co-ordination and fluency.</li> <li>• Understands composition by performing more complex sequences.</li> <li>• Adapt their sequence to meet a new criteria or new suggestions.</li> <li>• Combine equipment with movement, confidently vaulting in a variety of ways, to create sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• Use ball skills in various ways, and begin to link together.</li> <li>• Use fielding skills as a team to prevent the opposition from scoring.</li> <li>• Develop a backhand technique and use it in a game.</li> <li>• Practise techniques for all strokes.</li> <li>• Play a game using an overhead serve.</li> <li>• Identify and apply techniques for hitting a ball/shuttlecock.</li> <li>• Explore when different shots are best used.</li> <li>• Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</li> <li>• Know when to pass and when to dribble in a game. Shoot in a game.</li> <li>• Use a variety of ways to dribble in a game with success.</li> <li>• Pass a ball with speed and accuracy using appropriate techniques in a game situation.</li> <li>• Keep and win back possession of the ball effectively in a team game.</li> <li>• Demonstrate an increasing awareness of space.</li> </ul>	<ul style="list-style-type: none"> <li>• Beginning to exaggerate dance movements and motifs (using expression when moving).</li> <li>• Demonstrates strong movements throughout a dance sequence.</li> <li>• Combines flexibility, techniques and movements to create a fluent sequence.</li> <li>• Moves creatively and imaginatively with the required style in relation to the stimulus e.g. using various levels, ways of travelling and motifs.</li> <li>• Beginning to show a change of pace and timing in their movements.</li> <li>• Uses the space provided to his maximum potential.</li> <li>• Improvises with confidence, still demonstrating fluency across their sequence.</li> <li>• Modifies parts of a sequence as a result of self and peer evaluation.</li> <li>• Consistently perform and apply skills and techniques with control and accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>• Beginning to build a variety of running techniques and use with confidence.</li> <li>• Can perform a running jump with more than one component e.g. hop skip jump (triple jump).</li> <li>• Beginning to record peers performances, and evaluate these.</li> <li>• Demonstrates accuracy and confidence in throwing and catching activities.</li> <li>• Describes good athletic performance using correct vocabulary.</li> <li>• Can use equipment safely and with good control.</li> </ul>

# E

Year group	Tactics, Teamwork & Performance	Evaluating & Improving	Healthy Lifestyles	Outdoor Adventurous Activities	Swimming
<b>Year 5</b>	<ul style="list-style-type: none"> <li>• Devise and adapt rules to create their own game.</li> <li>• Consistently perform and apply skills and techniques with accuracy and control.</li> <li>• Take part in competitive games with a strong understanding of tactics and composition.</li> <li>• Choose the best tactics for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>• Watches and describes performances accurately.</li> <li>• Learn from others how they can improve their skills.</li> <li>• Comment on tactics and techniques to help improve performances.</li> <li>• Make suggestions on how to improve their work, commenting on similarities and differences.</li> <li>• Implement these improvements to achieve their personal best.</li> <li>• Choose and use criteria to evaluate own and others' performance.</li> <li>• Explain why they have used particular skills or techniques and the effect they have had on their performance/reaching their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand why keeping fit is important for health, fitness and wellbeing.</li> <li>• Know ways they can become healthier.</li> <li>• Know and understand the reason for warming up and cooling down.</li> <li>• Carry out warm ups safely and effectively.</li> </ul>	<ul style="list-style-type: none"> <li>• Work effectively with a partner and a small group.</li> <li>• Pool ideas within a group, selecting and applying the best method to solve a problem.</li> <li>• Reflect on when and how they were successful at following challenges, and adapt method to improve.</li> <li>• Use critical thinking to approach a task.</li> <li>• Navigate around a course using a map to orientate themselves.</li> <li>• Demonstrates an understanding of how to keep themselves and others safe.</li> </ul>	<ul style="list-style-type: none"> <li>• Swims competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>• Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</li> <li>• Performs safe self-rescue in different water-based situations.</li> </ul>



# Skills & Knowledge Progression: PE

Year group	Gymnastics	Games	Dance	Athletics
Year 6	<ul style="list-style-type: none"> <li>Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions.</li> <li>Performs difficult actions, with an emphasis on extension, clear body shape and changes in direction.</li> <li>Adapts sequences to include a partner or a small group.</li> <li>Gradually increases the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.</li> <li>Draw on what they know about strategy, tactics and composition when performing and evaluating.</li> <li>Develops strength, technique and flexibility throughout performances.</li> </ul>	<ul style="list-style-type: none"> <li>Hit a bowled ball over longer distances.</li> <li>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</li> <li>Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</li> <li>Understand how to serve in order to start a game.</li> <li>Throw and catch accurately and successfully under pressure in a game.</li> <li>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</li> <li>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</li> <li>Demonstrate a good awareness of space.</li> <li>Apply knowledge of skills for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>Exaggerate dance movements and motifs (using expression when moving).</li> <li>Demonstrates a strong imagination when creating own dance sequences and motifs.</li> <li>Demonstrates strong movements throughout a dance sequence.</li> <li>Combines flexibility, techniques and movements to create a fluent sequence.</li> <li>Moves appropriately and with the required style in relation to the stimulus. e.g. using various levels, ways of travelling and motifs.</li> <li>Shows a change of pace and timing in their movements.</li> <li>Moves rhythmically and accurately in dance sequences.</li> <li>Improvises with confidence, still demonstrating fluency across their sequence.</li> <li>Dances with fluency, linking all movements and ensuring they flow.</li> <li>Demonstrates consistent precision when performing dance sequences.</li> <li>Modifies parts of a sequence as a result of self and peer evaluation.</li> <li>Performs and applies variety of skills and techniques confidently, consistently and with precision.</li> </ul>	<ul style="list-style-type: none"> <li>Beginning to build a variety of running techniques and use with confidence.</li> <li>Can perform a running jump with more than one component. e.g. hop skip jump (triple jump).</li> <li>Beginning to record their peers' performances, and evaluate these.</li> <li>Demonstrates accuracy and confidence in throwing and catching activities.</li> <li>Describes good athletic performance using correct vocabulary.</li> <li>Can use equipment safely and with good control.</li> </ul>



Year group	Tactics, Teamwork & Performance	Evaluating & Improving	Healthy Lifestyles	Outdoor Adventurous Activities	Swimming
<b>Year 6</b>	<ul style="list-style-type: none"> <li>• Think ahead and create a plan of attack or defence.</li> <li>• Take part in competitive games with a strong understanding of tactics and composition.</li> <li>• Perform and apply a variety of skills and techniques confidently, consistently and with precision.</li> <li>• Follow and create complicated rules to play a game successfully.</li> <li>• Communicate plans to others during a game. Lead others during a game.</li> <li>• Work as a team to develop fielding strategies to prevent the opposition from scoring.</li> </ul>	<ul style="list-style-type: none"> <li>• Watches and describes performances accurately.</li> <li>• Learn from others how they can improve their skills.</li> <li>• Comment on tactics and techniques to help improve performances.</li> <li>• Make suggestions on how to improve their work, commenting on similarities and differences.</li> <li>• Implement these improvements to achieve their personal best.</li> <li>• Choose and use criteria to evaluate own and others' performance.</li> <li>• Explain why they have used particular skills or techniques and the effect they have had on their performance/reaching their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand why keeping fit is important for health, fitness and wellbeing.</li> <li>• Know ways they can become healthier.</li> <li>• Know and understand the reason for warming up and cooling down.</li> <li>• Carry out warm ups safely and effectively.</li> </ul>	<ul style="list-style-type: none"> <li>• Work effectively with a partner and a small group.</li> <li>• Pool ideas within a group, selecting and applying the best method to solve a problem.</li> <li>• Reflect on when and how they were successful at following challenges, and adapt method to improve.</li> <li>• Use critical thinking to approach a task.</li> <li>• Navigate around a course using a map to orientate themselves.</li> <li>• Demonstrates an understanding of how to keep themselves and others safe.</li> </ul>	<ul style="list-style-type: none"> <li>• Swims competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>• Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</li> <li>• Performs safe self-rescue in different water-based situations.</li> </ul>