



As a Year 6 Athlete I will know...

A t h l e t i c s	<p>Running: understand that I need to prepare my body for running and know the muscle groups I will need to use.</p> <p>Jumping: understand that a run up builds speed and power and enables me to jump further.</p> <p>Throwing: understand that I need to prepare my body for throwing and know the muscle groups I will need to use.</p> <p>Rules: understand and apply rules in events that pose an increased risk.</p>	G y m n a s t i c s	<p>Shapes: know which shapes to use for each skill. Inverted movements: understand that spreading my weight across a base of support will help me to balance.</p> <p>Balances: know where and when to apply force to maintain control and balance.</p> <p>Rolls: understand that I can use momentum to help me to roll and know where that momentum from.</p> <p>Jumps: understand that taking off from two feet will give me more height and therefore more time in the air. Strategy: know that if I use changes in formation it will help to make my sequence look interesting.</p>	D a n c e	<p>Actions: understand that actions can be improved with consideration to extension, shape and recognition of intent.</p> <p>Dynamics: understand that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea.</p> <p>Space and relationships: know that combining space and relationships with a prop can help me to express my dance idea.</p> <p>Performance: understand how a leader can ensure our dance group performs together.</p> <p>Strategy: know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.</p>	A r c h e r y	<p>Balance and Coordination: understand that you must be coordinated and balanced for each shot you take. All steps in the process of shooting an arrow must be coordinated.</p> <p>Accuracy: to understand that an archer is able to shoot the target with accuracy.</p> <p>Calm and Composure: understand the need to stay composed under pressure</p> <p>Perception of Depth: How to judge the distance between yourself and the target.</p>
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F o t b a l l	<p>Sending & receiving: understand and make quick decisions about when, how and who to pass to.</p> <p>Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.</p> <p>Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.</p> <p>Tactics: know how to create and apply a tactic for a specific situation or outcome.</p> <p>Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.</p>	H o c k e y	<p>Sending & receiving: understand and make quick decisions about when, how and who to pass to.</p> <p>Dribbling: choose the appropriate skill to keep the ball away from a defender using efficient handling of stick.</p> <p>Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.</p> <p>Tactics: know how to create and apply a tactic for a specific situation or outcome.</p> <p>Rules: understand, apply and know rules of the game.</p>	R u g b y	<p>Sending & receiving: when to make quick decisions about when, how and who to pass to.</p> <p>Dribbling: choose the appropriate skill to keep the ball away from a defender.</p> <p>Space: understand that transitioning quickly between attack and defence will help team to maintain or gain possession.</p> <p>Tactics: know how to create and apply a tactic.</p> <p>Rules: understand, apply and know rules of rugby.</p>	N e t b a l l	<p>Sending & receiving: understand and make quick decisions about when, how and who to pass to within 3 seconds.</p> <p>Passing: consider who to pass to keeping the ball away from a defender.</p> <p>Space: understand that transitioning quickly between attack and defence will help the team to maintain or gain possession.</p> <p>Tactics: know how to create and apply a tactic for a specific situation or outcome.</p> <p>Rules: understand, apply and know rules of netball.</p>
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T e n n i s	<p>Shots: understand the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court.</p> <p>Serving: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</p> <p>Rallying: understand how to play different shots depending on if a rally is co-operative or competitive.</p> <p>Footwork: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</p> <p>Tactics: understand when to apply some tactics for attacking and/or defending.</p> <p>Rules: understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.</p>	C r i c k e t	<p>Striking: understand that the momentum and power for striking a ball comes from legs as well as arms.</p> <p>Fielding: know which fielding action to apply for the situation.</p> <p>Throwing and catching: consistently make good decisions on who to throw to and when to throw in order to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p> <p>Tactics: understand and apply some tactics in the game as a batter, bowler and fielder.</p> <p>Rules: understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.</p>	O A A	<p>Problem solving: understand that being able to solve problems is an important life skill.</p> <p>Navigational skills: understand why having good navigational skills are important.</p> <p>Communication: know that good communication skills are key to solving problems and working effectively as a team.</p> <p>Reflection: with increasing accuracy, reflect on when and how I am successful at solving challenges and alter my methods in order to improve.</p> <p>Rules: understand the rules and think creatively to solve the challenge whilst abiding by the rules.</p>	F i t n e s s	<p>Agility: understand that agility requires speed, strength, good balance and co-ordination.</p> <p>Balance: know where and when to apply force to maintain control and balance.</p> <p>Co-ordination: understand that co-ordination also requires good balance and know how to achieve this.</p> <p>Speed: know that speed can be improved by training and know which speed to select for the distance.</p> <p>Strength: understand that I can build up my strength by practicing in my own time.</p> <p>Stamina: know which exercises can develop stamina and understand that it can be improved by training over time.</p>
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As a Year 6 Athlete I can...



A t h l e t i c s	<p>Work collaboratively with a partner to set a steady pace.</p> <p>Develop your own and others sprinting technique.</p> <p>Develop power, control and technique for the triple jump.</p> <p>Develop power, control and technique when throwing for distance.</p> <p>Work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p>	G y m n a s t i c s	<p>Develop counter balance and counter tension.</p> <p>Perform inverted movements with control.</p> <p>Perform the progressions of a headstand and a cartwheel.</p> <p>Use flight from hands to travel over apparatus.</p> <p>Create a group sequence using formations and apparatus.</p>	D a n c e	<p>Copy and repeat a set dance phrase showing confidence in movements.</p> <p>Work collaboratively with a partner to explore and develop the dance idea.</p> <p>Use changes in level and speed when choreographing.</p> <p>Select actions and dynamics to convey different emotions.</p> <p>Communicate a story through dance.</p>	A r c h e r y	<p>Balance and Coordination: pick up a bow and transfer energy from shoulders to the hands and then to the arrow before shooting.</p> <p>Accuracy: make the arrow hit exactly what you want it to hit.</p> <p>Calm and Composure: stay composed and focused under pressure.</p> <p>Perception of Depth: process the physical distance that you are presented with and aim with accuracy.</p>
F o o t b a l	<p>Physical: dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receiving</p> <p>Social: communication, collaboration, cooperation, respect</p> <p>Emotional: honesty, perseverance</p> <p>Thinking: selecting and applying tactics, decision making</p>	H o c k e y	<p>Physical: dribbling, passing, receiving, tackling, creating and using space, shooting</p> <p>Social: communication, collaboration</p> <p>Emotional: perseverance, honesty and fair play</p> <p>Thinking: planning strategies and using tactics, observing and providing feedback, selecting and applying skills</p>	R u g b y	<p>Physical: dribbling, passing, receiving, tackling, creating and using space, shooting</p> <p>Social: communication, collaboration</p> <p>Emotional: perseverance, honesty and fair play</p> <p>Thinking: planning strategies and using tactics, observing and providing feedback, selecting and applying skills</p>	N e t b a l	<p>Sending & receiving: consistently using a range of techniques with increasing control under pressure.</p> <p>Space: move to a space when transitioning from attack to defence or defence to attack.</p> <p>Passing: confidently change direction to lose an opponent</p> <p>Defending: use a variety of defending skills (tracking, interception) in game situations.</p>



T e n n i s	<p>Shots: demonstrate increased success and technique in a variety of shots.</p> <p>Serving: serve accurately and consistently.</p> <p>Rallying: successfully apply a variety of shots to keep a continuous rally.</p> <p>Footwork: demonstrate a variety of footwork patterns relevant to the game I am playing.</p>	C r i c k e t	<p>Striking: strike a bowled ball with increasing accuracy and consistency.</p> <p>Fielding: use a wider range of fielding skills with increasing control under pressure.</p> <p>Throwing: consistently demonstrate good technique in throwing skills under pressure.</p> <p>Catching: consistently demonstrate good technique in catching skills under pressure.</p>	O A A	<p>Problem solving: pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>Navigational skills: orientate a map efficiently to navigate around a course with multiple points.</p> <p>Communication: inclusively communicate with others, share job roles and lead when necessary</p>	F i t n e s s	<p>Physical: strength, speed, power, agility, coordination, balance, stamina</p> <p>Social: supporting and encouraging others, working collaboratively</p> <p>Emotional: perseverance, determination</p> <p>Thinking: analysing scores</p>
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