



Flanderwell Primary School
Physical Education End of Year 6



Fundamental skills

Ipractice: Coordination, agility & fitness	Moving into space in game Predict opposition movements Accurate passing of equipment Use feint movements to outwit
Icommunicate: Coordination/manipulation, strength & balance	Control over equipment Creative thinking and adaptation Linking movements together Counter balance control
Icreate: Strength & balance	Maintain a tight core while sat Stability without straining Awareness of playing space Utilisation of available space
Ithink: Coordination, strength & balance	Move to outwit opponents Quick & light on balls of feet Balance without falling – one leg Control & dexterity while balancing
Iexercise: Agility & fitness, strength & balance	Catch & pass on the move Track movements of a player Demonstrate flexibility Control over the core
Imove: Locomotion, agility & fitness	Walking, jogging, running fluidly Range of jumping styles Maintain balance along a line Maintain balance with equipment

Sports

Gymnastics	Movements are accurate, clear, and consistently controlled at varying speeds with improved balance, strength, and flexibility	Roll, travel, balance, and jump in specific movements with control and precision	Changing speed and direction and moving seamlessly between action, balance and shapes	Mount, dismount and perform more complex movements on equipment safely at varying speeds with control and balance.
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Dance	To travel, turn, jump, remain still, alter level and gesture	Complete a dance to a 32 count phase	Complete a movement or sequence that is repeated and developed throughout the dance.	
Hockey	Work towards precision of movement, balance, and coordination with the stick and the ball.	Keep control of the ball whilst moving in different directions.	Understand how to tackle safely and avoid being tackled	Send and receive a pass successfully and pass into a space or move into a space.
Cricket	Understand how to intercept and stop a ball and how to improve the accuracy of a throw.	Be able to throw and catch accurately whilst on the move and understand why it's important to keep watching the ball at all times.	Use the correct batting grip and stance to hit a bouncing ball and understand why it is important to practise to improve technique.	Use the correct technique when bowling and understand how to improve accuracy when bowling
Basketball	Travel with the ball, using both hands effectively	Select the correct type of pass to use (chest or bounce) and shoot using correct technique with their stronger hand	Work towards precision of movement, balance, and coordination with the ball and demonstrate improvements in control, power, and speed.	Show good communication skills and teamwork and the ability to work effectively with a range of different players