



Year 6 Expectations in PE

Invasion Games

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
use different techniques for passing, controlling, dribbling and shooting the ball in games		
apply basic principles of team play to keep possession of the ball		
use marking, tackling and/or interception to improve their defence		
play effectively as part of a team		
know what position they are playing in and how to contribute when attacking and defending		
plan practices and warm ups to get ready for playing safely		
recognise their own and others strengths and weaknesses in games		



suggest ideas that will improve performance		
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Net/Wall Games

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
use forehand, backhand and overhead shots increasingly well in the games they play		
use the volley in games where it is important		
use the skills they prefer with competence and consistency		
understand the need for tactics		
start to choose and use some tactics effectively		
play cooperatively with a partner		
apply rules consistently and fairly		



identify appropriate exercises and activities for warming up		
recognise how these games make their bodies work		
pick out what they and others do well and suggest ideas for practices		

Striking and Fielding Games

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
strike a bowled ball		
use a range of fielding skills, eg catching, throwing, bowling, intercepting, with growing control and consistency		
work collaboratively in pairs, group activities and small-sided games		
use and apply the basic rules consistently and fairly		



understand and implement a range of tactics in games		
recognise the activities and exercises that need including in a warm up		
identify their own strengths and suggest practices to help them improve		

Outdoor and Adventurous Activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
choose and perform skills and strategies effectively		
find solutions to problems and challenges		
plan, implement and refine the strategies they use		
adapt the strategies as necessary		



work increasingly well in a group or in a team where roles and responsibilities are understood		
prepare physically and organisationally for challenges they are set, taking into account the groups safety		
identify what they do well, as individuals and as a group		
suggest ways to improve		

Dance Activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
compose motifs and plan dances creatively and collaboratively in groups		
adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use		



perform different styles of dance clearly and fluently		
organise their own warm-up and cool-down exercises		
show an understanding of safe exercising		
recognise and comment on dances, showing an understanding of style		
suggest ways to improve their own and other people's work		

Gymnastic activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
make up longer, more complex sequences, including changes of direction, level and speed		
develop their own solutions to a task by choosing and applying a range of compositional principles		



combine and perform gymnastic actions, shapes and balances		
show clarity, fluency, accuracy and consistency in their movements		
in small groups, prepare a sequence to be performed to an audience		
understand the importance of warming up and cooling down		
say, in simple terms, why activity is good for their health, fitness and wellbeing		
show an awareness of factors influencing the quality of a performance and suggest aspects that need improving		

Athletic activities

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
choose the best pace for a running event, so that they can sustain their running and improve on a personal target		



show control at take-off in jumping activities		
show accuracy and good technique when throwing for distance		
organise and manage an athletic event well		
understand how stamina and power help people to perform well in different athletic activities		
identify good athletic performance and explain why it is good, using agreed criteria		

Swimming activities and water safety

Most pupils will be able to:	Pupils who need more help	Pupils exceeding the expectation
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swim between 50 and 100 metres and keep swimming for 45 to 90 seconds		
use three different strokes, swimming on their front and back		
control their breathing		
swim confidently and fluently on the surface and under water		
work well in groups to solve specific problems and challenges, sharing out the work fairly		
recognise how swimming affects their body, and pace their efforts to meet different challenges		
suggest activities and practices to help improve their own performance		