

## Year 6 PE Progression Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Swimming Invasion Games – Football, Netball	Physical Skills/ Swimming	Creative Skills / Physical Skills/ Yoga	Health & Fitness Skills / Physical Skills/ Gym	Rugby / Rounders	Yoga / Cricket
Learning Objective (from DC Pro)	<ul style="list-style-type: none"> <li>1. I can effectively transfer skills and movements across a range of activities and sports.</li> <li>2. I can perform a variety of skills consistently and effectively in challenging or competitive situations.</li> <li>1. I can swim breaststroke introducing rhythmical breathing</li> <li>2. I can swim 25m on the front or back</li> <li>3. I can perform safe self-rescue in different water-based situations.</li> </ul>	<ul style="list-style-type: none"> <li>1. I can effectively transfer skills and movements across a range of activities and sports.</li> <li>2. I can perform a variety of skills consistently and effectively in challenging or competitive situations.</li> <li>1. I can swim breaststroke introducing rhythmical breathing</li> <li>2. I can swim 25m on the front or back</li> <li>3. I can perform safe self-rescue in different water-based situations.</li> <li>I can complete all Blue FUNS Challenges</li> </ul>	<ul style="list-style-type: none"> <li>1. I can effectively disguise what I am about to do next.</li> <li>2. I can use variety and creativity to engage an audience.</li> <li>1. I can effectively transfer skills and movements across a range of activities and sports.</li> <li>2. I can perform a variety of skills consistently and effectively in challenging or competitive situations.</li> <li>I can complete all Blue FUNS Challenges</li> </ul>	<ul style="list-style-type: none"> <li>I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event.</li> <li>I can plan and follow my own basic fitness programme.</li> <li>1. I can effectively transfer skills and movements across a range of activities and sports.</li> <li>2. I can perform a variety of skills consistently and effectively in challenging or competitive situations.</li> <li>I can complete all Blue FUNS Challenges</li> </ul>	<ul style="list-style-type: none"> <li>1. I can effectively transfer skills and movements across a range of activities and sports.</li> <li>2. I can perform a variety of skills consistently and effectively in challenging or competitive situations.</li> </ul>	<ul style="list-style-type: none"> <li>1. I can effectively transfer skills and movements across a range of activities and sports.</li> <li>2. I can perform a variety of skills consistently and effectively in challenging or competitive situations.</li> </ul>
Skills	<ul style="list-style-type: none"> <li>•</li> </ul>	<p>On both legs (FS1):</p> <ul style="list-style-type: none"> <li>•Stand still on uneven surface for 30 seconds.</li> <li>•Standstill on uneven surface for 30 seconds with eyes closed</li> <li>•Complete 10 squats into ankle extensions</li> <li>•Complete five squats with eyes closed</li> </ul> <p>Jumping and Landing (FS6):</p> <ul style="list-style-type: none"> <li>•Jump 2 feet to 2 feet forwards, backwards and side to side.</li> <li>•Hop forwards and backwards, freezing on landing.</li> <li>•Jump 1 foot to other forwards and backwards, freezing on landing.</li> <li>•Hop sideways, raising knee and freezing on landing.</li> <li>•Jump 1 foot to other sideways, raising knee and freeze on landing.</li> </ul>	<p>Stance (FS4):</p> <ul style="list-style-type: none"> <li>• Raise alternate knees to opposite elbow five times.</li> <li>• Catch large ball thrown at knee height and above head.</li> <li>• Catch large ball thrown away from body.</li> <li>• Catch small ball thrown close to and away from body.</li> </ul> <p>Footwork (FS10):</p> <ul style="list-style-type: none"> <li>•Combine three-step zigzag patterns with crossover (swerve) and changing lead leg.</li> <li>•Move in a three step zigzag pattern, with knee raise a cross body just before changing lead leg and direction.</li> <li>•Move in a three step zigzag pattern, lifting foot up behind just before changing lead leg and direction.</li> </ul>	<p>Sending and Receiving (FS8):</p> <ul style="list-style-type: none"> <li>• Alternately throw and catch two tennis balls against a wall.</li> <li>• Throw two tennis balls against the wall and catch them with opposite hand (crossover).</li> <li>• Throw two tennis balls against the wall in a circuit, in both directions.</li> </ul> <p>Ball chasing(FS11):</p> <ul style="list-style-type: none"> <li>•Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.</li> <li>•Form above challenge with tennis ball.</li> <li>•Roll on chase large ball stopping with head in front support position facing opposite direction.</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

## Year 6 PE Progression Map

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Sport specific skills</p>	<ul style="list-style-type: none"> <li>• Throw and catch accurately and successfully under pressure in a game</li> <li>• Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</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>• Follow and create complicated rules to play a game successfully.</li> <li>• Communicate plans to others during a game.</li> <li>• Lead others during a game</li> <li>• Follow and create complicated rules to play a game successfully.</li> <li>• Communicate plans to others during a game.</li> <li>• Lead others during a game.</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</li> <li>• Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</li> <li>• Confidently use equipment to vault and incorporate this into sequences.</li> <li>• Apply skills and techniques consistently, showing precision and control.</li> <li>• Develop strength, technique and flexibility throughout performances.</li> </ul>	<p>Rounders</p> <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> </ul> <p>Rugby</p> <ul style="list-style-type: none"> <li>• Throw and catch accurately and successfully under pressure in a game</li> <li>• Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</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>• Follow and create complicated rules to play a game successfully.</li> <li>• Communicate plans to others during a game.</li> <li>• Lead others during a game</li> <li>• Follow and create complicated rules to play a game successfully.</li> </ul>	<p>Cricket</p> <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> </ul>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Vocabulary</p>	<p>Dribbling; Shooting; Support; Marking; Attackers/defenders; Team play</p>	<p>Dance style; Technique; Pattern; Rhythm; Variation; Unison; Canon</p>		<p>Muscles; Joints; Symmetrical/asymmetrical</p>	<p>Forehand, backhand, lob, drop shot.</p>	<p>Drive, hook shot, pull shot, forward defensive, long/short barrier, overarm</p>