

## DANCE

### *Consistent performance with accuracy and fluency*

I can choose, perform and select a variety of different styles and movement phrases with accuracy and consistency.

I can explore, improvise and choose appropriate material to create new motifs in a chosen dance style.

I can respond to a range of stimuli, improvising freely using a range of controlled movements and patterns.

### *Select and combine skills, techniques and ideas demonstrating knowledge of tactics, strategies and composition*

I can extend compositional skills incorporating a wide range of dance styles and forms.

I can compose, develop and adapt motifs to make dance phrases and use these in longer dances.

I can select and use a range of compositional ideas to create motifs that demonstrate personal ideas.

## Physical Education

Year 6



### UNDERSTANDING OF HEALTH AND FITNESS

I can show responsibility for personal warm up program specific to the activity.

I can demonstrate all round safe practice, including handling equipment, safety of self and others, playing within accepted rules

## GAMES

### *Consistent performance with accuracy and fluency*

I can dribble effectively around obstacles showing precision when sending and receiving.

I can perform skills with accuracy, confidence and control and adapt them to meet the needs of the situation.

I can play shots on both sides of the body and above heads in practices and when the opportunity arises in a game.

I can use different ways of bowling showing control and accuracy.

### *Select and combine skills, techniques and ideas demonstrating knowledge of tactics, strategies and composition*

I can play net games showing tactical awareness and knowledge of the rules and scoring.

I can choose and use the skills needed to meet the needs of different situations in games e.g. When to pass or dribble and when to keep possession to make progress towards the goal.

I can hit the ball with purpose, varying the speed, height and direction from both sides of the body.

## GYMNASTICS

### *Consistent performance with accuracy and fluency*

I can perform a range of rolls showing different entrances and exits.

I can perform combinations of actions and abilities that show clear differences between levels, speeds and directions with fluency and accuracy.

I can perform actions, shapes and balances clearly, consistently and fluently with good body tension and extension.

### *Select and combine skills, techniques and ideas demonstrating knowledge of tactics, strategies and composition*

I can plan and perform with precision, control and fluency a movement sequence showing a wide range of variations in speed, levels, directions and shape.

I can repeat accurately a longer sequence with more difficult actions with an emphasis on extension, clear body shape and change in direction.

I can adapt sequences to include a partner or small group.

## SWIMMING AND WATER SAFETY

I can swim competently, confidently and proficiently over a distance of at least 25 metres.

I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

I can perform safe self-rescue in different water-based situations.