

PE Skills Document – Year 6

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Use and adapt tactics, choosing the most effective one for different situations. Apply basic principles suitable for attacking and defending			
Throwing/Catching/Striking a Ball Select and perform combinations of sending and striking skills with confidence, accuracy and consistency. Foot dribble, hand dribble Punt Two-handed strike			
Tactics Apply tactical knowledge effectively in attacking and defending situations.			
Dance Move in time to music. Create movements that express the meaning and mood of a piece of music. Perform sequences on multiple levels to an audience with control and grace, using available space expressively.			
Athletics Skills Demonstrate a high level of control, speed, strength and stamina when running, jumping and throwing. Suggest ways to improve their own performance. Continuous leap Gallop			
Gymnastics Skills Combine and perform gymnastic actions using the whole body. Adapt movements and balances in a routine so that they fit into an effective sequence.			
Swimming Able to swim over 100 metres. Uses three different strokes at a sustainable pace. Able to perform a wide range of survival techniques.			
Development Explain how to improve their performance in order to achieve personal bests. Compare performances with previous ones – identifying where improvements have been made and what needs to continue to be a focus for development.			