



## Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Year 6 Objectives:

### Games

- ❖ I can play to agreed rules.
- ❖ I can explain rules.
- ❖ I can umpire.
- ❖ I can make a team and communicate plan.
- ❖ I can lead others in a game situation.

### Gymnastics

- ❖ I can combine my own work with that of others.
- ❖ I can link sequences to specific timings.

### Dance

- ❖ I can develop sequences in a specific style.
- ❖ I can choose my own music and style.

### Athletics

- ❖ I can demonstrate stamina.