

explore static balancing and hold for a short period of time and with their eyes closed

explore dynamic balance to agility including turns with control and alternative legs

explore floor movement patterns introducing fine motor skills

travel in different ways, showing clear transition and control

jump with control, precision and in different ways

catch balls of different sizes, can use a range of techniques whilst running

throw a range of balls both underarm and over arm accurately

move the ball with control and at speed

move the ball with control and at speed

look up whilst passing, travelling with the ball and shooting

use dribbling and passing skills together accurately

pass and receive the ball accurately and choose the appropriate technique

know a range of defending and attacking techniques

change direction and speed whilst dribbling

apply some skills and techniques consistently and with success in more than one type of invasion game

explain the effect that using a particular skill or technique has had on their performance

choose the best techniques and tactics for attacking in a game situation, such as when to pass and when to dribble to help keep possession

begin to choose and use criteria to orally evaluate their own and others' performance

perform a range of jumps with control and accuracy

be able to explain and describe the technique for a range of jumps

perform a round off

perform a range of rolls safely and with control

perform a pike forward roll

independently plan a sequence of gymnastic movements that are creatively linked together

work with a partner to plan a sequence of gymnastic movements that are creatively linked together

design and perform movements to tell a story

select appropriate movements to fit with a chosen dance style

link and combine movements together



## The Year 6 Sports Person I can...

Participate in team games

use my face to express emotions clearly

use different techniques such as unison, canon and repetition

choose the best techniques and tactics for defending in a game situation, such as when to tackle and man-to-man marking

create a dance with a clear beginning and end

follow rules in more complex invasion games and contribute towards the success of their team

use and explain techniques for holding different bats

throw the ball over a range of distances with control and accuracy

use a range of throwing, catching, fielding, and batting strategies in games

practise a range of attacking and defending strategies

apply a range of tactics and strategies to help drive the success of my team

throw a ball whilst moving

catch a ball whilst moving

practise existing running, throwing and jumping skills

■ FUNS ■ Invasion ■ Dance ■ Gymnastics ■ Strike & field ■ Athletics ■ Net & wall ■ OAA

use an effective technique for sprinting including testing out different sprint starts.

begin sustain my running pace over longer distances (800m, 1600m)

begin to learn the technique for the triple jump

begin to learn the technique for the fling throw.

choose the appropriate stroke

hold a bat / racket correctly and explain how and why to hold the racket in a certain grip

choose an appropriate object for the task and explain why

hit a ball back and forwards to a partner for a rally

learn tactics e.g. where to hit the ball, which stroke to choose, where to position yourself

hit a ball over a net to score a point

begin to work together in small groups, developing problem solving skills

begin to navigate around a space with growing confidence

begin to read a map with increasing accuracy and confidence and within a time limit

begin to create symbols that are effective for map-reading

begin to follow a map with increasing accuracy and confidence

name 3 qualities of good leadership