

Year 6	Areas of Study-
Swimming	<p>Pat face in water and blow bubbles Fully submerge under water Be able to swim 20metres across the pool without support To swim 10metres front crawl and back stroke</p>
Techniques, control and balance	<p>Perform a basic forward, shoulder, and egg roll Bounce a small ball on the spot with consistency Uses different body parts to balance Can vary dynamics, speed, direction and level of their movements Can bounce a ball on the spot with consistency Responds imaginatively and with control and coordination Uses different body parts to balance Can vary dynamics, speed, direction and level of their movements Can travel whilst bouncing a ball, showing control Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement. Responds imaginatively and with control and coordination Uses different body parts Can travel whilst bouncing a ball, showing control Using either hand can dribble showing changes of speed and direction. Performs a range of rolls consistently including a backward roll. Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.</p>
Agility and coordination	<p>They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. They explain why regular, safe exercise is good for their fitness and health.</p>
Movement patterns	<p>Discuss rhythm and be able to move to a beat Create and perform a short sequence linking basic actions (cannon, levels) with a clear beginning, middle and end. Provide feedback to others in order to improve Choose and link actions to create an expressive dance phrase which shows some sensitivity to music Plan and perform a movement sequence showing contrasts in speed, level and direction, Work with a partner to create a simple dance phrase Apply basic compositional ideas to create dance phrases with a partner and in a small group. Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance.</p>
	<p>Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.</p>
Competitive team games	<p>Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phrase which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed/level and direction, Apply basic compositional ideas to create dance phrases with a partner and in a small group. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. Compare, develop and adapt movement motifs to create longer dances. From observations of others can you describe constructively how to refine, improve and modify performance? Refine own performance in response to others and self-analysis.</p>
Knowledge and understanding of fitness and health	<p>They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. They explain why regular, safe exercise is good for their fitness and health.</p>