

Physical Education Key Skills

Year 6

Competitive sports	Physical skills	Dance
Outdoor adventurous activities	Activities to develop flexibility, strength, control and balance	

Physical skills include: running, jumping, throwing, catching (separately or in context)

<i>Supporting health and fitness</i>	<i>To design a warm up that will focus on particular parts of the body</i>
	<i>To know the difference between aerobic and an anaerobic exercise</i>
	<i>To discuss the relative benefits of two different activities</i>
<i>Physical competence</i>	<i>To direct others in using effective team tactics</i>
	<i>To be constantly reviewing my tactics in light of the play around me, switching between attacking and defending</i>
	<i>To perform in a skilled and controlled way even when learning a new activity</i>
	<i>To show resilience when acquiring new skills, practicing to refine</i>
	<i>To give balanced feedback to others, showing awareness of a range of strengths and weaknesses of their performance</i>
	<i>To be able to explain what makes a performance effective</i>
	<i>To independently models and advice from different sources to improve my performance</i>
<i>Personal skills</i>	<i>To act as a role model for others in my sports conduct</i>
	<i>To identify the best role for me to take in a team putting the needs of the team first</i>