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|  | Knowledge Organiser |
|  | Year 6 – PE |
| Ball Skills and related ball games | * Can show good control and accuracy in a range of different throws/passes
* Can choose the most appropriate throw/pass to use within a game
* Can select the most appropriate person to pass to in a game
* Can successfully hit a ball into space to help increase the score within a game
* Can consistently dribble a ball in different directions and avoid obstacles eg with feet or hockey stick
* Can find a space to move into when playing a game
* Can help others in their team find a space within a team game
* Can use a range of attacking and defending skills when playing a team game
* Continue to play small & full sided games, following the rules and demonstrating fair play and good team work
* Understand the importance of correct decision making when playing games
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| Gymnastics | * Can perform the 9 foundations shapes – tuck, pike, straddle, star, straight, front straddle, dish, arch & puck with greater accuracy and fluency
* Can perform the 5 foundation jumps – 1 foot to same foot (hop), 1 foot to other foot (leap), 1 foot to 2 feet, 2 feet to 1 foot, 2 feet to 2 feet with greater accuracy and fluency
* Can perform foundation positions – forward lunge, side lunge, puck, front support, back support, side support, shoulder stand
* Can perform a range of actions in and out of rolls
* Can confidently lead others in a stretching routine to prepare themselves for gymnastics
* Can combine a wide range of different shapes and balances in a performance with control and accuracy
* Can hold different positions when balancing and use different shapes to express a given theme
* Can create sequences that have changes of speed and level
* Can select the most appropriate way to travel from one balance to another
* Can safely set up the gymnastic apparatus
* Can work safely on both small and large apparatus
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| Dance  | * Can perform dance actions (eg travel & change direction, turn, jump, gesture, balance/stillness, change of size & shape) with control and expression
* Can choose their own dance steps and movements and then develop them into a routine
* Can perform longer routines from memory adding expression and extension to their movements
* Can choreograph short routines to portray a particular mood or style
* Explore different styles of dance and develop short routines in that style
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| Athletics | * Can use the correct action to throw a foam javelin with a longer run up
* Can do the high jump using a good scissor action
* Can do the long jump with good technique - 2 feet to 2 feet & 1 foot to 2 feet
* Can perform a triple jump using the correct step pattern
* Continue to develop running skills and demonstrate different running speeds
* Can show a good sprinting action
* Can sprint for 100m
* Can run for 250m
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| Health Related Fitness | * Can safely and correctly lead a small group warm up session
* Is aware of the changes that take place in the body when exercising
* Understands the effects of different intensities of exercise on breathing rate and heart rate

Can take their own pulse in either their neck or wrist* Understands the terms ‘target heart rate’ and ‘target heart zone’
* Understands the link between exercise, healthy eating and good mental health
* Can name the main muscles in the body (biceps, triceps, pectorals, quadriceps, hamstring, calf, gluteus maximus, abdominals)
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| All Activities | * Can successfully work independently and with others
* Has a good level of physical fitness
* Demonstrates fair play & cooperation in all activities
* Follow rules and understand safety aspects of PE
* Understand the importance for good health of physical education and healthy diet
* Knowledge of how to improve their own performance in different sports/physical activities
* Knowledge of how to evaluate and recognise their own and others success
* Engage in both competitive activities (against self and others) and cooperative activities
* Has good communication & leadership skills eg by taking small group warm up sessions, giving peer to peer feedback, organising a team, refereeing a game
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| Key Words | Balls skillsUnderarm throw, overarm throwBounce pass, chest pass, shoulder pass, overhead passDribble, kick, trap, tackle, Reverse dribble, push, hit, free hit, hit out, stick tackleBatting, bowling, fielding, back stop, stumps, wicketAttack, defend, intercept, possession, repossession, marking, covering, supportingCommunicationGymnasticsTuck, pike, straddle, star, straight, front straddle, dish, arch, puckforward lunge, side lunge, puck, front support, back support, side support, shoulder standLog roll, egg roll, forward roll, backward roll, circle roll, hand stand, head stand, cartwheel, round offFlexibility, control, strength, fluencyThin, wide, twisted, curled, body tensionSymmetrical, asymmetricalDanceTravel, change direction, turn, jump, gesture, balance/stillness, change of size & shapeRhythm, beatsRepetition, direction, level, speed & spaceChoreographyGesture, expressionAthleticsUnderarm throw, overarm throwHop, skip, jumpLong jump, high jump, triple jump, take off, landingJog, sprint, accelerate, pace, relay, baton, long distance, strideMomentum, power, rotationJavelin, shot putt, discusHealth Related FitnessAerobic, anaerobicMaximum Heart Rate, Target Heart Rate, Target Heart ZonePulse rate, resting pulse rate, carotid pulse, radial pulseBreathing ratePerspirationCardiovascular, recovery rateF.I.T.T (Frequency, Intensity, Time, Type)Biceps, triceps, quadriceps, hamstring, calf, gluteus maximus |