

Year 6 Aims	Examples of topics which could be used to meet this criteria
Acquiring and developing skills	
Games: can dribble past an active opponent and pass with confidence	Netball Football Tag Rugby
Athletics: Perform specific but modified athletics events in running, jumping and throwing including sprints, standing and running jumps, wall jumps for height, shot put type throw, discus type throw and foam javelin throw. Begin to understand tactics during a race	Athletics Cross Country Cross Country
Gym: perform assisted jumps and leaps with a partner and perform a squat on vault with confidence	Exploring Movement - Partner work and frame Developing Skills -vaulting (flight)
Dance: perform with a growing sense of style , showing more complex movement patterns and awareness of rhythm and mood	Historical Dance - Strictly Ballroom Cultural Dance - Samba / Capoeira
Selecting and applying skills, tactics and compositional ideas	
Games : Show appropriate positional play to further team success, adjusting actions to attack, defend or score points or goals	Benchball Netball Football Tag Rugby Tennis Skills Volleyball Rounders Cricket
Gym: create a movement sequence with a range of gymnastics shapes and actions. Perform this with precision, extension and fluency	Badge 4 plus skills Exploring Movement - Partner work and frame
Dance: demonstrate a growing sensitivity to accompaniment and adapt known dance styles and material to create own dances.	Cultural Dance - Samba / Capoeira
Evaluating and improving performance	
Analyse their own and others work and use this to improve quality of their performance. Identify strengths and weaknesses and use this to improve the quality of their skills	Historical Dance - Strictly Ballroom Cultural Dance - Samba / Capoeira Badge 4 plus skills Gymfit Developing sport specific strength and flexibility Team games
Knowledge and understanding of fitness, health and wellbeing	
Plan a relevant warm up and cool down programme and create exercises for specific muscle groups. Fit for Life - Understand how choices of fitness will change as they move into High School and begin to plan to include fitness, health and well being activities in their everyday lives now and looking forwards into teenage years.	Especially gymfit and aerobics, running and skipping Especially fit for life topics - running, yoga, fitness, games, dance,