

Progression of Skills and Knowledge UKS2 PE

Name:

Notes:

	Year 5	Year 6
Dance	- compose own dances in a creative way - perform dance to an accompaniment - dance shows clarity, fluency, accuracy and consistency	- compose own dances in a creative way - perform dance to an accompaniment - dance shows clarity, fluency, accuracy and consistency - develop sequences in a specific style
Competitive Games	In tag rugby and basketball children will: - gain possession by working a team and pass in different ways - choose a specific tactic for defending and attacking - use a number of techniques to pass, dribble and score In football children will: - gain possession by working a team and pass in different ways - choose a specific tactic for defending and attacking - use a number of techniques to pass, dribble and shoot In rounders children will - throw and catch accurately and quickly - strike a ball, using a varied piece of equipment, into a space - vary tactics and adapt skills depending on what is happening in a game .	In Tag Rugby children will: - agree and explain rules to others - work as a team and communicate a plan - lead others in a game situation when the need arises - show competency in a range of sports In football & badminton children will: - agree and explain rules to others - work as a team and communicate a plan - lead others in a game situation when the need arises - show competency in a range of sports
Athletics	- breakdown the technique of different jumping and running events, and develop each area to provide an overall improvement - Be able to measure with accuracy (link with maths) - throw with increasing distance	- demonstrate stamina and increase strength - identify the attributes required for various events and be able to improve in their chosen event - measure and record results, link to personal best and aim to improve
Swimming	- swim competently, confidently and proficiently to 25 metres - use a range of strokes effectively such as front crawl, backstroke and breaststroke - know, and demonstrate the importance of staying safe in the water - perform safe self-rescue in different water-based situations	(catch up sessions for those who did not achieve year 5 skills)
Outdoor adventure		- plan a route and a series of clues for someone else - plan with others, taking account of safety and danger - apply a strategy, work efficiently and effectively with the help of a map
Evaluating and understanding	evaluating - articulate to others something a partner has done well and also something that can be improved - analyse - know why their own performance was better or not as good as their last Understanding tell others how they look after themselves based around sport and physical activity	Evaluating - know which sports they are good at and find out how to improve further - modify and adapt games with their own ideas and teach this to others - identify activities to help improve performance Understanding - understand the importance of being active - talk about how to stay active in and out of school