

	<b>Knowledge covered in Physical Education by the end of Y6</b>
<b>Games</b>	<ul style="list-style-type: none"> <li>• Know which techniques to use and how to combine them.</li> <li>• Understand how to work alone or as part of a team.</li> <li>• Understand the need for accuracy and power.</li> <li>• Understand the benefits of different striking and fielding as well as attacking and defending techniques.</li> <li>• Know how to select appropriate tactics for a game and adapt where necessary.</li> <li>• Know how to be respectful to other teams as well as own, behaving as a role model.</li> </ul>
	<p><b>Key Vocabulary</b> Target, scoring aim, tactics, court and pitch, possession, forehand, backhand, field, defending, attacking, techniques, pass, dribble, shoot, striking, implement, rules, umpire and strategy.</p>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Knows how to combine strength and stamina gained through gymnastic activities.</li> <li>• Knows the terms and can perform with control: frog balance, y balance and t balance and apply in sequences.</li> <li>• Knows the terms and can perform: forward rolls and backwards rolls, diving forward and backwards rolls, cartwheel, headstand, handstand and can demonstrate in a controlled manner.</li> <li>• Can demonstrate and explain a number of balances through control including front and pair support pair/trio balances.</li> <li>• Can create, perform and, evaluate a sequence with balance, movement and flow on and off equipment.</li> <li>• Knows how to climb, traverse and perform 3 points hold on equipment and can explain the risks and how to manage them.</li> </ul>
	<p><b>Key Vocabulary</b> Twisting , matching, mirroring, fluency, transition, flight, shape, speed, counter tension, counter balance, contrasting, compose, forces, symmetrical and asymmetrical, sequences, combine, perform, consistency, audience, link, vault and spring.</p>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Knows how to compose creative and imaginative dance sequences with a clear beginning, middle and end.</li> <li>• Knows how to hold a precise and strong body posture with dynamics, space and relationships.</li> <li>• Knows which muscles are involved in different movements.</li> <li>• Knows how to improve strength and suppleness for a desired outcome.</li> </ul>
	<p><b>Key Vocabulary</b> Canon, dynamics, shape, structure, improvisation, technique and motif, compose, creative, perform, accompaniment, clarity, fluency, accuracy, style, interpret, precise and posture.</p>

<b>OAA</b>	<ul style="list-style-type: none"> <li>• Knowledge of natural environment</li> <li>• Know how to read a map unfamiliar grounds</li> <li>• Develop an understanding of the importance and significance of rules and safety</li> <li>• Knowing what is appropriate clothing and equipment for OAA</li> <li>• Knowledge of OAA and how these sports contribute to teamwork, social, communication and leadership</li> </ul>
	<p><b>Key Vocabulary</b> Communication, teamwork, problem, solution and strategy, location, compass, navigate, plan, route, safety, danger, leadership.</p>
<b>Athle tics</b>	<ul style="list-style-type: none"> <li>• Knows that their skills can be developed through strength, control and technique in a variety of manners (jumping, throwing, running), including demonstrating a positive attitude on how to improve themselves and others.</li> </ul>
	<p><b>Key Vocabulary</b> Speed, endurance, relay, obstacle, changeover, throwing, running, jumping, overarm and underarm, control, accuracy, techniques, combine, distance, compete and stamina.</p>
<b>Swim ming</b>	<ul style="list-style-type: none"> <li>• Know how to enter and exit the water</li> <li>• Know how to float, submerge, rotate from back to front and front to back and regaining an upright position</li> <li>• Demonstrate an understanding of streamlining, pushing and gliding</li> <li>• Know how to move effectively and efficiently through the water using alternating and simultaneous strokes on front and back, such as front crawl, back crawl, breast stroke, side stroke</li> </ul>
	<p><b>Key Vocabulary</b> Stroke, float, front crawl, backstroke, breaststroke, butterfly, safety, self -rescue and confidence</p>
<b>This knowledge set needs to be applied across all areas</b>	<ul style="list-style-type: none"> <li>• Can take their own pulse at the start, during and end of a P.E lesson and explain the effects on their bodies.</li> <li>• Knows the importance of warming up and cooling down.</li> <li>• Can set measureable and realistic personal challenges.</li> <li>• Can listen to feedback carefully and respond by making structured improvements in a positive manner.</li> </ul>