



Band 6 - PE (POS)

Dance, Games, Gymnastics, Athletics, Swimming, Evaluating Performance

Dance

Confidently and consistently create and perform dances which use a variety of styles

I can make up and perform dances with different styles confidently

Use a wide range of dance components in compositions

I can put a wide range of dance skills in sequences and routines

Link sequences together to create an extended routine with a clear beginning, middle and ending

I can combine sequences to make a longer dance with a clear beginning, middle and end

Effectively communicate improvements which enhance the performance of a routine

I can explain clearly how to make a routine better

Games

Demonstrate confident control of equipment in opposed situations whilst moving at speed

I can control equipment in a game against other people or a team when I am moving quickly

Combine relevant skills and techniques with accuracy within the context of a competitive game

I can choose and use the correct skills in a game against other people or other teams

Successfully apply principles suitable for attacking and defending in the context of a competitive game

I can affect a game by using attack and defence skills successfully

Collaborate as a team to effectively execute tactics

I can work as part of a team to achieve a collaborative goal

Evaluating Performance

Understand how they have improved in different physical activities and sports in order to achieve his/her personal best

I can analyse and improve my own performance in a range of activities and sports to reach a personal best

Evaluate and recognise his/her own success

I can explain what I have done and how well I have achieved

Gymnastics

Balance, jump, travel and turn with accuracy and consistency across a range of apparatus and in a variety of spaces

I can work on different apparatus and spaces using accurate and consistent balances, jumps, movements and turns

Perform controlled and fluent sequences on the floor and using apparatus

I can move with control and fluency over a variety of different spaces and apparatus

Employ sustained and complex balances and ambitious movements which increase challenge

I can challenge myself by choosing more complex balances and movements

Effectively communicate improvements which add challenge to a sequence

I can change a group sequence to make it more challenging

Athletics

Demonstrate strength, technique and control to maximise performance when running, sprinting, throwing and jumping

I can gain the best results by using strength, technique and control when running, sprinting, throwing and jumping

Analyse and improve appropriate technique in order to maximise strength and agility when competing

I can analyse my own technique and improve it to get better results

Successfully combine techniques in athletic activities

I can use more than one technique successfully when completing an athletics event

Swimming

Swim competently, confidently and proficiently over a distance of at least 25 metres

I can swim over 25 metres

Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

I can swim using a range of strokes effectively

Perform safe self-rescue in different water-based situations

I can make myself safe in the water in different situations