



Physical Education Objectives Year 6

Y6	Gymnastics	develop flexibility, strength, technique, control and balance
Y6	Athletics	develop flexibility, strength, technique, control and balance
Y6	Athletics	use running, jumping, throwing and catching in isolation and in combination
Y6	Games	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Y6	Games	take part in outdoor and adventurous activity challenges both individually and within a team
Y6	Dance	perform dances using a range of movement patterns
Y6	PE	compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Y6	Swimming	swim competently, confidently and proficiently over a distance of at least 25 metres
Y6	Swimming	use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)
Y6	PE - Physical	1. Possesses good components of fitness and applies them to most competitive situations.
Y6	PE - Physical	2. Can improve and sustain running techniques at different speeds.
Y6	PE - Physical	3. Applies agility, balance, co-ordination in modified versions of major games and athletic activities.
Y6	PE - Healthy	1. Work in pairs, groups of varying sizes and small teams safely in all situations.
Y6	PE - Healthy	2. Runs at a speed appropriate to the time required.
Y6	PE - Healthy	3. Can explain how exercise, eating and sleeping can contribute to good health.

Y6	PE - Social	1. Can take responsibility for their actions and those of others.
Y6	PE - Social	2. Communicates effectively and successfully with others.
Y6	PE - Social	3. Can play fairly and follow a set of rules.
Y6	PE - Thinking	1. Can identify and explain good athletic performance.
Y6	PE - Thinking	2. Makes judgements on the effect of exercise and how personal performance can be improved.
Y6	PE - Thinking	4. Can identify and set personal targets for skill development specific to their need.