

Milestones**Physical Education – Year 6**

By the end of the year, pupils who have experienced the elements of the milestones will have a 'basic' understanding and level of skill. The majority will have an 'expected' understanding and level of skill. Whilst some will have a 'deep' understanding, knowledge and level of skill.

Dance	Basic:	Expected:	Deep:
Health and Fitness			
Understand the importance of warming up and cooling down.			
Lead a small group warm-up and cool-down safely and effectively.			
Explain why exercise is good for health, fitness and wellbeing.			
Know ways they can become healthier.			
Dance Skills			
Identify and repeat movement patterns and actions of a chosen dance style.			
Compose individual, partner and group dances that reflect a chosen dance style.			
Use dramatic expression in dance movements.			
Perform with confidence and control.			
Show a change in pace and timings within a sequence of movements.			
Dance with fluency, ensuring that movements and transitions flow.			
Demonstrate consistent precision when performing dance sequences.			
Modify elements of a sequence as a result of self and peer evaluation.			
Use complex dance vocabulary to compare and improve work.			
Perform			
Practise and perform a complex sequence using a variety of movements.			
Perform a sequence in time to music.			
Perform and apply a variety of skills and techniques confidently, consistently and with precision.			
Convey varying moods and emotions through a dance performance.			
Use dance to express and communicate ideas, feelings and thoughts.			
Evaluate			
Thoroughly evaluate their own and others' work.			
Use evaluation to suggest thoughtful and appropriate improvements.			
Effectively implement changes to a performance, following self-evaluation and the evaluation from others.			

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Gymnastics	Basic:	Expected:	Deep:
Health and Fitness			
Understand the importance of warming up and cooling down.			
Lead a small group warm-up and cool-down safely and effectively.			
Explain why exercise is good for health, fitness and wellbeing.			
Know ways they can become healthier.			
Acquiring and Developing Skills in Gymnastics			
Practise and perform the Key Elements of gymnastics.			
Create complex sequences involving the full range of elements learnt.			
Demonstrate precise and controlled placement of body parts in their actions and balances.			
Confidently use equipment to vault and incorporate this into sequences.			
Apply skills and techniques learnt consistently, showing precision and control.			
Develop strength, technique and flexibility throughout performances			
KEY ELEMENTS – Rolling.... Improved rolls in different ways with fluency, control and tension and incorporated into sequences:			
All previous rolls taught.			
Forward roll to straddle.			
Backward roll to straddle.			
KEY ELEMENTS – Jumping and Vaulting.... Improved jumps in different ways with fluency, control and tension and incorporated into self-generated sequences:			
Straight Jump			
Star Jump			
Tuck Jump			
Half Turn Jump			
Straddle Jump			
Pike Jump			
Straight jump Full-turn			
Stag leap			
Split leap			

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Gymnastics	Basic:	Expected:	Deep:
Squat jump onto vault from springboard.			
Squat jump onto vault from springboard.			
Straddle jump off			
Squat through vault			
KEY ELEMENTS – Balancing..... Improved Balance in different ways with fluency, control and tension and incorporated into self-generated sequences:			
1,2,3 and 4 point balances, using more challenging combinations.			
Balance in a variety of shapes.			
Front and back support.			
Maintain balance on a balance beam.			
Balance on or against varying levels of apparatus and as part of a sequence.			
Develop technique, control and complexity of part-weight partner balances.			
Link balances within individual, partner and small group sequences.			
KEY ELEMENTS – Travelling..... Improved Travel in different ways with fluency, control and tension and incorporated into self-generated sequences:			
Tiptoe, step, jump and hop All: forwards, backwards, sideways and whilst turning.			
Use the following ways of travelling with fluency: Skipping Gallop Chassis steps Pivot Leaps – Split leap, cat leap and leap with half turn.			
Travel forwards and sideways and backwards along mid-level apparatus.			
KEY ELEMENTS – Weight on hands..... Improving weight on hands in different ways as individual movements and within a sequence and showing control and tension:			
Bunny hop on floor and low apparatus; hips above shoulders.			
T-lever and rotate down to floor and up again.			
Lunge and scissor kick up. With or without support.			
Hurdle step into handstand.			

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Gymnastics	Basic:	Expected:	Deep:
Hurdle step into cartwheel.			
Lunge into round off.			
Performance			
Create, practise and perform a sequence of eight to ten of the key elements of gymnastics individually, combining work on the floor and using apparatus.			
Create, practise and perform a sequence of eight to ten of the key elements of gymnastics individually, combining work on the floor and using apparatus.			
Adapt the sequence so that it can be performed in a small group of 3 or 4.			
Record, appraise and evaluate their own performances.			
Begin to appraise and evaluate the performances of others.			

Games	Basic:	Expected:	Deep:
Health and Fitness			
Understand the importance of warming up and cooling down.			
Carry out warm-ups and cool-downs safely and effectively.			
Understand why exercise is good for health, fitness and wellbeing.			
Know ways they can become healthier.			
Striking and Hitting a ball			
Hit a bowled ball over longer distances.			
Use good hand-eye coordination to be able to direct a ball when striking or hitting.			
Throwing and catching			
Throw and catch accurately and successfully under pressure in a game.			
Travelling with a ball			
Show confidence in using ball skills in various ways in a game situation, and link these together effectively.			
Passing a ball			
Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.			

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Games	Basic:	Expected:	Deep:
Possession			
Keep and win back possession of the ball effectively and in a variety of ways in a team game.			
Using Space			
Demonstrate a good awareness of space.			
Attacking and Defending			
Think ahead and create a plan of attack or defence.			
Apply knowledge of skills for attacking and defending.			
Work as a team to develop fielding strategies to prevent the opposition from scoring.			
Tactics and Rules			
Follow and create complicated rules to play a game successfully.			
Communicate plans to others during a game.			
Lead others during a game.			
Compete/Perform			
Perform and apply a variety of skills and techniques confidently, consistently and with precision.			
Take part in competitive games with a strong understanding of tactics and composition.			
Evaluate			
Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.			

Athletics	Basic:	Expected:	Deep:
Health and Fitness			
Understand the importance of warming up and cooling down.			
Carry out warm-ups and cool-downs safely and effectively.			
Understand why exercise is good for health, fitness and wellbeing.			
Know ways they can become healthier.			

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Athletics	Basic:	Expected:	Deep:
Running			
Recap, practise and refine an effective sprinting technique, including reaction time.			
Build up speed quickly for a sprint finish.			
Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.			
Accelerate to pass other competitors.			
Work as a team to competitively perform a relay.			
Confidently and independently select the most appropriate pace for different distances and different parts of the run.			
Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.			
Jumping			
Develop the technique for the standing vertical jump.			
Maintain control at each of the different stages of the triple jump.			
Land safely and with control.			
Develop and improve their techniques for jumping for height and distance and support others in improving their performance.			
Perform and apply different types of jumps in other contexts.			
Set up and lead jumping activities including measuring the jumps with confidence and accuracy.			
Throwing			
Perform a heave throw.			
Measure and record the distance of their throws			
Continue to develop techniques to throw for increased distance and support others in improving their personal best.			
Develop and refine techniques to throw for accuracy.			
Compete/Perform			
Perform and apply a variety of skills and techniques confidently, consistently and with precision.			
Take part in competitive games with a strong understanding of tactics and composition.			

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Athletics	Basic:	Expected:	Deep:
Evaluate			
Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.			

Swimming	Basic:	Expected:	Deep:
Health and Fitness			
Describe how the body reacts at different times and how this affects performance.			
Explain why exercise is good for your health.			
Know some reasons for warming up and cooling down.			
Know the reasons for showering before and after entering the pool.			
Swimming Distance & Stroke			
Can swim competently, confidently and proficiently over a distance of at least 25 metres.			
Use a range of strokes effectively (front crawl).			
Use a range of strokes effectively (breaststroke).			
Use a range of strokes effectively (backstroke).			
Rescue			
Perform self-rescue in different water-based situations.			

OAA	Basic:	Expected:	Deep:
Health and Fitness			
Understand the importance of warming up and cooling down.			
Carry out warm-ups and cool-downs safely and effectively.			
Understand why exercise is good for health, fitness and wellbeing.			
Know ways they can become healthier.			
Trails			
Orientate themselves with confidence and accuracy around an orienteering course when under pressure.			
Design an orienteering course that is clear to follow and offers challenge to others.			
Use navigation equipment (maps, compasses) to improve the trail.			

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OAA	Basic:	Expected:	Deep:
Problem-Solving			
Use a clear communication to effectively complete a particular role in a team.			
Compete in orienteering activities both as part of a team and independently.			
Use a range of map styles and make an informed decision on the most effective.			
Preparation and Organisation			
Choose the best equipment for an outdoor activity.			
Prepare an orienteering course for others to follow.			
Identify the quickest route to accurately navigate an orienteering course.			
Manage an orienteering event for others to compete in.			
Communication			
Communicate clearly and effectively with others when under pressure.			
Work effectively as part of a team, demonstrating leadership skills when necessary.			
Successfully use a map to complete an orienteering course			
Use a compass for navigation			
Organise an event for others.			
Compete & Perform			
Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.			
Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance.			
Listen to feedback and improve an orienteering course from it.			
Evaluate			
Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.			