



Warren Wood Progression Grid



PE Skills and Knowledge Expected by the End of Year Six	
Dance	Gymnastics
<ul style="list-style-type: none">• Perform dances confidently and fluently with accuracy and good timing.• Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme.• Improvise and combine dynamics demonstrating an awareness of the impact on performance.• Use counts when choreographing and performing to improve the quality of work.	<ul style="list-style-type: none">• Combine and perform more complex balances with control, technique and fluency.• Demonstrate more complex actions with a good level of strength and technique.• Confidently transition from one action to another showing appropriate control and extension for the complexity of the action.• Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.
Games	Athletics
<ul style="list-style-type: none">• Use dribbling to change the direction of play with control under pressure.• Use a variety of dribbling techniques to maintain possession under pressure.• Use a variety of throwing techniques including fake passes to outwit an opponent.• Select and apply the appropriate kicking technique with control.• Catch and intercept a ball using one and two hands with increasing success in game situations.• Receive a ball with consideration to the next move.• Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure.• Confidently change direction to successfully outwit an opponent.• Effectively create and use space for self and others to outwit an opponent.• Work collaboratively to create tactics within their team and evaluate the effectiveness of these.	<ul style="list-style-type: none">• Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time.• Link running, jumping and hopping actions with greater control and co-ordination.• Perform jumps for height and distance using good technique.• Show accuracy and good technique when throwing for distance.• Show fluency and control when travelling, landing, stopping and changing direction.• Change direction with a fluent action and can transition smoothly between varying speeds.• Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.



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OAA	Swimming
<ul style="list-style-type: none">• Communicate with others clearly and effectively when under pressure.• Confident to lead others and show consideration of including all within a group.• Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem.• Confidently and efficiently orientate a map, identifying key features to navigate around a course.• Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.	<p>SELECTED YR6 CHILDREN ONLY:</p> <ul style="list-style-type: none">• Confidently combine skills to retrieve an object from greater depth.• Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.• Confidently demonstrate good technique in a wider range of strokes over increased distances.• Combine gliding and transitioning into an appropriate stroke with good control.• Confidently link a variety of floating actions together demonstrating good technique and control.• Select and apply the appropriate survival technique to the situation.