



Y6 Skills Progression in PE – The complete Champions Sports, Health and Fitness Programme



Y6 - Sports	Skills covered	Y6-Fitness	Skills covered	Y6-Health	Skills covered
Invaders	<ul style="list-style-type: none"> Understand the basic rules of tag/touch rugby Pass and carry a ball using balance and coordination Improve ball handling skills and place a ball down as if scoring a try Practise footwork and dodging skills while carrying a ball Apply skills and rules to a game Develop tactics and teamwork in a mini competition 	Boot Camp	<ul style="list-style-type: none"> Clearly articulate the changes that occur to the body in exercise Evaluate which activities individuals find easy or difficult Perform more complex patterns of movement Learn an increasing range of moves, building on previous years with good technique and balance 	Healthy Body: inside out	<ul style="list-style-type: none"> Describe the function of joints and bones does and how the skeleton protects vital organs and delicate tissues Name different muscles in the body and explain how we grow, build and repair muscle Identify and locate an increasing number of organs in the body Further explain the role of different tooth types and their structure.
Dynamic Dance	<ul style="list-style-type: none"> develop dance and performance skills - learn some moves and devise poses: Street dance understand and describe this style of dance. perform Street dance demonstrating awareness of rhythm and phrasing when exploring patterns and improvising create a dance that reflects a Street dance style, using expressive movements and creating short dance phrases Work cooperatively to adapt two routines into one Perform and analyse own and other performance 	Mighty Movers (boxercise)	<ul style="list-style-type: none"> Create a routine using skills learned in Y4 and Y5 Understand how moves can be linked into more complex moves Demonstrate boxercise moves with fluency into a sequence to music Perform a sequence with improved precision and accuracy 	Healthy mind: Going for goals	<ul style="list-style-type: none"> Consolidate understanding of strategies to deal with stress Consolidate understanding of how challenges make you feel and how to ask for help Consolidate understanding of the importance of our mental health Consolidate understanding of self-confidence and self-belief is and why it is important Consolidate understanding that they control the sort of person they are now and, in the future using personal goals and actions
Gym Sequences	<ul style="list-style-type: none"> Further use and refine the skills of flexibility, strength, balance, power, and mental focus Revisit and cooperate with other to practise symmetrical and asymmetrical balance Use own and others' bodyweight to balance Add interest to a routine by varying movements Understand the value of posture and body tension Complete a refined sequence of balance and moves in canon and unison Develop skills of critique when evaluating own and others' sequences: identifying both strengths and areas to improve 	Step to the beat	<ul style="list-style-type: none"> Develop coordination, balance and timing to perform an aerobic activity to music Devise, rehearse and perform an increasingly complex routine, using moves already learned and evaluate own and others performance Clearly articulate the value of this type of exercise (aerobic and muscle tone) Suggest ways to improve performance showing sound knowledge and understanding 	Healthy Lifestyle: You are what you eat!	<ul style="list-style-type: none"> Clearly explain the importance of a healthy diet using correct terminology Clearly explain why vitamins and minerals are essential for our bodies and the affect of cooking on them Explain the effects of high cholesterol Communicate in different ways, using the correct terminology, the benefits of sleep, and exercise part of a healthy lifestyle
Striking and Fielding	<ul style="list-style-type: none"> Throw and catch under pressure Demonstrate a long barrier technique in fielding Learn the role of backstop in a game 	Gymfit (circuits)	<ul style="list-style-type: none"> Plan a personal programme suitable for each child or self, explaining the benefits of the routine and setting achievable goals and measuring results 	Healthy Body: blood and guts	<ul style="list-style-type: none"> Use a diagram of the heart to explain how blood flows around the body and its role



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	<ul style="list-style-type: none"> • Improve batting control and technique: direct the ball • Play in a tournament, understanding rules, working as a team and using tactics. 				<ul style="list-style-type: none"> • Use a cross section diagram of a blood vessel to explain its composition and function • Understand where blood cells are made, how to stop bleeding if we cut ourselves and use this additional knowledge and that learned in previous years to clearly explain the role of blood in the body • Demonstrate gaseous exchange using a diagram. • Explain the effect of exercise on the respiratory system • Explain the changes that occur at puberty
Nimble nets	<ul style="list-style-type: none"> • Identify and apply techniques for hitting a shuttle in badminton in a cooperative rally • Demonstrate the correct technique when serving the shuttle • Recognise the difference between a low serve and a high serve • Use an overhead clear shot and describe what its impact can have on winning a game • Develop ability to perform a drop shot • Use a range of shots to win a point in a game • Demonstrate a variety of shots to perform rallies or win a game 	Cool Core (Pilates)	<ul style="list-style-type: none"> • Identify exercise to improve stability and core strength • Demonstrate good technique in moves already learned • Learn a new Pilates poses with increased difficulty with confidence • Create original moves with a partner • Devise a suitable warm up activity for Cool Core activities • Teach others a series of movements • Devise a workout for personal improvement 	Healthy Mind: healthy body	<ul style="list-style-type: none"> • Explain how failure leads to personal improvement • Understanding how socializing can be beneficial to happiness and the importance of balance • Articulate ways to keep belongings and own self safe in the real world • Explain clearly how to stay safe online using different strategies and software • Explain to a younger audience how to stay safe on and near roads. • Consider how the health of the environment affects the health of a society.
Young Olympians	<ul style="list-style-type: none"> • Select correct technique to run efficiently at speed using good arm and leg technique • Consolidate the push and pull techniques to throw with accuracy and power • Show further improvements to running in a competitive situation • Show further improvements to jumping technique in a competitive situation • Utilise all skills learned in this unit in a competitive situation 	Fitness frenzy	<ul style="list-style-type: none"> • Explain with accurate terminology why fitness is good for health and wellbeing • Complete an aerobic routine demonstrating correct technique, agility, coordination, and complex patterns of movement • Master own movements and effectively evaluate those of others 	Healthy Lifestyle: germ busters!	<ul style="list-style-type: none"> • Explain how as children age, they start to sweat more and how hygiene and different products can prevent odors • Consolidate understanding of how the 3 main types of microorganism affect health: viruses, bacteria and fungi • Understand what to do in different emergency scenarios • Understand the systems in place to keep us safe from hazardous materials: European Chemicals agency and CLP (classification, labelling and packaging) substance hazard symbols. • Understand how living standards differ among societies and around the world • Understand why the sun is good for our bodies in moderation.



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