Winton Primary School **Skills Coverage Tick List**

Areas		PE Skills / Years 5 and 6 Year: Staff:						
To develop practical skills in order to participate, compete and lead a healthy lifestyle	GAMES	Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).						
		Work alone, or with team mates in order to gain points or possession.						
		Strike a bowled or volleyed ball with accuracy.						
		Use forehand and backhand when playing racket games.						
		Field, defend and attack tactically by anticipating the direction of play.						
		Choose the most appropriate tactics for a game.						
		Uphold the spirit of fair play and respect in all competitive situations.						
		Lead others when called upon and act as a good role model within a team.						
	DANCE	Compose creative and imaginative dance sequences.						
		Perform expressively and hold a precise and strong body posture.						
		Perform and create complex sequences.						
		Express an idea in original and imaginative ways.						
		Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.						
		Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).						
	GYM	Create complex and well-executed sequences that include a full range of movements including: • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills.						
		Hold shapes that are strong, fluent and expressive.						
		Include in a sequence set pieces, choosing the most appropriate linking elements.						
		Vary speed, direction, level and body rotation during floor performances.						
		Practise and refine the gymnastic techniques used in performances (listed above).						
		Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).						
		Use equipment to vault and to swing (remaining upright).						
	SWIMMING	Swim over 100 metres unaided.						
		Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.						
		Swim fluently with controlled strokes.						
		Turn efficiently at the end of a length.						
	ATHLETICS	Combine sprinting with low hurdles over 60 metres.						
		Choose the best place for running over a variety of distances.						
		Throw accurately and refine performance by analysing technique and body shape.						
		Show control in take off and landings when jumping.						
		Compete with others and keep track of personal best performances, setting targets for improvement.						
	OUTDOOR AND ADVENTUROUS ACTIVITIES	Select appropriate equipment for outdoor and adventurous activity.						
		Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.						
		Embrace both leadership and team roles and gain the commitment and respect of a team.						
		Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.						
		Remain positive even in the most challenging circumstances, rallying others if need be.						
		Use a range of devices in order to orientate themselves.						
		Quickly assess changing conditions and adapt plans to ensure safety comes first.						