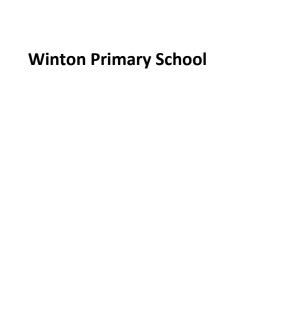
Winton Primary School

Skills Coverage Tick List

A 9 Aec	r:	Years 5 and 6 Staff:			
Choo					
	ose and combine techniques in game situ ing and kicking, etc.).	ations (running, throwing, catching, passing,			
	Work alone, or with team mates in order to gain points or possession.				
Stri	Strike a bowled or volleyed ball with accuracy.				
Use Field	Use forehand and backhand when playing racket games.				
Y Field	Field, defend and attack tactically by anticipating the direction of play.				
	Choose the most appropriate tactics for a game.				
Uph	Uphold the spirit of fair play and respect in all competitive situations.				
Lead	l others when called upon and act as a go	ood role model within a team.			
Demis usi	pose creative and imaginative dance seq	uences.			
Perf	Perform expressively and hold a precise and strong body posture.				
Perf	Perform and create complex sequences.				
Perf Expr	ress an idea in original and imaginative w	ays.			
Plan	to perform with high energy, slow grace	or other themes and maintain			
Perf	throughout a piece. orm complex moves that combine strenc	gth and stamina gained through gymnastics			
activ	ities (such as cartwheels or handstands).			
o includ	· · · · · · · · · · · · · · · · · · ·	s that include a full range of movements			
†· · †	 travelling · balances · swinging · springing · flight vaults · inversions · rotations · bending, stretching and twisting 				
- g	estures · linking skills.				
Holo	l shapes that are strong, fluent and exp				
included with the second secon	ude in a sequence set pieces, choosing th				
Vary	speed, direction, level and body rotation	- '			
Prac	tise and refine the gymnastic technique	s used in performances (listed above).			
Dem	onstrate good kinaesthetic awareness (ally good in well-rehearsed actions)	placement and alignment of body parts			
	Use equipment to vault and to swing (remaining upright).				
Swir	Swim 25 metres unaided.				
	breast stroke, front crawl and back str	oke, ensuring that breathing is correct so as			
	o interrupt the pattern of swimming.				
Swir	n fluently with controlled strokes.				
Turr	efficiently at the end of a length.				
Com	bine sprinting with low hurdles over 60 i				
Si Si Choo	ose the best place for running over a var	·			
Thro	ow accurately and refine performance by	y analysing technique and body shape.			
Short Choc	w control in take off and landings when j	jumping.			
Com	pete with others and keep track of pers ovement.	ional best performances, setting targets for			
Sele	ct appropriate equipment for outdoor a	nd adventurous activity.			
Tider	tify possible risks and ways to manage	them, asking for and listening carefully			
to ex	pert advice. race both leadership and team roles anc	I gain the commitment and respect of a team.			
A DA Emb	athise with others and offer support wi	•			
2 E the t	eam and the experts if in any doubt.	circumstances, rallying others if need be.			
NO Kem		· -			
Use of	a range of devices in order to orientate				
Quic	Kly assess changing conditions and adapt	<u> </u>			



Skills Coverage Tick List