

**PE Skills Year 5 and 6**

	<b>Acquiring and developing skills</b>	<b>Selecting and applying skills, tactics and compositional ideas</b>	<b>Evaluating and improving performance</b>	<b>Knowledge and understanding of fitness and health</b>	<b>Vocabulary</b>
<b>Year 5</b>	Pupils link skills, techniques and ideas and apply them accurately and appropriately.	Pupils performance shows precision, control and fluency and that they understand tactics and composition.	Pupils compare and comment on skills, techniques and ideas used in own and others work and use this understanding to improve their performance.	Pupils explain and apply basic safety principled in preparing for exercise. They describe the effects exercise has on their own bodies and how it is valuable to their own health and fitness.	possession tactics techniques
	Pupils are able to vary dynamics, speed, direction and level of their movements. Can travel whilst bouncing a ball, showing control. Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to a backward roll.	Pupils are able to improvise freely, individually and with a partner, and can translate ideas from a stimulus into movement.			compose creative performance demonstrate
<b>Year 6</b>	Pupils select and combine skills, techniques and ideas and apply them accurately and appropriately showing precision, control and fluency.	When performing pupils draw on what they know about strategy, tactics and composition.		Pupils explain how their body reacts during different types of exercise. They warm up and cool down in ways that suit the activity. They explain why regular safe exercise is good for their fitness and health.	control accuracy strategy fluency stamina
		Perform a range of rolls consistently, including a backward roll. Responds imaginatively to a variety of stimuli demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions.	Develop an understanding of how to improve in different physical activities and sports.		complex extended sequences combine perform consistency audience link

