



## Warren Wood Progression Grid



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



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