

Key Performance Indicators	Year 6 Milestones - P.E
Games	I can choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).
	I can work alone, or with team mates in order to gain points or possession.
	I can strike a bowled or volleyed ball with accuracy and consistency.
	I can use forehand and backhand when playing racket games.
	I can choose the most appropriate tactics for a game.
	I can uphold the spirit of fair play and respect in all competitive situations.
	I can lead others and act as a respectful team member.
	I can field, defend and attack tactically by anticipating the direction of play.
Dance	I can compose creative and imaginative dance sequences.
	I can hold a precise and strong body posture.
	I can create dances which communicates a definite mood or idea.
	I can plan, perform and repeat sequences.
	I can develop physical strength and suppleness by practising moves and stretching.
	I can perform to change speed and levels.
	I can move in a clear, fluent and expressive manner.
	I can develop physical strength and suppleness by practising moves and stretching.
Gymnastics	I can show changes of direction, speed and levels during a performance.
	I can plan, perform and repeat sequences.
	I can travel in a variety of ways, including weight to generate power in movements.
	I can start to develop interesting shapes and think about alignment of body parts.
Athletics	I can combine sprinting with low hurdles.
	I can throw accurately and refine performance by analysing technique and body shape.
	I can jump with a run up in a number of ways.
	I can show an ability to both lead and form a part of a team.
	I can support others and seek support if required when the situation dictates.
	I can use maps and compasses to orientate.

Cognitive Ability

I can understand the importance of a healthy and active lifestyle.

I can remain aware of changing conditions.

I can understand and identify possible risks.