

Year 6 PE Progress Ladder

Grade	Acquiring and Developing Skills	Selecting and Applying Skills, Tactics and Composition	Evaluating and Improving	Knowledge and Understanding of Fitness and Health
6.1 6.2 6.3 Developing	I can copy simple skills. I need peer/teacher support to repeat and explore these skills. The level of precision, control and coordination varies, and I do need reminders of technical points.	I can sometimes link learned skills and actions in ways that suit the activities. I require teacher support or for the level of challenge to be adapted.	With teacher/peer support I can describe and comment on my own and others' actions. I can sometimes work with others to plan and lead simple practices and activities for myself and others. There are occasions when I need support from a teacher.	I can recognise how my body feels different during exercise. I need teacher support in order to articulate this.



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6.4 6.5 6.6 Secure	I can link skills, techniques and ideas and apply them accurately and appropriately with control and coordination.	I can vary skills, actions and ideas and link these in ways that suit the activities showing an understanding of tactics and composition.	I can compare and comment on skills, techniques and ideas used in my own and others' work, and use this understanding to improve my performance	I understand how to exercise safely and how exercise affects my body during different activities. I can describe why regular, safe activity is good for my health and wellbeing



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6.7 6.8 (Mastering)	I can select and combine skills, techniques and ideas fluently. Applying them accurately and appropriately in different physical activities showing consistency precision, and control.	I can show that I understand tactics and composition by starting to vary how I respond and producing effective outcomes. This enables me to modify and refine skills and techniques to improve my performance and adapt	I can analyse and comment on how my work is similar to and different from others' work and use this understanding to improve my own performance. I can plan, organise and lead practices and activities safely, helping others to improve their performance.	I can give reasons why warming up before an activity is important. I can explain how my body reacts during different types of activity, and why physical activity is an essential component of a healthy lifestyle.

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		my actions in response to changing circumstances.		
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6.9 (Mastering)	I can select and combine skills, techniques and ideas and use them in a widening range of familiar and unfamiliar physical activities and contexts. I can perform with consistent precision, control and fluency.	I can use imaginative ways to solve problems, overcome challenges and entertain audiences. I can draw on what I know about strategy, tactics and composition in response to changing circumstances, and what I know of my own and others' strengths and weaknesses.	I can analyse and comment on how skills, techniques and ideas have been used in my own and others' work, and on compositional and other aspects of performance. I can suggest ways to improve. When leading practices and activities, I can apply basic rules, conventions and/or compositional ideas consistently.	I can explain and apply basic safety principles in preparing for exercise. I can describe what effects exercise has on my body and how it is valuable to my fitness and health. I understand how the different components of fitness affect performance and can explain how different types of exercise contribute to fitness and health. I can describe my involvement in regular, safe physical activity for the benefit of their health and wellbeing.