

Y6 Throwing Develop and refine techniques to throw for accuracy.		Y6 Compete/Perform Perform and apply a variety of skills and techniques confidently, consistently and with precision.		Y6 Compete/Perform Take part in competitive games with a strong understanding of tactics and composition.		Y6 Evaluate Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.									
		Y6 Jumping Develop and improve their techniques for jumping for height and distance and support others in improving their performance.		Y6 Jumping Perform and apply different types of jumps in other contexts.		Y6 Jumping Set up and lead jumping activities including measuring the jumps with confidence and accuracy.		Y6 Throwing Perform a heave throw.		Y6 Throwing Measure and record the distance of their throws.		Y6 Throwing Continue to develop techniques to throw for increased distance and support others in improving their personal best.			
Y6 Running Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.		Y6 Running Accelerate to pass other competitors.		Y6 Running Work as a team to competitively perform a relay.		Y6 Running Confidently and independently select the most appropriate pace for different distances and different parts of the run.		Y6 Running Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.		Y6 Jumping Develop the technique for the standing vertical jump.		Y6 Jumping Maintain control at each of the different stages of the triple jump.		Y6 Jumping Land safely and with control.	
Y6 Health & Fitness Understand the importance of warming up and cooling down.		Y6 Health & Fitness Carry out warm-ups and cool-downs safely and effectively.		Y6 Health & Fitness Understand why exercise is good for health, fitness and wellbeing.		Y6 Health & Fitness Know ways they can become healthier.		Y6 Running Recap, practise and refine an effective sprinting technique, including reaction time.		Y6 Running Build up speed quickly for a sprint finish.					