**Year 6**

**PE Skills List**

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|  | I can demonstrate tight marking in order to pressurise my opponent when defending. | I can receive a ball from one direction and pass to another, accurately and at speed. | I can play games with increasing accuracy and control. | I can organise myself. | I can play in different positions to aid my familiarity of the skills needed. | I can develop a sequence by combining a greater variety of movements. | I can design and structure a sequence using refined skills. | I can refine a chosen sequence to show technical improvement. | I can discuss and evaluate technical aspects of a sequence and consider personal skills. | I can practise and perfect a performance. | I can create/ perform a sequence of movements showing motif development. | I can select and structure dance motifs in relation to a chosen idea. I can improve the technical and expressive content and focus appropriately on the intention of the dance. | I can watch a professional piece of work and recognise skills and techniques they have achieved/ performed themselves. | I can refine my work to include an entrance and exit into space, which is appropriate to the dance idea. | I can warm up and cool down using whole body and isolated movements. | I can investigate best body position for sprinting techniques, sprinting starts and exchange of baton. | I can improve body posture and sprint speed, take-off and landing. I can investigate range of throws. | I can devise a personal run up and improve body position in flight when employing a jump. | I can decide the best placement of runners in a relay to achieve optimum results. | I can comment on individual aspects of relay to look for overall improvement. | I can demonstrate from a low to high position to achieve a longer throw. | I can warm up and col down using mobility, whole body and static exercises. | I understand exercises that are relevant to athletics, focusing on strength for arms, legs and abdominal muscles. |
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|  | I can explain that the body responds in different ways to improve different types of exercise. | I can explain that exercise helps me to make more of an active role, keeps me fit and makes me feel good. | I can work confidently in route finding, in a nearby environment. | I can adapt quickly to a new environment when making route decisions. | I can show effective leadership in organising a team event. | I can discuss and analyse the techniques used to complete a course. | I can practise and refine new skills to improve my performance |
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