



# **P.E Statements**

## **Year 6**

1. Uses knowledge of the relationship between the body and exercise to improve all fitness components
2. Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely
3. Create complex, demanding and well executed sequences containing a variety of gymnastic components
4. Display an understanding of fair play, working well with others and leading a large group
5. Field, defend and attack tactically by anticipating and reacting to the direction of play.
6. Utilise new skills in competitive situations, as an individual or part of a team
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)
8. **Swim 100m fluently with controlled strokes (breast stroke, front and back.)**