National Curriculum

Physical Education

Key Stage 2 – PE MAPs©

Year 6

Planning and Assessment: PE Measures of Attainment and Progress (PE MAPs©)

Area of Experience and Development

End of Year Age Related Expectations (Health)

Children ***explain in detail*** how physical activity and sport contributes to a healthy lifestyle.
They ***engage in a range of physical activities and sports*** and can ***describe*** some of the different ***health benefits of each.***
They ***consistently*** warm up and cool down safely in ways that suit the activity.

HEALTH

Skills, Knowledge & Understanding

1	2	3	4
Children are beginning to become ***secure in some aspects*** of the end of year expectations	Children are ***secure in the majority of the aspects*** of the end of year expectations	Children are ***secure in all or almost all of the aspects*** of the end of year expectations	Children ***add more depth and breadth*** to their knowledge of the end of year expectations
*They **display some examples** such as being able to:* ▪ Explain, using the correct terminology, the health benefits for their heart, lungs, muscles and bones of different sports and activities ▪ Explain, using the correct terminology, how regular physical activity, combined with a balanced diet can help maintain a healthy body composition ▪ Discuss in detail with a partner how physical activity and sport can have a positive effect on their mental health and well-being, developing confidence and self-esteem, feelings of achievement, feelings of happiness, and feeling good about themselves etc,	*They **display some more examples** such as being able to:* ▪ Describe to their partner that taking part regularly in Athletic running activities will benefit their heart, lungs and muscles, can help maintain a good body weight and make them feel good and positive about themselves ▪ Explain that taking part regularly in Gymnastics will help them with their flexibility, help to develop strong, core muscles and bones and helps them to develop a good, strong body posture ▪ Explain that taking part regularly in Dance will help to improve their physical and mental health including their coordination, heart and lungs, muscles and joints and self-confidence and feelings of happiness	*They **display even more examples** such as being able to:* ▪ Plan and regularly take their own warm-ups and cool downs, safely and appropriately, without guidance from staff ▪ Identify what parts of the body an activity uses and the types of fitness required e.g. aerobic, and plan a suitable warm-up to prepare their body for taking part in that activity e.g. basketball (arms, legs, whole-body plus heart and lungs – aerobic) ▪ Plan and lead a safe, appropriate warm-up and cool-down for a small group, for a specific activity such as Badminton, Dance, Gymnastics etc.	*With regards to the aspects of the end of year expectations, they:* ▪ Start to consolidate and embed them ▪ Use and apply them more regularly ▪ Use and apply them with greater consistency ▪ Use and apply them more appropriately ▪ Take more opportunities to use them

The majority of children are expected to work within and achieve Attainment Measures 1-4, with ***most children achieving Attainment Measure 3*** by the end of the year.

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