



## Band 6 - Physical Education

Swimming, Diet and hygiene, Healthy bodies, Healthy mind, Personal and social, Acquiring and developing skills, Applying skills and using tactics, Evaluating and improving performance

### Swimming

Swim 10m wearing clothes

*I can swim a minimum of 10m wearing everyday clothes*

Exit the water without using steps

*I can climb out of the pool without using the steps*

Swim 25m using any stroke

*I can swim a minimum of 25m using any efficient stroke*

Perform a range of movements in deep water demonstrating confidence and competence

*I can do a sequence of rolls, twists and turns in deepwater with confidence*

### Diet and Hygiene

Evaluate whether a diet is healthy or not, using vitamins and minerals to justify the answer

*I can explain how a typical diet is broken down into the various vitamins and minerals and say whether it is healthy or not*

Identify how different food should be eaten for nutritional purposes

*I know that different foods give us different benefits and how these should be combined for a healthy diet*

Explain the effect that high cholesterol has on the human body

*I know that high cholesterol can cause our bloodstreams to narrow or get blocked and this can be very harmful*

Understand that endorphins are released during exercise and that these are linked with happiness

*I know when I exercise my body produces chemicals called endorphins which make my body feel good*

Explain the different parts of sleep and why this is important for the body

*I know that sleep helps my physical and emotional health and that there are two main types of sleep (REM / Non-REM)*

### Healthy Bodies

Using scientific vocabulary, explain what happens to our bodies during and after exercise

*I can explain the effect of exercise on my body using scientific language*

Explain the difference between good bacteria and bad bacteria

*I can explain how some bacteria helps my body and other bacteria can be harmful*

### Healthy mind

Set achievable personal goals and successfully reflect on these, perhaps setting 'next steps'

*I can set achievable goals and know the steps to take to achieve them*

Explain the various aspects of mental health

*I know that 'mental health' is about feeling good about myself, having good friends and family and being focussed on what I want to achieve*

Understand different levels of confidence and its effect on life

*I know that some people are more confident than others and confidence levels can effect performance*

Understand emotional intelligence

*I know how to control and influence my feelings*



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### Personal and social

Understand that 'being healthy' incorporates body, mind and lifestyle

*I understand that 'being healthy' includes looking after my mind and body and having a healthy lifestyle*

Identify the impact of a good social life on happiness

*I know that if I have good friends and do the activities I enjoy I am likely to be happier*

Recognise his/her role in keeping his/her immediate environment safe and healthy and offer suggestions

*I can suggest ways that I can help provide a safe and healthy environment*

### Acquiring and developing skills

Perform a 'drop-kick'

*I can drop a football and kick it accurately, as it bounces upwards*

Perform a 'basketball dribble'

*I can do a 'basketball' dribble, bouncing a ball between a row of cones, controlling the bounces with my fingers*

Strike a ball with a range of bats for accuracy and distance

*I can hit a ball using a range of different bats both accurately and for distance*

### Applying skills and using tactics

When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others

*I can plan a course of actions against an opponent based on my strengths and their weaknesses*

### Evaluating and improving performance

Analyse, modify and refine skills and techniques and how these are applied

*I can perform better by taking into account my own previous tactics and also how successful they were*

Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy

*I can advise others in my team of the best strategy based on the combined strengths and weaknesses of everyone*

