



## **Year 6 End of Year Physical Education Expectations**

### **Working at the Expected Standard (EXP):**

*Pupil(s) are confidently and independently able to apply their knowledge:*

#### **Diet and Hygiene**

- To evaluate whether a diet is healthy or not, using vitamins and minerals to justify the answer.
- To identify how different food should be eaten for nutritional purposes.
- To explain the effect that high cholesterol has on the human body.
- To understand that endorphins are released during exercise and that these are linked to happiness.
- To explain the different parts of sleep and why this is important for the body.

#### **Healthy Bodies**

- To use scientific vocabulary, explaining what happens to our bodies during and after exercise.
- To explain the difference between good bacteria and bad bacteria.

#### **Healthy Mind**

- To set achievable personal goals and successfully reflect on these, perhaps setting 'next steps'.
- To explain the various aspects of mental health.
- To understand different levels of confidence and its effect on life.
- To understand emotional intelligence.



### *Personal and Social*

- To understand that 'being healthy' incorporates body, mind and lifestyle.
- To identify the impact of good social life on happiness.
- To recognise his/her role in keeping his/her immediate environment safe and healthy and offer suggestions.

### *Acquiring and Developing Skills*

- To perform a 'drop kick'.
- To perform a 'basketball dribble'.
- To strike a ball with a range of bats for accuracy and distance.

### *Applying Skills and Using Tactics*

- To plan activities and actions, taking into account a range of strategies, tactics and routes to success.

### *Evaluating and Improving Performance*

- To analyse, modify and refine skills and techniques and how these are applied.
  - To consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.
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