



The
ORATORY
RC PRIMARY
School

**What do we want our
Oratory athletes to know,
understand and be able to
do before they leave
Year 6?**



1. Develop fundamental movement skills and become increasingly competent and confident to access a broad range of opportunities to extend their agility, balance and coordination, linking them in a sequence of movement.
2. Master basic movements including running, jumping, throwing and catching.
3. Participate in team games, developing simple tactics for attacking and defending, developing the skills required to access competitive games such as cricket, hockey, netball, rounders, tag-rugby, handball and tennis.
4. Perform dances using a range of movement patterns and performances.
5. Develop flexibility, strength, technique, control and balance, through athletics and gymnastics.
6. Enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
7. Take part in outdoor and adventurous activity challenges both individually and within a team, both on the school site and away on School Journey.
8. Swim competently, confidently and proficiently over a distance of at least 25 metres
9. Use a range of strokes effectively, for example: front crawl, backstroke and breaststroke
10. Perform safe self-rescue in different water-based situations.
11. Understand the importance of regular physical activity as part of an active and healthy lifestyle.
12. Build upon their prior learning as they move through the school, becoming confident and competent athletes owing to the wide range of physical education experiences they are offered.
13. Have the opportunity to experience a broad and balanced curriculum of sports and physical activity they may not have previously tried, as well as be inspired by visits from influential athletes and sports personalities.
14. Achieve or exceed age-related expectations in Physical Education.
15. Participate in extracurricular sports and physical activity clubs, our annual sports day, and also represent Oratory School and inter-school competitions, festivals and tournaments.

16. Develop skills and attributes they can use beyond school and into adulthood, as well as inspiring a passion for physical activity that sees children engage in physical activity clubs and societies outside of school.

17. Develop essential water confidence and swimming skills, which in turn become vital life skills