

Half term	Unit/Topic	Skills	Knowledge	Vocabulary	Supporting Texts	Theory Concepts	Extra-curricular opportunities	Careers	Homework
1	Handball	<i>Progression from Handball [Y5]</i> Hands Retention One handed overhead pass Two handed catch - stationary and on the move Dribbling with dominant hand Shooting whilst stationary Progression Passing on the move Jump shot Dribbling with both hands Stealing the ball	Rules Only goalkeeper allowed inside the goal area, goalkeeper is the only player permitted to use their feet, player can bounce ball one handed as much as they want but if they catch in two hands they must then pass or shoot (similar to double dribble rule in basketball), player can take a maximum 3 steps but this resets with each dribble, players can't hold the ball for more than 3 seconds Defensive rules - Defending players can make body contact but they should not: hold or restrain attacking players, strike or pull back an opponents throwing arm, spoil a clear chance of scoring by illegal means (penalty throw awarded), hit or pull the ball out of opponents hands Heart Can you explain any links between effort and teamwork? (Hr4 and Hr6) Why is it important to work to the best of your ability, even in activities that you don't enjoy as much as others? (Hr4) Can you demonstrate good teamwork skills by ensuring that all players in your team are involved in play? (Hr6) What does it feel like to be a part of a team when everyone is working together? (Hr6) If a player on your team isn't trying their best, what impact can this have on the rest of the team? (Hr4 and Hr6) In a team, why is it important for all players to show humility? (Hr6) How can you show good sportsmanship in the games and why is this such an important part of every PE lesson? (Hr3) Head Do you have a good understanding of when to pass / shoot / dribble? Do you know which pass to make in any given scenario? Are you able to apply basic attacking principles in a game scenario? Do you demonstrate a good understanding of the basic rules of handball? Can you demonstrate basic defending principles and tactics in game situations? Are you aware of the strengths/weaknesses of other players and can you adapt your play to accommodate this? When defending, what tactics could you use to make it harder for the other team to score? What have you used in other invasion games that could help you play handball more effectively?	Overhead Pass Throw Catch Stationary Dribble Dominant Shoot Goal area Goalkeeper Attack Tactic Jump shot Stealing Defensive Principles Contact Restrain Opponent Sportsmanship Invasion	https://www.englandhandball.com/schools-1/teaching-resources https://www.ihf.info/sites/default/files/2020-03/H@S_booklet_0.pdf TEAM HANDBALL: TEACHING AND LEARNING STEP-BY-STEP: An Instructional Guide, by Luisa Estriga	Consequences of a sedentary lifestyle Definition of a sedentary lifestyle Possible consequences of a sedentary lifestyle: Weight gain/obesity Heart disease Diabetes Poor sleep Poor self esteem Lethargy Low fitness levels Increased risk of illness		Sports Statistician	Link to video shared via google classroom - Handball

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	Sportshall Athletics	<i>Progression from FMS [Y5] and Sportshall Athletics [Y5]</i> Hands Pupils will perform the same events as they did in Y5 and they will compare their scores in order to show progression 1 and 2 lap Chest push Soft javelin Speed bounce Standing long jump Standing triple jump Vertical jump	Rules Correct starting procedures for track events, what constitutes a no throw/jump, how to measure each of the field events properly, how to time a track event properly - use of the stopwatch Heart Why might somebody argue that resilience is more important in individual sports when compared to team sports? (Hr2) How can you demonstrate resilience in athletics events? (Hr2) Respect is integral to everything we do in PE at VGMS, how can you show respect in your PE lessons? Think about equipment, facilities, peers, staff (Hr3) In this unit, you have a great opportunity to demonstrate your work ethic. Everyone can do their best in PE lessons regardless of how confident you are. Are you producing your best work? (Hr4) Head How do you measure running, throwing and jumping events in Sportshall Athletics? What decisions do you have to make when competing in athletics events? What can you do to improve your own performance? Observe somebody else, what are the strengths and how could they improve their performance?	Track Field Event Sprint Throw Jump Javelin Speed Bounce Standing Long Jump Standing Triple Jump Vertical Jump Measure Evaluate Compare Personal Best Performance	https://www.sportshall.org/primary/primary-sportshall-competition . https://www.sportshall.org/primary/primary-sportshall-competition/teachers-downloads . https://www.sportshall.org/wp-content/uploads/2013/08/Primary-Rules-and-Guidance-Notes_171.pdf . https://www.sportshall.org/awards-homepage/primary-sportshall-awards		Hockey Rugby Dance	Bike mechanic	
	Hockey	<i>Progression from Games for Understanding [Y5] - Skills are specific</i> Hands Passing to the right onto strong side Block stop Dribble on strong side Change direction and Stopping ball at pace Use of reverse stick to bring ball back onto strong side, no need to turn stick Tackling on strong side Using both sides of the stick for dribble	Following on from games for understanding Year 5 , specifically sending and receiving Link and cross reference to invasion games from year 5 , Football, Basketball, Handball for Head decision making Strengthen both retention and metacognition Rules Safety- High sticks winning ball clearly, no lifting , holding the stick hands apart for control. Basic Rules for the D Inbounds Head Principles of attack (Very Similar and reinforced from all other invasion games with the exception of rugby) Shape of a 4 a side . Diamond, Movement forward and outwards to create space Ahead of Ball when have possession Moving forward as a unit from the goalkeeper First ball from the back always out wide Heart Principle of working harder in a team as others rely on you Roles and most importantly responsibility Competition and resilience in similar ability games Metacognition Appropriate level of challenge to ensure metacognition opportunities in similar ability games Self correction on decisions, How do you know if you have made a bad decision and what would you do next time in a similar position	Block stop Dribble Tackling Invasion Principles of Attack Shape Diamond Space Unit Safety Responsibility Resilience Leadership Metacognition Challenge	Hockey Steps to Success Hockey Drills Malcolm Alexander Field Hockey Techniques and Tactics Field Hockey , Understanding the Game Christopher Maloney Rules of Hockey www.englandhockey.co.uk		Netball Basketball Boys' Football Girls' Football Yoga Cheerleading Lacrosse Multi-Sports	SSCO	

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2	Gymnastics	<i>Progression from Gymnastics [Y5]</i> Hands Retention Floor work Travelling actions - Rolls (forward, backward, log, teddy), feet to feet, hands to feet (cartwheel) Balances - Individual and partner Use of large apparatus to perform adapted travelling actions and balances Creating routines Progression In Y6, pupils will be introduced to the concept of flight: Effective use of springboard How to get on and off apparatus safely Basic shapes - straight, tuck, pike and straddle Basic vaults - straddle and through Controlled landings	Rules Established routines for carrying and setting up equipment - no running, appropriate number of people per piece of equipment, correct lifting technique. Rules for effective paired and group work Establish rules for using the springboards, apparatus and mats. Importance of following instructions and acting in a responsible manner Heart When giving feedback about a performance, how can you ensure that it adheres to our core value of kindness? (Hr1) Gymnastics is very different to the other activities we have done so far in Y5, how have you demonstrated the core values in this/these lesson(s) (Hr1, 2 and 3) Even if gymnastics isn't one of your favourite topic areas, why is it important to always do your best? (Hr4) When creating a routine in a pair or small group, everyone needs to show good teamwork. What will this look, sound and feel like? (Hr6) When observing a performance, why is it important to be a respectful audience? (Hr3) It may take you some time to be able to perform a specific gymnastics skill, if this happens, what do you need to do? Give yourself some advice (Hr2) One person's best effort might be different to somebody else's, so how do I know if you are trying your best in these gymnastics lessons? (Hr4) Head Have a look at this performance, what is good about it and how could it be improved? Have you worked effectively as a team in today's lesson? How do you know? How will you know if your performance has been successful? What components of fitness do you think a gymnast requires and why? How are gymnasts judged when they are performing a vault? Gymnastics is known as an aesthetic activity. What does this mean and can you give any other examples? In terms of strength to weight ratio, a gymnast will be higher than a rugby players. Can you explain what this means?	Travelling Rolls Cartwheel Balances Individual Partner Apparatus Routine Safety Feedback Evaluate Teamwork Body tension Control Muscles Start position Finish position Flight Landing Springboard Trampoline Vault Box Horse Table Straight Pike Straddle Tuck Straddle vault Through vault	https://www.thepecspecialist.com/gymnastics/ https://www.youtube.com/watch?v=XhIRtneYCLM Teaching Children Gymnastics, by Peter H. Werner Teaching FUNDamental Gymnastics Skills, by Debby Mitchell	Aerobic and Anaerobic		Firefighter Link to video shared via google classroom - Hockey	

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3	Football	<i>Progression from FMS [Y5] and Invasion Games [Y5]</i> Hands Passing on strong side Passing with different parts of the strong foot Receiving with strong foot Receiving with the strong foot by stopping the ball Receiving on the strong foot by withdrawing the foot Dribbling with ball in front away from the body Shooting from close range Forward movement and change of pace Hitting through the middle of the ball	Following on from games for understanding Year 5 , specifically sending and receiving, kicking Link and cross reference to invasion games from year 5 , Hockey, Basketball, Handball for Head decision making Strengthen both retention and metacognition Rules Safety- Fouling and etiquette for the game Inbounds Restarts Pitch dimensions and out of bounds Pass ball in from side Goalkicks Head Principles of attack (Very Similar and reinforced from all other invasion games with the exception of rugby) Shape of a 4 a side . Diamond, Movement forward and outwards to create space Ahead of Ball when have possession Moving forward as a unit from the goalkeeper First ball from the back always out wide Keep ball on the floor to allow for better touch Heart Principle of working harder in a team as others rely on you Roles and most importantly responsibility Competition and resilience in similar ability games Metacognition Appropriate level of challenge to ensure metacognition opportunities in similar ability games Self correction on decisions, How do you know if you have made a bad decision and what would you do next time in a similar position Self correction of technique to ensure a positive result	Block tackle Dribble Tackling Invasion Principles of Attack Shape Diamond Space Unit Safety Responsibility Resilience Leadership Metacognition Challenge Passing Receiving Dribbling Shooting Etiquette Dimensions	Football steps to success Teaching games for understanding - Linda Griffin Metacognition EEF Learning through games , Ministry of football Integrity soccer, Teaching games for Understanding https://www.teachpe.com/sports-coaching/football-soccer	Muscles		Referee	Link to video shared via google classroom - Badminton

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	Badminton	<i>Progression from Net Games [Y5]</i> Hands Retention Ready position Basic grip of racket Forehand and backhand shots Progression Up taps Underarm serve (including backhand serve) Overhead forehand drive	Rules Winning a point, in and out, basic scoring rules, 'love' instead of 'zero' Rules for the serve, let, how to score a badminton match correctly, not allowed to touch the net Heart What is resilience and how can you develop it in net games? (Hr2) Why is it important to never give up in games? (Hr2) Can you use the correct terminology when discussing your games? (Hr5) Imagine you are losing a game, what thoughts might be going through your head and how can you improve your performance? (Hr2) When might an elite badminton player need to demonstrate resilience? Give examples (Hr2) Can you keep score accurately and communicate this with others? (Hr5) Head How can you create space and why is this important? What makes a successful shot in net games? What do you need to do differently in order to be more successful? How can you outwit your opponent in badminton games? When playing on a narrow court, how will you increase your chances of winning a point?	Self correction Court Net Racket Grip Ready position Forehand Backhand Serve Volley Point Rally 'Love' Service line Let Fault Underarm Overhead Drive Match	https://www.teachpe.com/badminton https://thepehub.co.uk/lesson-category/badminton-year-6/ https://www.badmintonengland.co.uk/on-court/school-resource-hub/		Hockey Rugby Dance Netball American Football Boys' Football Girls' Football Yoga Cheerleading Lacrosse	Sports Journalist	
	Tag Rugby	<i>Progression from Fundamental Motor skills [Y5] specifically, throwing and catching, running</i> Hands Passing to the left Passing to the right Running Forward Catching in two hands Side Step Two handed tag Moving towards correct technique for passing from Hip	Rules Passing Backwards, Tag rules , basic offside rules for open play and at restarts, try scoring , Ball inbounds. Non Contact, Pitch boundaries. Heart How to do your best ? Why it is important in team games to do your best ? Who Relies on you ? What is sportsmanship and How do we imply it ? Head How do we keep possession ? What is a good decision and how do we know ? The etiquette of Rugby as a sport (Cultural Capital) ? What options are available ? Which is the best choice in a given situation ? Basic Principles of attack-Creating Space, Moving forward whilst passing backwards, Making the pitch bigger by movement wide Metacognition Self reflection questions Was that the correct decision ? How do I know it was the correct decision ? What did I do wrong and how will I put it right next time ? Who is the best person to help me learn ?	Attacking Possession Metacognition Invasion Games Reflection Self correction Inbound Offside Open play Sportsmanship Etiquette Decision Making Options Choice Reliance Head Hands Heart	https://www.teachpe.com/sports-coaching/rugby https://www.englandrugby.com/participation/coaching/coach-resources https://keepyourbootson.co.uk/e-learning-courses/ Rugby Drills: 125 Activities to Improve Your Coaching Sessions, by Eamonn Hogan Coaching Youth Rugby: An Essential Guide for Coaches, Parents and Teachers, by Keith Richardson		Multi-Sports Fitness Gymnastics Table Tennis	Occupational Therapist	

Fitness Tests

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4	Fitness	Hands Demonstrate improved technique for a number of different basic exercises Ability to measure their own heart rate Planning an effective training session Ability to plan and lead an effective warm up activity	Heart To get the most out of your fitness training sessions, you need to put the effort in so how will you make sure that you keep your effort levels high? (Hr4) In order to maintain your effort levels throughout a fitness session, you will need to show resilience. Think about a time when you have demonstrated a high level of resilience and how could you use that in these lessons? (Hr2 and 4) Head How do you perform an effective warm up and what are the benefits of warming up? How do you measure your heart rate and how do you calculate your max HR? What is circuit training? What do you need to consider when planning a circuit training session? Can you identify key muscle groups of the upper and lower body? How do muscles work in pairs? What does agonist and antagonist mean? Can you identify the components of fitness and give practical examples of how each of them might be used in sport?	Exercise Technique Circuit Training Stations Upper body Lower body Heart Rate Maximum HR Measure Plan Warm Up Biceps Triceps Pectorals Abdominals Latissimus Dorsi Deltoids Quadriceps Hamstrings Gastrocnemius Gluteals Cardiovascular Endurance Muscular Endurance Speed Strength Flexibility	https://www.gov.uk/government/publications/teacher-training-physical-health-and-fitness	Fitness tests		Personal Trainer	
5	Netball	<i>Progression from Invasion Games [Y5], FMS [Y5] and Handball [Y5 and 6]</i> Hands Footwork - stopping/landing and pivoting Passing - chest, bounce and overhead Catching whilst stationary Dodging	Rules High 5 netball rules, GK, GD, C, GA, GS, pass or shoot within 3 seconds, footwork rule, double bounce (replayed ball), can't touch ball if held by an opponent, can't throw ball over 2 transverse lines (third lines), defensive player must be at least 1m away from ball, no contact allowed, can only shoot inside shooting circle Heart How can you show kindness in our games of netball? (Hr1) What would a kind teammate do if a player was struggling to play the game at the same level as them? (Hr1) If someone on the opposing team got injured, what could you do? Why is this important? (Hr1) Head Can you show an understanding of when to pass / shoot / dodge? Are you able to make good decisions in terms of which pass to make in a given scenario? Do you know the attacking positions on court and can you apply the offside rule successfully in games? What are the similarities between netball and handball, which we did in Y5 and 6? What transferable skills and knowledge did you learn in handball, which can be used in netball?	Footwork Pivot Stopping Chest Pass Bounce Pass Overhead Pass Catching Dodging Goal Keeper Goal Defence Centre Goal Attack Goal Scorer Offside Contact Obstruction Transferable	https://www.englandnetball.co.uk/support/support-for-organisations/teachers/secondary/ https://www.englandnetball.co.uk/support/support-for-organisations/teachers/primary/ Coaching Youth Netball: An Essential Guide for Coaches, Parents and Teachers, by Anita Navin	Energy Use		Sports scientist	Link to video shared via google

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	Cycling	<i>Progression from Bikeability Course [Y5] *Not all pupils have done this</i> Hands Methods of mounting and dismounting the bike safely Breaking Cornering Effective use of gears Spacing and breaking distance	Heart How can you show kindness to others during this unit of work? There will be times when you have to show resilience on the bike. Can you give examples of this? When cycling on the path, it is important to be respectful of other path users, how can you ensure that you do this? If you are cycling in a large group, why is it important to show good communication skills? Although cycling is an individual sport, there will be opportunities to develop your teamwork skills in this unit of work. Can you give any examples? Head How to complete an 'M Check' of their bikes Methods of adjusting the bike and essential safety equipment Basic breaking methods and how to control speed Importance of head position, body position, pedal position and line when cornering Use of the correct gear for different scenarios	Saddle Gears Safety Pedal Position Safety Helmets Cyclo Cross Mounting Dismounting Breaking Speed Elimination Control Head Position Body Position Pedal Position Speed Line Apex Feeding Communication Support Teamwork Pursuit				Community Sport and Health officer	classroom - Netball
	Striking & Fielding	<i>Progression from Striking and Fielding [Y5]</i> Hands Retention Basic principles of striking and fielding activities Rules of rounders and cricket Basic hitting technique Basic throwing technique Basic catching technique Progression Focus on fielding Throwing, catching, retrieving ball Fielding tactics - eg. Relay fielding	Rules Rounders - scoring, basic bowling rules, basic hitting rules Cricket - scoring and various ways a player can be given out Rounders - rules regarding players at a base, what happens if the ball is hit behind the batting square Cricket - rules regarding a run out, boundaries Heart How can you show kindness towards to teammates in striking and fielding activities? (Hr1) Do you think teamwork is more important when you are batting or fielding? Can you give examples to back up your answer? (Hr6) We've talked about teamwork a lot in Y5, how does teamwork in striking and fielding activities differ from teamwork that you have shown in other team sports? (Hr6) When have you shown good teamwork when fielding in today's lesson? (Hr6) Why is good communication an important factor to consider in order for a team to be successful when fielding? (Hr5) Can you give an example of when good communication would help in a cricket or rounders match? (Hr5) Head What tactics can you use when batting, bowling and fielding? What are the similarities and differences between cricket and rounders? What components of fitness do you need in striking and fielding activities? Explain your answer As a fielder in rounders/cricket, where do you think you should position your team so make it as difficult as possible for the batter? What does the term relay fielding mean and why is it important? 'Backing up' is an important fielding tactic, why do you think this is a good thing to do when fielding?	Striking Fielding Batting Hitting Bowling Throw Catch Rounders Cricket Tactics Fitness Component Retrieving ball Pick up Long barrier Relay fielding Positioning Batting square Run out Boundary	https://www.playsport.net/skill/strikingfielding https://schools.specialolympics.com.au/wp-content/uploads/2021/02/Striking-Fielding-Games-Program-Planner-Cards.pdf	Gaseous Exchange	Tennis Athletics Cricket Rounders Aqua Club Fitness Lacrosse Yoga Handball Multi-skills Girls' Football Gymnastics Y6 Cycling	Tournament Director	Link to video shared via google classroom - Tennis

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	Tennis	Progression from Net Games [Y5] Hands Retention Ready position Basic grip of rackets Progression Forehand groundstroke Backhand groundstroke Volley Serve	Rules Winning a point, in and out, basic scoring rules, 'love' instead of 'zero' Tennis scoring, rules for the serve, court markings Heart Why is it important to work to the best of your ability? (Hr3) What happens when somebody doesn't do their best in a PE lesson? (Hr3) How can you demonstrate good sportsmanship in tennis lessons? Why is this important? (Hr4) How can you show honesty and integrity in your tennis games? Why is this important to ensure your games are fair? (Hr4) Head What did you learn in badminton that can be applied to tennis? How might you outwit your opponent when playing tennis? When might a tennis player play safe and when might they attack and try to win points?	Court Net Racket Grip Ready position Forehand Backhand Serve Volley Point Rally 'Love' Groundstroke Ace Double Fault First serve Second serve Let Baseline Service Box Service Line Tramline Advantage Deuce	Teaching Tennis (Steps to Success S.), by Jim Brown https://www.tennisfoundation.org.uk/wp-content/uploads/2016/03/Primary-School-Handbook.pdf Tennis Mastery and Coaching Mastery, by David Smith https://lta-tennis.force.com/schools/s/ https://www.lta.org.uk/play/parents-area/lta-youth-schools/ https://education.gov.scot/improvement/learning-resources/judy-murray-tennis-resource/#			Massage therapist	
			PE Assessment Statements						