

# Y6 Physical Education



Autumn 1	Handball	Gymnastics - Core Task 1
Year 6	<ul style="list-style-type: none"> <li>● Shooting and introducing defending</li> <li>● Blocking and developing the small sided game</li> <li>● Develop principles of attack and defence and introduce full size competitive games</li> <li>● Develop full size game</li> <li>● Introduce goalkeeping</li> <li>● Practise full size competitive game</li> </ul>	<ul style="list-style-type: none"> <li>● To perform travelling actions (with a turn) and balances with twisted shapes. To evaluate their own and others work.</li> <li>● To perform jumping and rolling actions.</li> <li>● To link actions into and out of balances.</li> <li>● To perform actions involving flight into and out of balances.</li> <li>● To perform actions involving counter balances with a partner.</li> <li>● To perform actions involving counter balances with a partner.</li> <li>● To create a sequence of eight to ten different elements with a partner.</li> <li>● To perform a sequence of eight to ten different elements with a partner.</li> <li>● To evaluate a performance against set criteria.</li> </ul>

Autumn 2	Dance	Gymnastics - Core Task 2
Year 6	<ul style="list-style-type: none"> <li>● Explore and practice movement ideas inspired by a stimulus.</li> <li>● Begin to use basic compositional principles when creating their dances.</li> <li>● Perform movements accurately with a sense of rhythm.</li> <li>● Move in a way that reflects the music.</li> <li>● Combine and perform movements fluently and effectively.</li> <li>● Perform dances with clarity and confidence.</li> <li>● Perform dances in canon.</li> <li>● Explore, improvise and combine movement ideas fluently and effectively.</li> <li>● Introduce and perform dances in unison.</li> <li>● Create dance motifs to show ideas, developing expressive qualities.</li> <li>● Share ideas in small groups, working together to create a routine incorporating different elements.</li> <li>● Perform movements to an audience with rhythm and confidence.</li> <li>● Use the imagination to perform actions to music.</li> </ul>	<ul style="list-style-type: none"> <li>● To perform a sequence of eight to ten different elements with a partner with music. To teach sequence to another pair.</li> <li>● To teach sequence to another pair.</li> <li>● To perform a sequence of eight to ten different elements in a small group.</li> <li>● To perform a sequence of eight to ten different elements in a small group. To show an awareness of factors influencing the quality of a performance and suggest aspects that needs improving.</li> <li>● To adapt a sequence of eight to ten different elements in a small group using both floor and apparatus.</li> <li>● To refine a sequence of eight to ten different elements in a small group using both floor and apparatus.</li> <li>● To perform a sequence of eight to ten different elements in a small group using both floor and apparatus.</li> </ul>

Spring 1	Fitness	Games - Ultimate Frisbee
Year 6	<ul style="list-style-type: none"> <li>● To gain a baseline assessment for stamina.</li> <li>● To understand components of physical fitness.</li> <li>● To be able to demonstrate a variety of fitness circuit tests.</li> <li>● To understand components of physical fitness.</li> <li>● To be able to demonstrate a variety of fitness circuit tests.</li> <li>● To understand the importance of a healthy diet.</li> <li>● To be able to Evaluate and recognise their own success.</li> <li>● To be able to cooperate and work together as part of a competition.</li> </ul>	<ul style="list-style-type: none"> <li>● To understand the basic skills of sending and receiving a frisbee.</li> <li>● To improve consistency in receiving.</li> <li>● To apply sending and receiving skills in a game.</li> <li>● To develop and improve throwing for accuracy.</li> <li>● To develop and improve team work during a game.</li> <li>● To be able to apply basic principles suitable for attacking and defending.</li> <li>● To be able to cooperate and collaborate as part of a team or as individuals.</li> <li>● To play a full 7v7 game of ultimate Frisbee. Class able to understand the rules of the game and progress from the previous week.</li> </ul>

Spring 2	Games - Tennis	Games - Rounders
Year 6	<ul style="list-style-type: none"> <li>● Play shots on the forehand and backhand side of body.</li> <li>● Hit the ball with purpose, varying speed, height, and direction.</li> <li>● Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</li> <li>● Adopt a good ready position.</li> <li>● Show good position on court.</li> <li>● Direct the ball towards the opponent's court or target area.</li> <li>● Identify spaces and understand the tactic of hitting into gaps.</li> <li>● Perform skills with accuracy, confidence, and control.</li> <li>● Hit the ball with purpose, varying speed, height, and direction.</li> <li>● Apply basic principles suitable for attacking.</li> <li>● Identify spaces and understand the tactic of hitting into gaps.</li> <li>● Learn how to evaluate and recognise their own success.</li> <li>● Play shots on the forehand and backhand side of body.</li> <li>● Hit the ball with purpose, varying speed, height, and direction.</li> <li>● Identify parts of the game where they are performing well.</li> </ul>	<ul style="list-style-type: none"> <li>● Use skills and tactics to outwit opponents when batting.</li> <li>● Use skills and tactics to outwit opponents when fielding.</li> <li>● Choose skills that meet the needs of the situation.</li> <li>● Use skills and tactics to outwit opponents when fielding.</li> <li>● Watch and evaluate the success of games.</li> <li>● Develop control.</li> <li>● Perform skills with accuracy, confidence, and control.</li> <li>● Learn how to evaluate and recognise their own success.</li> <li>● Use skills and tactics to outwit opponents when batting.</li> <li>● Identify spaces and understand the tactic of hitting into gaps.</li> <li>● Watch and evaluate the success of games.</li> <li>● Work as part of a team that covers the area to make it hard for the batter to score runs.</li> <li>● Develop an understanding of how to improve in different physical activities and sports.</li> <li>● Adapt games and activities making sure everyone has a role to play.</li> <li>● Play shots that allow the ball to be hit to different areas of the field into spaces.</li> <li>● Use tactics that involve bowlers and fielders working together.</li> <li>● Identify parts of the game where they are performing well.</li> </ul>

Summer 1	Games - Cricket	Orienteering
Year 6	<ul style="list-style-type: none"> <li>• To develop the range of Cricket skills they can apply in a competitive context</li> <li>• Choose and use a range of simple tactics in isolation and in a game context</li> <li>• Consolidate existing skills and apply with consistency</li> <li>• Link together a range of skills and use in combination</li> <li>• Collaborate with a team to choose, use and adapt rules in games</li> <li>• Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance.</li> <li>• Apply with consistency standard cricket rules in a variety of different styles of games</li> <li>• Attempt a small range of recognised shots in isolation and in competitive scenarios</li> <li>• Use a range of tactics for attacking and defending in the role of bowler, batter and fielder</li> </ul>	<ul style="list-style-type: none"> <li>● Work cooperatively and successfully as part of a team.</li> <li>● Build confidence during team activities.</li> <li>● Plan strategies to complete tasks.</li> <li>● Work cooperatively and successfully as part of a team.</li> <li>● Develop Speed.</li> <li>● Develop physical fitness and be able to describe its importance in orienteering.</li> <li>● Understand and follow safety rules and procedures for taking part in orienteering events.</li> <li>● Takes part in a picture orienteering event with success.</li> <li>● Develop map reading and map building skills.</li> <li>● To understand elements on a map and use scaling confidently.</li> <li>● Use a map to confidently orientate yourself around.</li> <li>● Complete an adapted control orienteering event.</li> <li>● Use previous knowledge to navigate and design a route to the controls.</li> <li>● Use features on a map to find controls.</li> <li>● Choose sensible skills and approaches for the challenge.</li> <li>● Identify what they have done well and adapt plans for future challenges.</li> <li>● Work as a team to decide what approach to use to meet the challenge set.</li> </ul>

Summer 2	Athletics	OAA - Kayaking and Paddleboarding
Year 6	<ul style="list-style-type: none"> <li>Choose the appropriate speed to run at for the distance to be covered.</li> <li>Choose the appropriate throwing technique to meet the demands of the task.</li> <li>Choose the appropriate jumping technique to meet the demands of the task.</li> <li>Communicate, collaborate, and compete with others.</li> <li>Develop control whilst performing skills at speed.</li> <li>Understand the importance of being physically fit.</li> <li>Perform skills with accuracy, confidence, and control.</li> <li>Learn how to evaluate and recognise their own success.</li> <li>Run, jump, catch and throw in isolation and in combination.</li> <li>Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> <li>Choose skills that meet the needs of the situation.</li> <li>Combine and perform skills with control.</li> <li>Develop an understanding of how to improve in different physical activities and sports.</li> <li>Choose the appropriate speed to run at for the distance to be covered.</li> <li>Choose the appropriate throwing technique to meet the demands of the task.</li> <li>Choose the appropriate jumping technique to meet the demands of the task.</li> </ul>	<p>Children work towards the British Canoeing -Paddle Start award:</p> <p><b><u>Clothing and Equipment</u></b>            To understanding the clothing and equipment being used            To understand when a buoyancy aid is fitted correctly            To know what clothing is appropriate for water activities.            To understand which crafts are stable and unstable and how many people can be in the craft.            To know what style of paddle they can work with and understand how it works.</p> <p><b><u>Getting on the Water</u></b>            To know and be able to safely get a craft into the water.            To know how to safely access the craft once on the water.</p> <p><b><u>On the Water</u></b>            To understand and respect the area they are paddling in            To recognise and avoid hazards on the water            To know how to move the carft forwards and backwards,, change direction and stop.            To understand how to minimise disturbance to wildlife whilst on the water.</p> <p><b><u>After the Session</u></b>            To know how to leave the water protecting themselves and the environment.</p>