

## Year 6 - Physical Education

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fitness	Yoga	Football	Cricket	Gymnastics	Dance
<ul style="list-style-type: none"> <li>• Develop:                             <ul style="list-style-type: none"> <li>○ Awareness of what the body is able to do</li> <li>○ Speed and stamina</li> <li>○ Strength using own body weight</li> <li>○ Co-ordination</li> <li>○ Agility</li> <li>○ Balancing with control</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Develop:                             <ul style="list-style-type: none"> <li>○ Flexibility through the sun salutation flow</li> <li>○ Strength through yoga flows</li> <li>○ Balance through yoga flows</li> </ul> </li> <li>• Create own flow showing quality in control, balance and technique and a flow that challenges these</li> <li>• Work collaboratively to create a controlled paired yoga flow</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain possession when dribbling and do this when under pressure</li> <li>• Select the appropriate skill, choosing when to pass and when to dribble</li> <li>• Move into and create space to support a teammate</li> <li>• Use the appropriate defensive technique for the situation</li> <li>• Apply rules, skills and principles to play in a match/tournament</li> </ul>	<ul style="list-style-type: none"> <li>• Develop throwing, catching and bowling under pressure</li> <li>• Strike a bowled ball with increasing consistency</li> <li>• Develop fielding techniques and select the appropriate action for the situation</li> <li>• Understand and apply tactics in a game</li> <li>• Understand and abide by the rules of the game</li> <li>• Apply skills and knowledge to compete in a match/tournament</li> </ul>	<ul style="list-style-type: none"> <li>• Further develop straddle, forward and backward roll and develop these into a sequence using apparatus</li> <li>• Develop counter balance and counter tension which can be incorporated into a sequence with apparatus</li> <li>• Develop jumps exploring the effect of height</li> <li>• Explore jump sequence work with consideration of performance tools</li> <li>• Develop inverted movements with control</li> <li>• Use flight from hands to travel over apparatus</li> </ul> <p>Create a group sequence and contrasting group sequence using formations and apparatus</p>	<p><i>See dance website page.</i></p>
Hockey	Tag Rugby	Netball	OAA	Athletics	Badminton
<ul style="list-style-type: none"> <li>• Develop dribbling skills to beat a defender</li> <li>• Send and receive the ball with control under pressure</li> <li>• Select the appropriate skill, choosing when to pass and when to dribble</li> <li>• Create and move into space to support a teammate</li> </ul>	<ul style="list-style-type: none"> <li>• Use learnt skills, choosing when to run and when to pass</li> <li>• Support a teammate by moving into a space, abiding by the rules</li> <li>• Gain possession by using defending skills</li> <li>• Prevent attackers from scoring by working as a defending unit</li> </ul>	<ul style="list-style-type: none"> <li>• Develop passing and moving to maintain possession</li> <li>• Use a variety of attacking skills to lose a defender</li> <li>• Support a teammate by moving into and creating space</li> <li>• Use defending skills to gain possession</li> <li>• Develop accuracy in when shooting under pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Show an awareness of safety whilst building communication and trust</li> <li>• Solve problems by collaborating as a team</li> <li>• Develop tactical planning and problem solving</li> <li>• Use critical thinking to determine the best approach when working as a team</li> </ul>	<ul style="list-style-type: none"> <li>• Develop:                             <ul style="list-style-type: none"> <li>○ Own and others sprinting technique</li> <li>○ Power, control and technique for the triple jump and when throwing for distance</li> <li>○ Throwing with force and</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Return the shuttlecock using an underarm clear and an overhead clear</li> <li>• Keep a continuous rally going by using a variety of shots</li> <li>• Understand rules of serving and develop serving technique</li> <li>• Play against an opponent and with a partner by using tactics</li> </ul>

<ul style="list-style-type: none"> <li>• Apply defensive techniques appropriate for the situation</li> <li>• Apply rules, skills and principles to play in a match/tournament</li> </ul>	<ul style="list-style-type: none"> <li>• Beat a defender by using a variety of attacking skills</li> <li>• Apply rules, skills and tactics learnt to play in a tag rugby tournament</li> </ul>	<ul style="list-style-type: none"> <li>• Use and apply skills, principles and tactics in a game</li> </ul>	<ul style="list-style-type: none"> <li>• Develop navigational skills and map reading</li> <li>• Use a key to identify objects and locations</li> </ul>	<p style="text-align: center;">accuracy for longer distances</p> <ul style="list-style-type: none"> <li>• Identify suitable pace for an event</li> <li>• Work collaboratively in a team to develop the officiating skills of measuring, timing and recording</li> </ul>	<ul style="list-style-type: none"> <li>• Apply rules, skills and principles to play against an opponent</li> </ul>
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