Y6 PHYSICAL EDUCATION CURRICULUM

6	Autumn 1		Autumn 2	
	Netball	**Football**	**Gymnastics**	**Volleyball**
Key Skills	**Physical:** throw, catch, run, jump, change direction, change speed, shoot **Social:** communication, collaboration, respect **Emotional:** honesty and fair play, pride, empathise, persevere **Thinking:** select and apply, decision making, comprehension	**Physical:** dribble, pass, receive, tackle, track **Social:** communication, collaboration, respect, cooperation **Emotional:** honesty, persevere, determination **Thinking:** assess, explore, decision making, select and apply	**Physical:** forward straddle & backward roll, counter balance, counter tension, cartwheel, bridge, shoulder stand, handstand **Social:** work safely, collaboration **Emotional:** independence, confidence, determination **Thinking:** observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences	**Physical:** catch, throw, jump set, dig, serve, rally **Social:** communication, respect, support and encourage others **Emotional:** perseverance, honesty, determination **Thinking:** using tactics, select and apply skills, identify strengths and areas for development, reflection
Learning Objectives	To develop passing and moving to maintain possession. To use a variety of attacking skills to lose a defender. To move into and create space to support a teammate. To use defending skills to gain possession. To develop accuracy in the shooting action under pressure. To use and apply skills, principles and tactics to a game situation.	To maintain possession when dribbling. To dribble with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. To move into and create space to support a teammate. To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament.	To develop the straddle, forward and backward roll. To develop rolling into sequence work and on apparatus. To develop counter balance and counter tension. To develop counter balance and counter tension into sequence work with apparatus. To develop jumps and explore the effect of height. To explore jump sequence work with consideration of performance tools.	To use the fast catch volley to create space and place the ball. To develop the set shot and understand when to use it. To develop the dig and understand when to use it. To select and apply skills to keep a continuous rally going. To develop the underarm serve and learn the rules of serving. To apply rules, skills and principles to play in a tournament.
Vocab	Abide, angle, assess, ball carrier, call side, close down, contest, definite, dominant, draw, drive, extend, maintain, possession, rebound, umpire	Abide, appropriate, assess, close down, consecutive, create, draw, drive, maintain, possession, situation, sportsmanship, tactics, transition, turnover	Aesthetics, competent, contrasting, counter balance, counter tension, engage, execution, flight, formation, handstand, progression, refine, structure, vault	Actions, canon, choreograph, choreography, collaborate, dynamics, formation, genre, motif, pathway, performance, phrase, posture, quality, relationship, space, structure, timing, transition, unison
Assessment	I can create and use space to help my team I can pass, receive and shoot the ball with increasing control under pressure I can use marking and/or interception to improve my defence I can select the appropriate action for the situation and make the decision quickly I can use rules of the game consistently to play honestly and fairly	I can dribble, pass, receive and shoot the ball with some control under pressure I can use making, tackling and interception to improve my defence I can create space to help my team I can recognise my own and others strengths and areas for development and can suggest ways to improve	I can combine and perform gymnastic actions, shapes and balances with control and fluency I can create and perform sequences using compositional devices to improve the quality I understand what counter balance and counter tension is and can show examples with a partner	I can use skills taught in a game situation I am confident to make decisions when refereeing I can select the appropriate action from the situation and make this decision quickly I can work collaboratively to create tactics with my team and evaluate the effectiveness of this

Y6 PHYSICAL EDUCATION CURRICULUM

6	Spring 1		Spring 2	
	Dance	**Fitness**	**Hockey**	**Basketball**
Key Skills	**Physical:** actions, dynamics, space, relationships **Social:** share ideas, collaboration, support, communication, inclusion, respect, leadership **Emotional:** confidence, self regulation, perseverance, determination, integrity, empathy **Thinking:** feedback, comprehension, use feedback to improve, select and apply skills	**Physical:** agility, balance, coordination, speed, stamina, strength **Social:** collaboration, support and encourage others **Emotional:** perseverance, determination **Thinking:** feedback, analysis, observation, evaluation	**Physical:** run, dribble, pass, receive, tackle, intercept, shoot **Social:** communication, collaboration, respect, support others **Emotional:** honesty, perseverance, fair play, determination **Thinking:** identify areas of strength and areas for development, select and apply, decision making, comprehension, reflection	**Physical:** throw, catch, run, jump, dribble shoot **Social:** communication, cooperation, collaboration, respect **Emotional:** honesty and fair play, confidence, perseverance, **Thinking:** reflection, decision making, select and apply, use tactics, observe and provide
Learning Objectives	**THEME: Stamp, Clap** To copy and repeat a dance phrase showing confidence in movements. To work with others to explore and develop the dance idea. To use changes in dynamics in response to the stimulus. **THEME: 70s Disco** To copy and repeat a phrase of movement in the 1970s disco style. To choreograph a freeze frame montage in the 1970s style. To use feedback to develop and refine a 1970s dance performance.	To develop an awareness of what your body is able to do. To develop speed and stamina. To develop strength using my own body weight. To develop co-ordination. To develop agility. To develop balancing with control.	To develop dribbling to beat a defender. To send and receive the ball with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. To move into and create space to support a teammate. To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament.	To dribble with control under pressure. To move into and create space to support a teammate. To choose when to pass and when to dribble. To use the appropriate defensive technique for the situation. To develop shooting technique and make decisions about when to pass, dribble or shoot. To apply principles, rules and tactics to a tournament.
Vocab	Action, aesthetic, choreography, dynamics, express, formation, freeze frame, inspiration, mood, motif, phrase, pose, refine, rehearse, stimulus, structure, style, transition	Abdominals, agility, analyse, calves, coordination, consistent, drive, engage, measure, motivate, persevere, power, quadriceps, record, rhythm, stable	Abide, appropriate, barrier, close down, create, cushion, draw, pressure, situation, sportsmanship, stance, support, tactics, transition, turnover	Abide, angle, ball carrier, ball side, barrier, create, dominant, draw, maintain, rebound, sportsmanship, support, tactics, transition, turnover
Assessment	I can perform dances confidently and fluently with accuracy and good timing I can choreograph a dance and work safely using a prop I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters I can use feedback provided to improve the quality of my work	I can change my running technique to adapt to different distances I can collect, record and analyse scores to identify areas where I have made the most improvement I encourage and motivate others to work to their best I understand that there are different areas of fitness and how this helps me in different activities I understand the different components of fitness and ways to test and develop them	I can create and use space to help my team I can dribble, pass, receive and shoot the ball with increasing control, under pressure I can use marking, tackling and /or interception to improve my defence I can work collaboratively to create tactics with my team and evaluate the effectiveness of these	I can create and use space to help my team I can dribble, pass, receive and shoot the ball with increasing control, under pressure I recognise my own and others strengths and areas for development and can suggest ways to improve I understand when to use different styles of defence in game situations

Y6 PHYSICAL EDUCATION CURRICULUM

6	Summer 1		Summer 2	
	Athletics	**Flag Football**	**OAA**	**Cricket**
Key Skills	**Physical:** pace, sprint, jump for distance, push throw, fling throw **Social:** negotiating, collaborating, respect **Emotional:** empathy, perseverance, determination **Thinking:** observing and providing feedback, comprehension	**Physical:** Running, Throwing, Catching, Evading, Tagging, **Social:** Can you pick a team for flag football using strengths in every position **Emotional:** How do you react to another member of your team making a mistake **Thinking:** am I a good teammate?	**Physical:** balance, coordination, run at speed, run over distance **Social:** communication, collaboration, inclusion, leadership, work safely **Emotional:** confidence, trust, honesty **Thinking:** evaluation, reflection, problem solving, comprehension, select and apply	**Physical:** deep and close catching, underarm and overarm throwing, overarm bowling, long and short barrier, batting **Social:** communication, respect collaboration **Emotional:** perseverance, honesty, **Thinking:** observation, provide feedback, select and apply skills, tactics, assessing
Learning Objectives	To develop my own and others sprinting technique. To identify a suitable pace for the event. To develop power, control and technique for the triple jump. To develop power, control and technique when throwing for distance. To develop throwing with force and accuracy for longer distances. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.	**By the end of the lesson, year 6 should be able to play a recap game of flag football to remember all positions and roles on the pitch and** decide which offensive player to pass the ball to because they are in space or not marked. snap the ball straight to the quarterback's hands more times than not, making it easy for the QB to catch and throw. devise their own routes for flag football, based on hook, slant and fade. describe and demonstrate at least 6 different football plays that involve C, QB, RB and WR will be able to play a competitive game of flag football using their teams strengths for picking a team	To build communication and trust whilst showing an awareness of safety. To collaborate as a team to solve problems. To develop tactical planning and problem solving. To work as a team and use critical thinking to determine the best approach. To develop navigational skills and map reading. To use a key to identify objects and locations.	To develop throwing and catching under pressure and apply these to a striking and fielding game. To develop bowling under pressure whilst abiding by the rules of the game. To strike a bowled ball with increasing consistency. To develop fielding techniques and select the appropriate action for the situation. To understand and apply tactics in a game. To apply skills and knowledge to compete in a tournament.
Vocab	Discus, drive, event, explosive, fling, grip, maximum, meet, officiate, pace, pattern, phase, power, release, rhythm, stance, strategy	Offence, Defensive, Quarterback, Running Back, Plays, Touchdown, Down, Snap, Line of scrimmage	Adhere, approach, cardinal points, communication, contribute, critical thinking, determine, evaluate, inclusive, leadership, location, navigate, orientate, trust	Backing up, close catch, compete, decide, deep catch, grip, long barrier, momentum, run out, short barrier, situation, stance, tactic
Assessment	I can help others to improve their technique using key teaching points I can perform jumps for distance using good technique I can select and apply the best pace for a running event I can show accuracy and good technique when throwing for distance I use different strategies to persevere to achieve my personal best	Can they play a full game of flag football, choosing the strongest position for you and your team. Can the team choose each play's correct route and explain why? Are we able to use sportsmanship when winning and losing	I can orientate a map efficiently to navigate around a course I can pool ideas within a group, selecting and applying best method to solve a problem I can work effectively with a partner and a group to solve challenges I cam inclusive of others, can share job roles an lead when necessary	I can strike a bowled ball with increasing consistency and accuracy I can sue a wider range of fielding skills with increasing control under pressure I understand and can apply some tactics in the game as a batter, bowler and fielder I can work in collaboration with others so that games run smoothly