

Our PE journey in Year 6



At the end of Y6 I am now ready and prepared to move onto secondary school, after I have mastering the skills and gaining the knowledge of how to live a healthy, active lifestyle, with a love of sport.



Perform athletic throwing events with good technique.

Perform a smooth baton transition in a relay race.

Key Words:

- Synchronise
- weight transfer
- explosiveness
- streamlined
- hamstrings
- quadriceps
- gluteal
- gastrocnemius

Athletics



Hit a ball a coming at different paces (slow, medium and fast) and adapt batting style to strike ball into space.



Bowl effectively in a game

- Key Words
- Precision
 - Change of Pace
 - Adaptation
 - Hit into Space
 - Body Position
 - Hamstring
 - Gastrocnemius
 - Quadriceps

Adapt fielding techniques (long barrier and catching)

Racket sports

Use and apply sport specific rules.



- Key words
- 15,30,40
 - Deuce
 - Advantage
 - Love
 - Let
 - First Serve
 - Second Serve

Know and try to apply the rules of the game, including the differences when playing singles and doubles



Work as a pair to find a feature using navigation tactics.

Plan with partner/team to choose the best route choice to complete the course.



- Key Words
- Pacing
 - Hamstring
 - Gastrocnemius
 - Quadriceps
 - Heart rate
 - Equipment

Summer Term

Striking and fielding

Roll in to and out of balances



- Key words
- Compositional
 - Consistency
 - Appropriate
 - Terminology
 - Evaluate
 - Components
 - Direction
 - Mirror



OAA

I can create a singles, pairs and group routines leading up to a performance

- Key words
- Vault
 - Rotate
 - Dismount
 - Preparation
 - Execution
 - Direction
 - Cannon
 - Unison
 - Mirror
 - Synchronised

I can peer and self-assess

Perform twists and shapes in flight with tension and safe landings.

Performing a range of dances copying and creating in groups, using a range of movement patterns.



Create & perform dances in a variety of styles, consistently, in small groups.

To be able to recognise a component of fitness from a given exercise.

- Key words
- Health
 - Coach
 - Technique
 - Evaluate
 - Quadriceps
 - Gastrocnemius
 - Dynamic stretch

Spring Term

I can create and adapt singles and pairs balances to my strengths



- Key Words
- Listen
 - Demonstrate
 - Verbal and non verbal
 - Planning
 - Equipment
 - Organisation
 - Fun

Ensure your sessions are organised, fun and for everyone

Understand and explain the effects of exercises on my body and level of fitness

Fitness

Be able to plan and deliver a fitness circuit.

Know how to shoot using a set shot and begin to attempt a lay-up.

- Key words
- 2 steps for layup
 - Stealing
 - Space
 - Dynamic stretches
 - Toss up
 - Hamstring
 - Rebound
 - Decision making

Understand and apply the triple threat principle

Leadership

Plan and lead a number of events for KS1

Work collaboratively with your peers

Umpire/referee fairly

Position body to defend effectively, making successful interceptions.

Understand the different areas of the court and can name where positions are permitted.

Can control a ball using chest, thigh and feet on most occasions.

Invasion games

Autumn Term

Land with the appropriate footwork, balance, pivot and then pass the ball.

- Key words
- Centre pass
 - Double dodge
 - Dynamic stretches
 - Offside
 - Toss up
 - Hamstring
 - Gastrocnemius
 - Quadriceps

Can dribble to beat an opponent

Can shoot with different parts of the foot depending on the GK position.

- Key Words
- Instep Passing
 - Control
 - Defending
 - Marking
 - Attacking
 - Dribble
 - Spatial Awareness

