LONGTON LANE PRIMARY SCHOOL SUBJECT: PE YEAR 6

 *‘Believe and Achieve’*

Acquiring and Developing Skills Evaluating and Improving Health and Fitness Dance Games Gymnastics Athletics Outdoor Adventure Swimming

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| National Curriculum Subject Contentuse running, jumping, throwing and catching in isolation and in combination (6)play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending (7)develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] (8)perform dances using a range of movement patterns (9)take part in outdoor and adventurous activity challenges both individually and within a team (10)compare their performances with previous ones and demonstrate improvement to achieve their personal best. (11)Swimming and water safetyswim competently, confidently and proficiently over a distance of at least 25 metres (12)use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] (13)perform safe self-rescue in different water-based situations. (14) |

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| Autumn 1 | **SWIMMING (12 13 14)**Swim between 25 and 50 metres unaidedKeep swimming for 90 seconds, using swimming aids and support.Use a variety of controlled arm and leg actions when on their front and on their back.Swim on the surface and lower themselves under water safely.Use all 3 strokes with control.Control their breathingDescribe good swimming technique and explain it to others.Perform some personal survival techniquesSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise  | **GYMNASTICS NORTHERN STARR (shapes/ balance/ rolls/ jump (static/ travelling on and off apparatus) (8 11)**Develop different ways to travel across, along and over apparatusCombine their own work with that of othersLink their sequences to specific timingsDevelop jumps and rolls off a bench or other apparatusTo consistently demonstrate safe practice when using equipmentSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise |
| Autumn 2 | **GAMES- UNIT 2- NET/ COURT/ WALL GAMES (6 7 8 11)**Play a variety of shots with intent and in an accurate direction with hands and feetDirect a ball at varying heights, speeds and angles and explain reasons for choicesSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise | **GAMES- UNIT 4- INVASION GAMES (ball handling) (6 7 8 11)**Understand and demonstrate a range of controlled skills and abilities playing invasion games of varying formatsKnow and understand the positions they play in a variety=ty of invasion gamesUnderstand and demonstrate a range of controlled passing, receiving, dribbling and shooting skillsMake effective choices when playing invasion games in various formats and in different positionsLead others in a game situationSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise |
| **OUTDOOR ADVENTURE- RESIDENTIAL TRIP**Use their skills in different situationsPlan a route and series of clues for someone elseSuggest activities and practices to help improve their own performance Apply their skills, techniques and ideas consistentlyShow precision, control and fluency | Analyse and explain why they have used specific skills or techniques in team and individual performances Modify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise |
| Spring 1 | **DANCE NORTHERN STARR (8 9 11)**Develop imaginative dances in a specific styleChoose their own music, style and danceInterpret different stimuli with imagination and flairCreate, refine and structure movements and patterns with artistic understandingCommunicate the artistic intention of a dance clearly, fluently, musically and with controlTake the lead when working in a groupHelp others to refine and structure movements and patternsUnderstand why dancing is good for their healthOrganise their own warm-up and cool-down activities to prepare for, and recover from, danceSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise  | **GAMES- RUGBY- SAINTS (6 7 8 11)**Understand and demonstrate a range of controlled skills and abilities playing invasion games of varying formatsKnow and understand the positions they play in a variety of invasion gamesUnderstand and demonstrate a range of controlled passing, receiving, dribbling and shooting skillsMake effective choices when playing invasion games in various formats and in different positionsLead others in a game situationSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise |
| Spring 2 | **GAMES- UNIT 1- INVASION GAMES- HOCKEY AND FOOTBALL (10 11)**Understand and demonstrate a range of controlled skills and abilities playing invasion games of varying formatsKnow and understand the positions they play in a variety=ty of invasion gamesUnderstand and demonstrate a range of controlled passing, receiving, dribbling and shooting skillsMake effective choices when playing invasion games in various formats and in different positionsLead others in a game situationSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise | **GYMNASTICS- NORTHERN STARR (balance, travel, rolls, flight, spins) (8 11)**Develop different ways to travel across, along and over apparatusCombine their own work with that of othersLink their sequences to specific timingsDevelop jumps and rolls off a bench or other apparatusTo consistently demonstrate safe practice when using equipmentSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise |
| Summer 1 | **GAMES- UNIT 3- STRIKING AND FIELDING (6 7 8 11)**Direct a ball at varying heights, speeds and angles and explain reasons for choicesStrike a ball using correct stance, directing it at different angles and speedsBowl and field using a wide range of techniques and skillsSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise | **GAMES- ROUNDERS (6 7 8 11)**Play a variety of shots with intent and in an accurate direction with hands and feetDirect a ball at varying heights, speeds and angles and explain reasons for choicesStrike a ball using correct stance, directing it at different angles and speedsBowl and field using a wide range of techniques and skillsLead others in a game situationSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise |
| Summer 2 | **DANCE- NORTHERN STARR (8 9 11)**Develop imaginative dances in a specific styleChoose their own music, style and danceInterpret different stimuli with imagination and flairCreate, refine and structure movements and patterns with artistic understandingCommunicate the artistic intention of a dance clearly, fluently, musically and with controlTake the lead when working in a groupHelp others to refine and structure movements and patternsUnderstand why dancing is good for their healthOrganise their own warm-up and cool-down activities to prepare for, and recover from, danceSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise  | **ATHLETICS- (running/ jumping/ throwing) (6 7 8 11)**Develop the basic skills for accelerationSustain speed over longer durations of time or distanceDevelop greater fluency, efficiency & speed when jumping over obstaclesDevelop strength and power when throwingDevelop approach, take off, flight and landing when jumpingDemonstrate staminaSuggest activities and practices to help improve their own performanceApply their skills, techniques and ideas consistentlyShow precision, control and fluencyAnalyse and explain why they have used specific skills or techniques in team and individual performancesModify use of skills or techniques to improve their work in team and individual performancesCreate their own success criteria for evaluatingExplain how the body reacts to different kinds of exerciseChoose appropriate warm ups and cool downsExplain why we need regular and safe exercise |