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 Content use 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 safety  swim 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 unaided  Keep 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 breathing  Describe good swimming technique and explain it to others.  Perform some personal survival techniques  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain 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 apparatus  Combine their own work with that of others  Link their sequences to specific timings  Develop jumps and rolls off a bench or other apparatus  To consistently demonstrate safe practice when using equipment  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain 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 feet  Direct a ball at varying heights, speeds and angles and explain reasons for choices  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain 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 formats  Know and understand the positions they play in a variety=ty of invasion games  Understand and demonstrate a range of controlled passing, receiving, dribbling and shooting skills  Make effective choices when playing invasion games in various formats and in different positions  Lead others in a game situation  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain why we need regular and safe exercise |
| **OUTDOOR ADVENTURE- RESIDENTIAL TRIP**  Use their skills in different situations  Plan a route and series of clues for someone else  Suggest activities and practices to help improve their own performance Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain why we need regular and safe exercise |
| Spring 1 | **DANCE NORTHERN STARR (8 9 11)**  Develop imaginative dances in a specific style  Choose their own music, style and dance  Interpret different stimuli with imagination and flair  Create, refine and structure movements and patterns with artistic understanding  Communicate the artistic intention of a dance clearly, fluently, musically and with control  Take the lead when working in a group  Help others to refine and structure movements and patterns  Understand why dancing is good for their health  Organise their own warm-up and cool-down activities to prepare for, and recover from, dance  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain 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 formats  Know and understand the positions they play in a variety of invasion games  Understand and demonstrate a range of controlled passing, receiving, dribbling and shooting skills  Make effective choices when playing invasion games in various formats and in different positions  Lead others in a game situation  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain 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 formats  Know and understand the positions they play in a variety=ty of invasion games  Understand and demonstrate a range of controlled passing, receiving, dribbling and shooting skills  Make effective choices when playing invasion games in various formats and in different positions  Lead others in a game situation  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain 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 apparatus  Combine their own work with that of others  Link their sequences to specific timings  Develop jumps and rolls off a bench or other apparatus  To consistently demonstrate safe practice when using equipment  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain 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 choices  Strike a ball using correct stance, directing it at different angles and speeds  Bowl and field using a wide range of techniques and skills  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain 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 feet  Direct a ball at varying heights, speeds and angles and explain reasons for choices  Strike a ball using correct stance, directing it at different angles and speeds  Bowl and field using a wide range of techniques and skills  Lead others in a game situation  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain why we need regular and safe exercise |
| Summer 2 | **DANCE- NORTHERN STARR (8 9 11)**  Develop imaginative dances in a specific style  Choose their own music, style and dance  Interpret different stimuli with imagination and flair  Create, refine and structure movements and patterns with artistic understanding  Communicate the artistic intention of a dance clearly, fluently, musically and with control  Take the lead when working in a group  Help others to refine and structure movements and patterns  Understand why dancing is good for their health  Organise their own warm-up and cool-down activities to prepare for, and recover from, dance  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain why we need regular and safe exercise | **ATHLETICS- (running/ jumping/ throwing) (6 7 8 11)**  Develop the basic skills for acceleration  Sustain speed over longer durations of time or distance  Develop greater fluency, efficiency & speed when jumping over obstacles  Develop strength and power when throwing  Develop approach, take off, flight and landing when jumping  Demonstrate stamina  Suggest activities and practices to help improve their own performance  Apply their skills, techniques and ideas consistently  Show 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 performances  Create their own success criteria for evaluating  Explain how the body reacts to different kinds of exercise  Choose appropriate warm ups and cool downs  Explain why we need regular and safe exercise |