



# Year 6 Physical Education Curriculum

	Autumn			
Curriculum focus/links	Balance, overbalance, partner weight bearing, balancing on apparatus, sequence development.	Choose and implement a range of strategies and tactics. Combine and perform more complex skills at great speed. Recognise and describe good individual and team performances.	Perform demonstrating key features of Street Dance and Physical Theatre. Use choreographic devices to show conflict. Bring performance skills to their work and interpret in detail another pair's dance.	Choose and implement a range of strategies and tactics to attack and defend. Combine and perform more complex skills at speed. Observe, analyse and recognise good individual and team performances. Suggest, plan and lead a warm-up as a small group.
Sport/Games	Gymnastics	Hockey	Dance	Tag Rugby
Prior Learning	An understanding that performance will improve with practise. Combined actions into sequences with changes of level and speed. Used a range of different body shapes. Worked with a partner on the floor and using apparatus.	Developed passing, dribbling and shooting skills. Can confidently select and apply basic skills in a game situation. Learnt ways of marking and defending.	Worked collaboratively to include more complex compositional ideas. Talked about different dance styles with understanding, using appropriate language & terminology.	Combined basic tag rugby skills such as catching and quickly passing in one movement. Selected and implemented appropriate skills in a game situation. Begun to play effectively when attacking and defending. Increased the power of passes so the ball can be moved quickly over greater distances.
Key Vocabulary	Balance Counter balance Points Patches Support Pairs Symmetry Asymmetry Contrasting Stretching Curling Sequences	Power Distance Perform Consistent Fair play Tackle Covering Supporting	Pointing Locking Burn Bounce Top rock Choreographic Device Physical theatre Contact Choreographic Counterbalance Lift	Transition Principle STEP Agility Turnover Support Observe Analyse

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<p><b>Substantive Concepts</b></p>	<p>To combine and perform gymnastic actions;          shapes and balances more fluently and effectively across the activity areas.          To develop their own gymnastic sequences by understanding, choosing and applying a range of compositional principles.          To understand why warming up and cooling down are important.          To understand why exercise is good for health, fitness and well-being and how to become healthier themselves.          To carry out warm ups safely and effectively.          To evaluate their own and others work.          To suggest ways of making improvements.</p>	<p>To shoot under pressure from close range.          To perform long corner routines as part of a team.          To use goal-side marking to prevent an attacker from getting closer to the goal.          To use a banana run to force an oncoming attacker out wide.          To use a hit-out to successfully restart a game          Indian dribble and to play competitively using new skills.</p>	<p>How to perform key Street Dance actions.          How to build conflict into our dance using choreographic devices.          How to prepare for and perform a street dance.          What physical theatre is and how to perform it.          How to show intention and tell a story with our physical theatre.          How to create and perform a physical theatre duet.</p>	<p>To create attacking continuity by supporting the player with the ball.          To use set plays in attack to create space for the ball carrier.          To develop the 3-step rule, compare and contrasting to the 3-second pass option          To attack the space as a ball carrier to create scoring opportunities.          To change from an attacking to a defensive formation when your team loses possession.          To observe and analyse our classmate's performance.</p>
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	Spring			
Curriculum focus/links	Balance, overbalance, partner weight bearing, balancing on apparatus, sequence development.	Make choices about which pass to use and where to shoot from. Implement some tactics to get free. Move quickly around the court.	To introduce pupils to the principles and practice of indoor rowing using ergometers (Erg Rowing Machines), focusing on technique, physical conditioning, and performance analysis.	Play effectively in a variety of positions and formations. Relate a greater number of attacking and defensive tactics. Become more skilful when performing movements at speed.
Sports/Games	<b>Gymnastics</b>	<b>Netball</b>	<b>Rowing</b>	<b>Football</b>
Prior Learning	An understanding that performance will improve with practise. Combined actions into sequences with changes of level and speed. Used a range of different body shapes. Worked with a partner on the floor and using apparatus.	Introduced netball positions. Acquired and applied basic shooting techniques. Demonstrated and implemented some basic rules. Developed netball skills such as marking and footwork. Introduced the concept of preliminary moves.	By the end of Year 5 or earlier PE experience, pupils should have: Built core strength and body awareness through a range of physical activities. Experienced cardiovascular exercise and basic fitness training (e.g., circuits, running). Practised good posture and body alignment in other disciplines (e.g., gymnastics, athletics). Shown an ability to follow multi-step instructions and maintain form during exercise. Participated in team-based sports or cooperative physical activities. Developed a basic understanding of heart rate, effort, and pacing.	Introduced to some defensive skills. Can dribble in different directions using different parts of their feet. Passed for distance. Evaluated skills to aid improvement.
Key Vocabulary	Evaluate Reciprocal Matching Mirroring Turning Counter balance	Score Shoot Possession React Foul Umpire	Ergometer (Erg) Catch Drive Finish Recovery Stroke Rate (s/m)	Distance Perform Consistent Speed Fair play Regain

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	<p>Counter tension Tension Obstacle Aesthetic Judgement Control Still Static support, diagonal Horizontal Arched Inverted balance</p>	<p>Quick turns Dodge Pivot Stationary Shooting circle/semi-circle.</p>	<p>Split Time Resistance / Drag Factor Posture Pacing Power Endurance Team Relay</p>	<p>Possession Goal side Interchange Position Maintain</p>
<p><b>Substantive Concepts</b></p>	<p>To combine and perform gymnastic actions; shapes and balances more fluently and effectively across the activity areas. To develop their own gymnastic sequences by understanding, choosing and applying a range of compositional principles. To understand why warming up and cooling down are important. To understand why exercise is good for health, fitness and well-being and how to become healthier themselves. To carry out warm ups safely and effectively. To evaluate their own and others work. To suggest ways of making improvements.</p>	<p>To choose the appropriate pass for different scenarios. To find space to receive in a game. To use different dodging techniques to outwit a defender and get free. To practice and perform pivoting and quick turns. To get into closer shooting positions. To react and move quickly in isolation and in games.</p>	<p>Understanding the four key phases of the rowing stroke (catch, drive, finish, recovery). Improving heart and lung function through sustained aerobic activity. Building muscular endurance, particularly in legs, core, and arms. Interpreting key erg display data (e.g., stroke rate, split time, distance). Developing focus and perseverance through physically demanding tasks. Encouraging one another during sustained efforts and competitions.</p>	<p>To turn with the ball. To travel quickly and effectively when running with the ball. To combine running with the ball and sending it into space. To maintain position when attacking to create space. To perform a stepover to beat a defender. To control a bouncing ball, keeping it close to the body.</p>

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	Summer			
Curriculum focus/links	Use specific handball skills in games. Begin to play effectively in different positions. Increase power and strength of passes, moving the ball over longer distances. Use a wide range of handball rules consistently.	Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement.	Use information given by others to complete tasks and work collaboratively. Undertake more complex tasks. Take responsibility for a role. Use knowledge of PE and physical activities to suggest design ideas & amendments to games.	Apply cricket rules in a variety of styles of games. Attempt a small range of recognised shots. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.
Sports/Games	<b>Handball</b>	<b>Quadkids</b>	<b>OAA</b>	<b>Cricket</b>
Prior Learning	Developed 3 step rule incorporating bounce. Defended and prevented attacks by blocking and intercepting. Passed and moved with the ball to set up attacks. Demonstrated and implemented the rules of handball.	Sustained pace over short and longer distances. Ran as part of a relay team. Performed a range of jumps and throws.	Explored ways of communicating in a range of challenging activities. Navigated and solved problems from memory. Developed and used trust to complete the task and performed under pressure.	Linked a range of skills and use in combination. Collaborated with a team to choose, use and adapt rules in games. Recognised how some aspects of fitness apply to cricket, e.g., power, flexibility and cardiovascular endurance.
Key Vocabulary	Dribble Block Screen Pivoting Steps Double fault Offensive foul Free throw	Safety Rules Targets Record Set Take over Pass Strength Judge Trajectory Sprint Shuttle Assess	Maps Diagrams Scale Symbols Orienteering Compass Challenges Design Instructions Extend Knot Orient	Urgency Acquire High ball Tracking Short delivery Long balls On drive Off side On side Slip Short leg Silly point Innings Retires Attack
Substantive Concepts	The jump shot. To goal keep by closing the angles attackers can shoot from. The double fault rule and how it	Sprint start technique to increase our running speed. The three phrases of triple jump.	To work with a partner to successfully orient and follow a map. To identify objects for a scavenger hunt from a written	To create pressure on a batter by using a ring field. To track and catch a high ball consistently.

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	<p>applies to dribbling.</p> <p>To perform a pivot to create space to pass or shoot.</p> <p>The role of set plays to create opportunities to score.</p> <p>To select and apply new skills in a competition situation.</p>	<p>The heave throw technique and what it is used for.</p> <p>To assess our own ability to play our role in paralauff.</p> <p>The scissor jump technique and when it would be used in athletics.</p> <p>To record and relay results over a range of track and field events.</p>	<p>description.</p> <p>To safely perform a pyramid balance in a small group.</p> <p>To work efficiently as part of a team to complete a range of tasks.</p> <p>To create a fun and challenging game for others to complete.</p> <p>To listen to others to refine and adapt ideas to complete a complex task.</p>	<p>To perform a short-pitched bowl to get a batter to hit the ball in the air.</p> <p>To work in a pair to restrict runs scored when fielding.</p> <p>To play an on-drive.</p> <p>To set an attacking field.</p>
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