

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.

- Key Words:**
- Synchronise
 - weight transfer
 - explosiveness
 - streamlined
 - hamstrings
 - quadriceps
 - gluteal
 - gastrocnemius

End of Year



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

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

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

Position body to defend effectively, making successful interceptions.

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



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

Perform athletic throwing events with good technique.

Perform a smooth baton transition in a relay race.

Athletics

Show leadership and teamwork through organising, managing and leading athletic events.

Racket sports

Adapt fielding techniques (long barrier and catching)

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

Perform sprint and long distance runs, maintaining smooth arm/leg technique and increase speed/ head movement over finish line.

Can play competitively applying the taught skills into a game.



Perform a ser and a rally.



Summer Term

Use and apply sport specific rules.

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

Understand the different skills required to play inclusive games

Implement previous invasion skills in Tag Rugby

Inclusive Games

Invasion Games

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

Striking and fielding

Roll in to and out of balances

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

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



Fitness

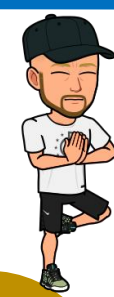
- Key words**
- Health
 - Coach
 - Technique
 - Evaluate
 - Quadriceps
 - Gastrocnemius
 - Dynamic stretch

I can peer and self-assess

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

Aesthetics

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



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

Be able to plan and deliver a fitness circuit.

Spring Term

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

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

Understand and apply the triple threat principle

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

Ensure your sessions are organised, fun and for everyone

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

OAA

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

Leadership

Apply the rules of travelling, double dribble and contact in a game

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

Support Pupils at lunch times with activities

Work collaboratively with your peers



Autumn Term

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

Can dribble to beat an opponent

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

LET'S GO!