

Excellence and Enjoyment, Everyone and Everything. "God created you to be amazing" Ephesians 2:10



Year 6	PE Long Term Overview					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of work	Tag rugby (invasion) Dance	Football (invasion) Gymnastics	Hockey (invasion) Fitness	Netball (invasion) Gymnastics	Badminton (net and wall) Dodgeball (target)	Athletics Cricket (striking and fielding)
Values	Friendship and Love		Respect and responsibility		Perseverance and Hope	
Link to NC programme of study	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>♣ use running, jumping, throwing and catching in isolation and in combination</li> <li>♣ 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</li> <li>♣ develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</li> <li>♣ perform dances using a range of movement patterns</li> <li>♣ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p>3 Swimming and water safety</p> <p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> <li>♣ swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>♣ use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)</li> <li>♣ perform safe self-rescue in different water-based situations</li> </ul>					
What we need to know Red Hill Riches	<p><b>Invasion</b></p> <p>To understand and make quick decisions about when, how and who to pass to.</p> <p>To know to choose the appropriate skill for the situation under pressure.</p> <p>To know that transitioning quickly between attack and defence will help my team to maintain or gain possession.</p> <p>To know how to create and apply a tactic for a specific situation or outcome.</p>				<p><b>Badminton (net and wall)</b></p> <p>To know the appropriate skill for the situation under pressure.</p> <p>To know how to apply tactics when serving.</p> <p>To know how to play different shots depending on if a rally is cooperative or competitive.</p>	

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	To know, apply and use rules consistently in a variety of invasion games whilst playing and officiating.				<p>To know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</p> <p>To know when to apply some tactics for attacking and/or defending.</p> <p>To know, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.</p> <p style="text-align: center;"><b>Dodgeball (target)</b></p> <p>To know how to throw at and when to throw in order to get the opponents out.</p> <p>To know that I need to make quick decisions on if to catch or if to dodge the ball.</p> <p>To know which skill to select for the situation.</p> <p>To know how to create and apply a tactic for a specific situation or outcome.</p> <p>To know, apply and use rules consistently in a variety of target games whilst playing and officiating.</p> <p style="text-align: center;"><b>Athletics</b></p> <p>To know that I need to prepare my body for running and know the muscle groups I will need to use.</p> <p>To know that a run up builds speed and power and enables me to jump further.</p> <p>To know that I need to prepare my body for throwing and know the muscle groups I will need to use.</p> <p>To know and apply rules in events.</p> <p style="text-align: center;"><b>Cricket (striking and fielding)</b></p> <p>To know that the momentum and power for striking a ball comes from legs as well as arms.</p> <p>To know which fielding action to apply for the situation.</p> <p>To know how to make decisions about who to throw to and when to throw in order to get batters out.</p>
	<p style="text-align: center;"><b>Dance</b></p> <p>To know that actions can be improved with consideration to extension, shape and recognition of intent.</p> <p>To know that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea.</p> <p>To know that combining space and relationships can help me to express my dance idea.</p> <p>To know how a leader can ensure our dance group performs together.</p> <p>To know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>To know which shapes to use for each skill.</p> <p>To know that spreading my weight across a base of support will help me balance.</p> <p>To know where and when to apply force to maintain control and balance.</p> <p>To know that I can use momentum to help me roll and know where that momentum is from.</p> <p>To know that taking off with two feet will give me more height and therefore more time in the air.</p> <p>To know that if I use changes in formation it will help my sequence look interesting.</p>	<p style="text-align: center;"><b>Fitness</b></p> <p>To know that agility requires speed, strength, good balance and coordination.</p> <p>To know where and when to apply force to maintain control and balance.</p> <p>To know that coordination also requires good balance and know how to achieve this.</p> <p>To know that speed can be improved by training and know which speed to select for the distance.</p> <p>To know that I can build strength by practicing over time.</p> <p>To know that exercises can develop stamina and understand that it can be improved by training over time.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>To know which shapes to use for each skill.</p> <p>To know that spreading my weight across a base of support will help me to balance.</p> <p>To know where and when to apply force to maintain control and balance.</p> <p>To know that I can use momentum to help me to roll and know where that momentum comes from.</p> <p>To know that taking off from two feet will give more height and time in the air.</p> <p>To know that if I use changes in formation it will help to make my sequence look interesting.</p>	

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					<p>To know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p> <p>To know and apply some tactics in the game as a batter, bowler and fielder.</p> <p>To know, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.</p>	
Disciplinary Knowledge	<p><b>Invasion</b></p> <p>To send and receive consistently using a range of techniques with increasing control under pressure.</p> <p>To dribble consistently using a range of techniques with increasing control under pressure.</p> <p>To move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.</p> <p>To confidently change direction to lose an opponent.</p> <p>To use a variety of defending skills (tracking, interception, jockeying) in game situations.</p>				<p><b>Badminton (net and wall)</b></p> <p>To demonstrate increased success and technique in a variety of shots.</p> <p>To serve accurately and consistently.</p> <p>To successfully apply a variety of shots to keep a continuous rally.</p> <p>To demonstrate a variety of footwork patterns relevant to the game I am playing.</p>	<p><b>Athletics</b></p> <p>To demonstrate a clear understanding of pace and use it to develop their own and others' sprinting technique.</p> <p>To develop power, control and technique in the triple jump.</p> <p>To develop power, control and technique when throwing discus and shot put.</p> <p><b>Cricket (striking and fielding)</b></p> <p>To strike a bowled ball with increasing accuracy and consistency.</p> <p>To use a wider range of fielding skills with increasing control under pressure.</p> <p>To consistently demonstrate good technique in throwing skills under pressure.</p> <p>To consistently demonstrate good technique in catching skills under pressure.</p>
	<p><b>Dance</b></p> <p>To show controlled movements which express emotion and feeling.</p> <p>To explore, improvise and combine dynamics to express ideas fluently and effectively, on my own, with a partner or in a small group.</p> <p>To use a variety of compositional principles when creating my own dances.</p> <p>To demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.</p>	<p><b>Gymnastics</b></p> <p>To combine and perform gymnastic shapes more fluently and effectively.</p> <p>To develop control in progressions of a cartwheel and a headstand.</p> <p>To explore counter balance and counter tension.</p> <p>To develop fluency and consistency in the straddle, forward and backward roll.</p> <p>To combine and perform a range of gymnastic jumps more fluently and effectively.</p>	<p><b>Fitness</b></p> <p>To change direction with a fluent action and transition smoothly between varying speeds. To show fluency and control when travelling, landing, stopping and changing direction.</p> <p>To coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p> <p>To adapt running technique to meet the needs of the distance.</p> <p>To complete body weight exercises for increased repetitions with control and fluency.</p>	<p><b>Gymnastics</b></p> <p>To combine and perform gymnastic shapes more fluently and effectively.</p> <p>To develop control in progressions of a cartwheel and a headstand.</p> <p>To explore counter balance and counter tension.</p> <p>To develop fluency and consistency in the straddle, forward and backward roll.</p> <p>To combine and perform a range of gymnastic jumps fluently and effectively.</p>		

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			To use my breath to increase my ability to move for sustained periods of time.			
<b>Excellence Enjoyment Everyone Everything</b>	<p><b>Excellence</b>- Recognise the excellence of athletes, gymnasts and dancers and the perseverance they demonstrate to succeed at their sport. Recognise the development in their own skill and potential to succeed in physical activity.</p> <p><b>Enjoyment</b>-Enjoy experiences a wide range of sports and physical activity. Enjoy experiencing coaching, visits and trips from professional athletes, professional coaches and inspiring sportspeople.</p> <p><b>Everyone</b>-Everyone is entitled to access to physical activity and the opportunity to compete. Recognise the importance of advances in equality for sport including the Paralympics as well as the prominence over female sport eg. 'This girl can' and The Lionesses</p> <p><b>Everything</b>-Know the rules and techniques involved in a variety of games and sports and develop your skills in each area.</p>					
<b>Vocabulary</b>	defence opponent formation pressure receiver onside possession offside attack shut down support  levels actions formation timing phrase performance expression unison posture dynamics canon choreograph contrast structure	control intercepting consistently pressure possession opponent tracking outwit touch tactics possession conceding foul outwit	obstruction trapping the ball support consistently block tackle attack jab tackle defence conceding possession interception bully off  agility balance generate force continuous co-ordination technique control strength stamina component speed power analyse measure record	contest consecutive possession defend interception rebound obstruction consistently  momentum counter balance aesthetics formation synchronisation stability inverted progression counter tension	pressure officiate consistently support tactics referee outwit tournament opponent fair play sportsmanship co-operatively	technique trajectory flight compete momentum control force stride rotation continuous pace officiate transfer of weight  strike fielding consistently support batting wicket tracking obstruction wicket keeper tracking retrieve