



# Our PE journey in Year 6



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

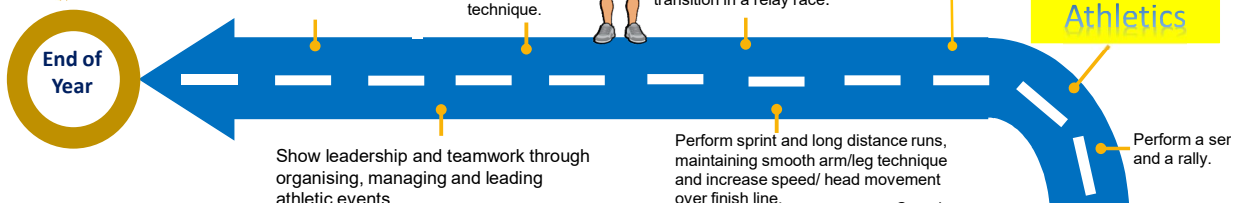
At the end of Y6 I am now ready and prepared to move onto secondary school, after I have mastering the skills and gaining the knowledge of how to live a healthy, active lifestyle, with a love of sport.

Perform athletic throwing events with good technique.



Perform a smooth baton transition in a relay race.

## Athletics



End of Year

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

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

Perform a set and a rally.

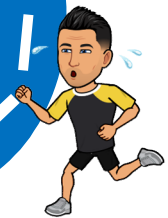
Hit a ball a coming at different paces (slow, medium and fast) and adapt batting style to strike ball into space.

Adapt fielding techniques (long barrier and catching)

## Racket sports

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

Can play competitively applying the taught skills into a game.



Bowl effectively in a game

Use and apply sport specific rules.



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

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

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

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

## Summer Term

- Key Words
- Precision
  - Change of Pace
  - Adaptation
  - Hit into Space
  - Body Position
  - Hamstring
  - Gastrocnemius
  - Quadriceps

## Striking and fielding

Roll in to and out of balances

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



## OAA

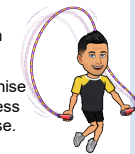
I can create a singles, pairs and group routines leading up to a performance

I can peer and self-assess

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

Create & perform dances in a variety of styles, consistently, in small groups.

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



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

## Aesthetics

- Key words
- Vault
  - Rotate
  - Dismount
  - Preparation
  - Execution
  - Direction
  - Cannon
  - Unison
  - Mirror
  - Synchronised

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

## Spring Term



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

Be able to plan and deliver a fitness circuit.

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

## Fitness

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

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

Understand and apply the triple threat principle

Ensure your sessions are organised, fun and for everyone

## Leadership

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

Umpire/referee fairly

Position body to defend effectively, making successful interceptions.

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



## Autumn Term

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

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

Can dribble to beat an opponent

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

- Key Words
- Instep Passing
  - Control
  - Defending
  - Marking
  - Attacking
  - Dribbling
  - Spatial Awareness



# LET'S GO!