



What are the aims and intentions of this curriculum?

That children:

- Fully understand their role within a team and apply and adapt complex tactics.
- Recognise their own successes and know how they could improve performance further.

Term	Topic	Knowledge	Skills	Assessment
Autumn 1	Tag Rugby	<ul style="list-style-type: none"> • To know how to grip a ball • To know what position to take when passing left and right • To know how to close space when defending • To know what a knock on and forward are • To know the offside rule • To know how to organise an attacking and defensive formation 	<ul style="list-style-type: none"> • To tag an opponent safely • To pass correctly to the right and left • To score a try • To attack in staggered lines • To take up a position in order to receive a pass • To apply attacking and defensive skills to complete in a game 	
		<p>Vocabulary: Tag, offside, pop pass, pocket pass, try, attacking formation, defensive formation, knock on, ran out</p>		
Autumn 2	Dance through the ages	<ul style="list-style-type: none"> • To know how to use canon, formation changes, direction and level to improve a motif • To know how to recognise good timing, execution and performance skills 	<ul style="list-style-type: none"> • To develop a motif • To change static actions into travelling movements • To use different levels, pathways and directions when travelling • To communicate effectively within a group • To evaluate and improve a motif • To use choreography to create a sequence • To evaluate the work of others using technical language 	



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		Vocabulary: motif, balance, coordination, levels, pathways, canon, precision, agility, balance, choreography, sequence, mind map		
Spring 1	Gymnastics – Group sequencing	<ul style="list-style-type: none"> To know what is meant by ‘unison’ To know how to transition from one roll to another To know how to mount and dismount apparatus safely To know what points and patches are To know what mirroring and canon are To know how to change the dynamics within a sequence To know how to adapt a floor sequence to make it work on apparatus 	<ul style="list-style-type: none"> To perform in unison with others To create a sequence with defined starting and finishing points To create a sequence involving different formations and pathways To create a sequence involving flight To spin on a variety of points and patches To travel on different body parts To create sequences with pathways that cross 	
		Vocabulary: unison, transition, mirroring, canon, pathways, formation, points, patches		
Spring 2	Netball	<ul style="list-style-type: none"> To know the different roles with a High 5 netball team To know how to signal for a pass To know when to move to new space following a pass To know how to disguise a pass To know what the terms ‘landing foot, pivot and stepping’ mean To know the rules on shooting 	<ul style="list-style-type: none"> To pass accurately using a variety of passes To land and pivot To shoot with good technique To create space To anticipate the play To participate purposefully in a netball match 	
		Vocabulary: attacker, goal shooter, centre, goal defender, goal keeper, shoulder pass, chest pass, bounce pass, pivot, step, land, disguise, anticipate		
Spring 2	Dodgeball	<ul style="list-style-type: none"> To know to aim low to get an opponent out To know that by moving around it is harder to be hit To know when it is appropriate to attempt to catch a ball 	<ul style="list-style-type: none"> To throw the ball hard and low To dodge balls To catch balls thrown at pace To use a ball for blocking To chose suitable moments for attacking and defending 	



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		<ul style="list-style-type: none"> To know suitable tactics for when a team has a low number of players remaining 	<ul style="list-style-type: none"> To communicate effectively with other team members 	
		<p>Vocabulary: dodge, block, catch, attack, defend, communication, tactics</p>		
Summer 1	Rounders	<ul style="list-style-type: none"> To know suitable positions for catching To know what ground fielding techniques to use To know to have a high back lift when batting To know the rules of rounders To know strategies for fielders on 2nd, 3rd and 4th base. To know when to adjust field position of certain batters 	<ul style="list-style-type: none"> To catch with soft hands To throw accurately into space To bowl accurately at a consistent height To catch and throw quickly from the backstop position To strike with accuracy To backup fellow fielders To communicate with fellow batters when between bases To take different roles within a team 	
		<p>Vocabulary: 1st base, 2nd base, 3rd base, 4th base, back lift, backstop, ground fielding, bowling, consistent, communicate</p>		
Summer 2	Athletics	<ul style="list-style-type: none"> To know how to control running over middle distances To know how to position the body sideways when throwing To know how the non throwing arm is helpful when throwing To know the technique for triple jump To know how to hurdle efficiently To know the position to be in when receiving a baton 	<ul style="list-style-type: none"> To sustain running pace over longer distances To throw with power and accuracy using the pull technique To perform the correct technique for triple jump To combine sprinting with hurdling To transfer a relay baton to a teammate 	
		<p>Vocabulary: pace, sustain, pull technique, take off foot, lead leg, transfer</p>		



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