



What are the aims and intentions of this curriculum?

That children:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of swimming strokes effectively
- perform safe self-rescue in different water-based situations

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 	<ul style="list-style-type: none"> • Tag • Offside • pop pass • pocket pass • try • attacking formation • defensive formation • knock on • ran out
Autumn 1	Dance The Haka	<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 	<ul style="list-style-type: none"> • Motif • Balance • Coordination • Levels



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			<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Pathways Canon Precision Agility Balance Choreography Sequence mind map
Autumn 2	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 	<ul style="list-style-type: none"> Unison Transition Mirroring Canon Pathways Formation Points patches
Autumn 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 To know suitable tactics for when a team has a low number of players remaining 	<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 To communicate effectively with other team members 	<ul style="list-style-type: none"> Dodge Block Catch Attack Defend Communication tactics
Spring 1	Gymnastics – Counter Balance and tension	<ul style="list-style-type: none"> To know how to link skills to perform actions and sequences of movement 	<ul style="list-style-type: none"> To hold controlled balances on a variety of points and patches 	<ul style="list-style-type: none"> Sequence counter tension



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		<ul style="list-style-type: none"> • To know what counter balancing is • To know what push and pull forces are • To know how to use a range of dynamics to make sequences aesthetically pleasing • To know a range of pathways • To know what counter tension is • To know the difference between counter tension and balance • To know how to perform effectively in canon 	<ul style="list-style-type: none"> • To create a sequence of movement in unison with a partner • To evaluate the work of others • To hold a range of symmetrical and asymmetrical counter balances • To perform a sequence in canon at different levels • To link counter tension and counter balances using transitional moves 	<ul style="list-style-type: none"> • counter balance • pathways • unison, canon • points • patches
Spring 1	OAA	<ul style="list-style-type: none"> • To know the importance of having a plan before undertaking a challenge • To know how to keep a partner safe • To know where to be in position to give clear instructions and to keep a partner safe • To know the need to contribute to a plan even if only through good listening • To know how to use a simple map to navigate with • To know the importance of communication and negotiation when working as part of a team • To know what ordnance survey symbols mean • To know how to motivate other members of a team 	<ul style="list-style-type: none"> • To use non verbal communications to solve problems • To work as part of a team • To work with a partner to navigate successfully across and through obstacles whilst blindfolded • To give clear instructions • To stay focussed • To think creatively to find solutions to challenges • To work together in a small group to solve problems • To navigate using a map • To demonstrate teamwork with a good level of communication • To work effectively against a timer • To find a number of controls using a map • To identify the location of controls which relate to specific letters of the alphabet 	<ul style="list-style-type: none"> Contribute ordnance survey symbols motivate negotiate communicate non-verbal controls



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			<ul style="list-style-type: none"> To communicate positively with other members of a team 	
Spring 2	Handball	<ul style="list-style-type: none"> To know to signal with my hand to avoid alerting defenders To know how to back up other players To know to get sideways on when throwing overarm To know how to shield using the body To know what the court signals symbolise in handball To know the rules of handball To know how to agree decisions as a group 	<ul style="list-style-type: none"> To get into a good ready position to move quickly and receive the ball To send a ball accurately To dribble a ball through different pathways To dribble a ball in front whilst travelling To receive a ball sideways on To anticipate the play To shoot with power and accuracy To pass out of the back of the hand To fake and go To disguise passes and dummy pass To apply a range of skills purposefully in a game 	<ul style="list-style-type: none"> fake and go ready position dribble anticipate power accuracy disguise dummy pass
Spring 2	Tennis	<ul style="list-style-type: none"> To know what the ready position is To know what the baseline is To know to strike balls away from an opponent To know to have a big backswing from a sideways in position To know to change grip to hit backhand shots To know to play deft shots with a loose grip To know how to hit a backhand differently from a forehand To know how to deflect the ball when 	<ul style="list-style-type: none"> To get into the ready position To grip a racket and get into a sideways position To hit a forehand hot consistently To control where the ball is hit To get into a good position and play backhand shots To play deft shots near the net To volley accurately on forehand and backhand To smash To lob To serve 	<ul style="list-style-type: none"> Smash Serve Lob Forehand Backhand Baseline ready position deft shot volley



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		<ul style="list-style-type: none"> volleying To know how to link shots e.g. serve and volley 	<ul style="list-style-type: none"> To use tactics against an opponent 	
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 	<ul style="list-style-type: none"> 1st base 2nd base 3rd base 4th base back lift backstop ground fielding bowling consistent communicate
Summer 1	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 	<ul style="list-style-type: none"> Pace Sustain pull technique take off foot lead leg transfer
Summer 2	Tri Golf	<ul style="list-style-type: none"> To know to stand still and be quiet when peers are taking a shot To know what a backswing is To know when to use an iron To know how to set up to play an iron shot To know what a tee is 	<ul style="list-style-type: none"> To grip a golf club appropriately To adopt a stance to strike a ball To putt a ball towards a target To putt a ball with accuracy and a reasonable weight of shot To strike the ball through the air with an iron 	<ul style="list-style-type: none"> Putt Iron Chip Hazard Grip Stance Backswing



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		<ul style="list-style-type: none">• To know that there is a need to get the club underneath the ball to elevate it• To know the importance of following through with a swing• To know which club to use and when• To know how to keep score	<ul style="list-style-type: none">• To set up to play an iron shot• To chip the ball over a hazard• To avoid hazards	<ul style="list-style-type: none">• Follow through• Tee• elevate
Summer 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	<ul style="list-style-type: none">• Attacker• Goal shooter• Centre• Goal defender• Goal keeper• Shoulder pass• Chest pass• Bounce pass• Pivot• Step• Land• Disguise• anticipate