

PHYSICAL EDUCATION Long Term Planning - Summary of YEAR 6 Units

AUTUMN 1	AUTUMN 2
<p><u>Basketball</u> Children will understand the different types of passing; chest pass, shoulder pass and bounce pass</p> <p>They will perform dribbling skills accurately with good control and fluency and accurately shoot from different ranges and angles stationary and moving.</p> <p>Within a game, children will apply tactics to attack and defend on a 1 v 1 basis and combine dribbling, passing and shooting skills and assess their own performance in a basketball game to improve.</p>	<p><u>Dance</u> Children will co-operate and collaborate to create a warm up displaying a variety of movement patterns demonstrating rhythm and good timing</p> <p>They will translate ideas from a stimulus into movement - always showing expression, precision, control and fluency</p> <p>Their performances will demonstrate that they can perform at a variety of levels when dancing and use all of the space with fluency and control, perform complex travelling movements showing musicality and fluency and dance in unison and canon with a group showing good energy, timing and strength</p> <p>They will evaluate their dance performance ensuring children suggest strengths and weaknesses.</p>
SPRING 1	SPRING 2
<p><u>Football</u> Children will be able to stop a ball using the sole, inside and outside of my feet when moving, play a longer pass off the ground with accuracy and dribble a ball and perform a turn away from a defender</p> <p>Within a game scenario, children will show a good body position when defending in a 2v2</p> <p>They will take on a leadership role when working with a team and can evaluate and improve performance</p>	<p><u>Gymnastics</u> Children will perform jumps, leaps, T-roll and side star with control, body tension, fluency and pointed toes</p> <p>Children will perform a Point and Patch balance sequence and a cartwheel with good body tension, precision, control and fluency</p> <p>They will perform a hurdle step with a short run up on a springboard showing speed, control and fluency</p> <p>They will perform a squat on, squat off vault or a squat through on a box top with a run up showing good control, precision and fluency</p> <p>Children will then combine all skills into a gymnastics performance using the apparatus and use of the floor space, watch back and self-evaluate their performance.</p>
SUMMER 1	SUMMER 2
<p><u>Rounders</u> Children will be able to confidently throw and catch a ball with accuracy, fluency and control - underarm and overarm</p> <p>They will confidently bat a ball striking it with accuracy at a given target</p> <p>Children will understand the positions and rules of a rounders game including appropriate tactics and apply throwing, catching and batting into a rounders game and understand their own success and success of others.</p>	<p><u>Athletics</u> Children will accelerate quickly, with speed and good control in movement</p> <p>They will throw a javelin and push a tennis ball with good height and distance, jump with distance and control and pass and receive a relay baton with good control in a competitive situation</p> <p>When running at longer distances, children will show a good pace and technique</p>