

Curriculum Intent: PE (2024 - 2025)

Year 6 PE					
ADVENT 1 Children will...	ADVENT 2 Children will...	LENT 1 Children will...	LENT 2 Children will...	PENTECOST 1 Children will...	PENTECOST 2 Children will...
Handball (Y5/6) L1: know how to use a variety of passes to maintain possession under pressure. L2: know how to select the appropriate skill to create space, move towards goal and away from defenders. L3: know how to select and apply the appropriate skill to score goals. L4: know how to use defending skills to prevent an opponent from scoring. L5: know how to use appropriate defensive technique for the situation. L6: know how to apply rules, skills and principles to play in a tournament. Dance (Stamp, Clap and Bhangra)	OAA L1: know how to build communication and trust whilst showing an awareness of safety. L2: know how to collaborate as a team to solve problems. L3: know how to develop tactical planning and problem solving. L4: know how to work as a team and use critical thinking to determine the best approach. L5: know how to develop navigational skills and map reading. L6: know how to use a key to identify objects and locations. Gymnastics L1: know how to develop the straddle, forward and backward roll.	Volleyball (Y5/6) L1: know how to use the fast catch volley to create space and place the ball. L2: know how to develop the set shot and understand when to use it. L3: know how to develop the dig and understand when to use it. L4: know how to select and apply skills to keep a continuous rally going. L5: know how to develop the underarm serve and learn the rules of serving. L6: know how to apply the rules, skills and principles to play in a tournament. Fitness (Y5/6) L1: know how to develop an awareness	Hockey (Y5/6) L1: know how to develop dribbling to beat a defender. L2: know how to send and receive the ball with control under pressure. L3: know how to select the appropriate skill, choosing when to pass and when to dribble. L4: know how to move into and create space to support a teammate. L5: know how to use the appropriate defensive technique for the situation. L6: know how to apply rules, skills and principles to play in a tournament. Yoga (Y5/6) L1: know how to develop flexibility through the sun salutation flow.	Athletics L1: know how to develop your own and others sprinting technique. L2: know how to identify a suitable pace for the event. L3: know how to develop power, control and technique for the triple jump. L4: know how to develop power, control and technique when throwing for distance. L5: know how to develop throwing with force and accuracy for longer distances. L6: know how to work collaboratively in a team to develop the officiating skills of measuring, timing and recording. Golf (Y5/6) L1: know how to develop technique for	Tennis L1: know how to develop placement of the ball using a forehand. L2: know how to develop placement of the ball using a backhand groundstroke. L3: know how to develop the volley and understand when to use it. L4: know how to employ tactics when playing with a partner. L5: know how to develop accuracy and consistency using the underarm serve. L6: know how to apply rules, skills and principles to play against an opponent. Rounders (Y5/6) L1: know how to develop throwing and catching under

<p>L1: know how to copy and repeat a set dance phrase showing confidence in movements.</p> <p>L2: know how to work with others to explore and develop the dance idea.</p> <p>L3: know how to use changes in dynamics in response to the stimulus.</p> <p>L4: know how to demonstrate a sense of rhythm and energy when performing bhangra style motifs.</p> <p>L5: know how to perform a bhangra dance, showing an awareness of timing, formations and direction.</p> <p>L6: know how to select, order, structure and perform movements in a bhangra style, showing various group formations.</p>	<p>L2: know how to develop rolling into sequence work and on apparatus.</p> <p>L3: know how to develop counter balance and counter tension.</p> <p>L4: know how to develop counter balance and counter tension into sequence work with apparatus.</p> <p>L5: know how to develop jumps and explore the effect of height.</p> <p>L6: know how to explore jump sequence work with consideration of performance tools.</p>	<p>of what your body is able to do.</p> <p>L2: know how to develop speed and stamina.</p> <p>L3: know how to develop strength using my own body weight.</p> <p>L4: know how to develop co-ordination.</p> <p>L5: know how to develop agility.</p> <p>L6: know how to develop balancing with control.</p>	<p>L2: know how to develop strength through yoga flows.</p> <p>L3: know how to create your own flow showing quality in control, balance and technique.</p> <p>L4: know how to develop balance through yoga flows.</p> <p>L5: know how to work collaboratively to create a controlled paired yoga flow.</p> <p>L6: know how to create your own yoga flow that challenges technique, balance and control.</p>	<p>hitting accurately over a short distance.</p> <p>L2: know how to develop the technique for hitting over a short distance.</p> <p>L3: know how to select and apply skills for a short game.</p> <p>L4: know how to develop the technique for a long game.</p> <p>L5: know how to select the appropriate shot for the situation.</p> <p>L6: know how to design a course and select the appropriate shot for the situation.</p>	<p>pressure and apply these to a striking and fielding game.</p> <p>L2: know how to develop bowling under pressure whilst abiding by the rules of the game.</p> <p>L3: know how to strike a bowled ball with increasing consistency.</p> <p>L4: know how to develop fielding techniques and select the appropriate skill for the situation.</p> <p>L5: know how to understand and apply tactics in a game.</p> <p>L6: know how to apply skills and knowledge to compete in a tournament.</p>
VOCABULARY					
<p>Handball</p> <p>Pressure, delay, control, tactics, support, release, angle, reaction, principle, inclusion, create, close down, transfer</p>	<p>OAA</p> <p>Tactical, orienteering, leader, control card, navigation, orientate, critical thinking, location, strategy, co-operatively, symbol, boundaries</p>	<p>Volleyball</p> <p>Control, serve, consistently, return, dig, volley, co-operatively, defensive, opponent, deep, ready position, attack</p>	<p>Hockey</p> <p>Obstruction, conceding, block tackle, trapping the ball, possession, attack, support, interception, job tackle, consistently, bully off, defence</p>	<p>Athletics</p> <p>Technique, control, force, continuous pace, trajectory, stride, momentum, officiate, flight, compete, rotation, transfer of weight</p>	<p>Tennis</p> <p>Ready position, return, serve, outwit, control, opponent, forehand, backhand, volley, co-operatively, continuously</p>
<p>Dance</p> <p>Levels, actions, formation, timing, phrase, performance, expression, unison, posture, dynamics, canon,</p>	<p>Gymnastics</p> <p>Momentum, counter balance, aesthetics, formation, synchronisation, stability,</p>	<p>Fitness</p> <p>Agility, technique, speed, balance, control, power, generate force, strength, analyse, continuous, stamina,</p>	<p>Yoga</p> <p>Quality, notice, calm, develop, high lunge, fluidity, salutation, transition, practice,</p>	<p>Golf</p> <p>Par, putt, drive, chipping, strike, hole, swing, power, consistently, align, bunker, accurately, swing, hazard</p>	<p>Rounders</p> <p>Strike, pressure, outwit, fielding, batting, backing up, co-operatively, retrieve,</p>

choreograph, contrast, structure	inverted, progression, counter tension	measure, co-ordination, component, record	collaboratively, connected, aware		consecutive, consistently, overtake, obstruction
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