

# Our PE journey in Year 6



## Key Words:

- Synchronise
- weight transfer
- explosiveness
- streamlined
- hamstrings
- quadriceps
- gluteal
- gastrocnemius

## Athletics

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.

Perform a series of sprints and a rally.

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

Can play competitively applying the taught skills in a game.

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

## Racket sports

Adapt fielding techniques (long barrier and catching)

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

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

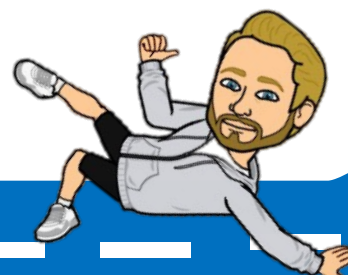
- ## Key Words
- Precision
  - Change of Pace
  - Adaptation
  - Hit into Space
  - Body Position
  - Hamstring
  - Gastrocnemius
  - Quadriceps

## Striking and fielding

## Summer Term

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

## OAA



Roll in to and out of balances

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

I can peer and self-assess

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

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

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

## Aesthetics

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

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

Understand and apply the triple threat principle

Apply the rules of travelling, double dribble and contact in a game

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

Can dribble to beat an opponent

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

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

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

Position body to defend effectively, making successful interceptions.

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

Ensure your sessions are organised, fun and for everyone

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

Be able to plan and deliver a fitness circuit.

## Fitness

Umpire/referee fairly

Work collaboratively with your peers

Plan and lead a number of events for KS1

## Leadership

## Autumn Term

- ## Key Words
- Instep Passing
  - Control
  - Defending
  - Marking
  - Attacking
  - Dribble
  - Spatial Awareness

