



PE Year 6 Overview

Autumn	Spring	Summer
KS2 National Curriculum		
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics], compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>		
Year 6 Key Learning	Year 6 Key Learning	Year 6 Key Learning
<p><u>Athletics</u></p> <ul style="list-style-type: none"> To perform a triple jump using good technique for all three elements To apply knowledge from other experiences to perform a javelin throw with power and accuracy To use the correct starting technique for sprinting activities <p><u>Gymnastic</u></p> <ul style="list-style-type: none"> To manage body weight supported by hands using a back, side and press up, towards a half lever with raised leg. To show flexibility through japana, left, right and box splits as well as bridge 	<p><u>Dance</u></p> <ul style="list-style-type: none"> To explore and link a range of actions and perform with control and fluency To create and perform a dance that expresses feelings linked to a theme To develop the use of unison, canon, levels and formations to portray a story. To display a good sporting attitude when performing and receiving feedback. <p><u>Creating and closing space – Tag Rugby</u></p> <ul style="list-style-type: none"> Adapt attacking or defending tactics to improve performance with a focus on creating or limiting space. 	<p><u>Linking actions – Tennis</u></p> <ul style="list-style-type: none"> To improve and develop both forearm and backhand technique Successfully serve overarm to start a rally To take part in a competitive rally for an increasing duration <p><u>Health and fitness</u></p> <ul style="list-style-type: none"> Identify how to improve speed and stamina and apply to beat a previous personal best. To explain why physical activity is good for fitness, health and wellbeing. To have a firm understanding of why we warm up, and what muscles you

<ul style="list-style-type: none"> • To vary the range of body parts used to balance in moves such as tucked dish with one leg out, arch, arabesque, Y balance • To perform rotations including a forward roll, backward roll straddle, a full turn jump turn, 2 cartwheels/or handstand roll, round off • To evaluate and improve a sequence 	<ul style="list-style-type: none"> • Identify space and work as a team to maximise how it is used when attacking. • As a team evaluate the type of pass used, including the positioning of the receiver 	<p>are using whilst warming up and the during the lesson.</p>
<p>Athletics – Cardiovascular, determination, inspiration, pace, power, resilience and perseverance</p> <p>Gymnastics – sequence, synchronisation, lunge, handstand, v-sit, admiration and sequence</p>	<p>Dance – emotion, wellbeing, loneliness and friendship</p> <p>Creating and closing space Tag Rugby – attacking, defending, improving performance, create space, defend, space, equality and tactics</p>	<p>Linking actions tennis – formations, possession, accuracy, positioning, regain and wide players</p> <p>Health and Fitness – stamina and wellbeing</p>