



Physical Education – Year 6

Year 6 PE days are: Indoor - Friday Outdoor – Thursday

Please be aware that days may change, dependent on external provision for PE. You will be informed by your child's class teacher of any changes.

	Indoor	Outdoor
Autumn 1	<p><u>Kin-ball</u> Pupils will experience a new and up-coming sport, continuing to develop their knowledge and skills needed to participate in the sport. They will build on prior knowledge, and develop tactics, working collaboratively in a team.</p> <p>Key Vocabulary: Cooperation, respect, sportsmanship, control, strategy, communication</p>	<p><u>Tag Rugby</u> Pupils will improve their knowledge of the sport of rugby, whilst developing their ability to pass, receive and shoot with power and accuracy. They will work collaboratively to consider tactics.</p> <p>Key Vocabulary: Pressure, formation, contest, consecutive, shut down, support, penalty, tie, try</p>
Autumn 2	<p><u>Pilates</u> To use similar techniques to yoga and develop a core centre and movement for developing through other sports improving strength, flexibility and balance</p> <p>Key Vocabulary: Empower, Mindfulness, Body awareness, Make connections, Fun, Efficiency of movement, Mobility, Posture</p>	<p><u>Ultimate Frisbee</u> Pupils will learn a new game that involves throwing and catching skills of ultimate frisbee. Using invasion game tactics</p> <p>Key Vocabulary: Pressure, Frisbee, Hammer throw, Formation, Contest, Consecutive, Shut down, Support, Penalty, Tie, Try (Score)</p>
Spring 1	<p><u>Circuit Training</u> Pupils will know that physical exercise keeps the body strong and healthy, and can also improve mental health.</p> <p>Key Vocabulary: strategy, method, alterations, pace</p>	<p><u>Orienteering</u> Pupils will build on prior knowledge of orienteering, to work collaboratively, solving problems and communicating effectively.</p> <p>Key Vocabulary: Boundaries, location, critical thinking, strategy , method, alterations</p>
Spring 2	<p><u>Dance</u> Pupils will perform dances using a range of movement patterns, understanding that dances can show our interpretation of music and convey our thoughts, emotions and feelings.</p> <p>Key Vocabulary;</p>	<p><u>Rounders</u> Pupils will learn to bowl accurately and to strike a ball bowled in a competitive game. They will gain an understanding of the game of rounders, applying rules fairly and consistently.</p> <p>Key Vocabulary:</p>

	Prop, accuracy, represent, technique, reaction, transition, formations, connect, fluency	positions, adapt, refine, competitive, cooperative, continuous, consecutive, obstruction
Summer 1	<p><u>Volleyball</u> Pupils will use a variety of serves accurately and will maintain a rally that is not cooperative. They will choose good positions on court and have good movement, moving the position of their feet and body depending on the shot being played.</p> <p><u>Key Vocabulary:</u> Tactics, forecourt, backcourt, movement, rebound</p>	<p><u>Athletics</u> Pupils will perform jumps for distance and will select and use the correct pace for running lessons. They will learn the race-walking technique and a spring start technique. Pupils will be encouraged to use a variety of strategies to achieve their personal best and will help others improve their techniques.</p> <p><u>Key Vocabulary:</u> pace, race walking, sprint start</p>
Summer 2	<p><u>Gymnastics</u> Pupils will develop flexibility, strength, technique, control and balance. They will confidently use equipment to perform rolls, jumps, balances, shapes and different ways of travelling.</p> <p><u>Key Vocabulary:</u> precise, precision, consistency, strength, point balances, part-weight partner balances</p>	<p><u>Tennis</u> Pupils will learn to serve over a net from the correct serving position and will begin to apply tactics to their serve. They will begin to take part in rallies that are not cooperative and will have good movement on the court.</p> <p><u>Key Vocabulary:</u> Tactics, forecourt, backcourt, movement, rebound</p>