



## Year 6 – PE Overview

<b>Autumn</b> Football- Invasion games Gymnastics	<b>Spring</b> Dance Tennis- Net/Wall games	<b>Summer</b> Rounders- Striking/Fielding games Athletics
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Games	Gym	Dance	Athletics	Outdoor Adventure Activities	Evaluation
G1 – I can effectively travel with a ball into the correct space (with intent)	GY1 - I can combine and perform taught skills with precision, control and fluently independently and with a partner	D1- I can improvise with confidence, still demonstrating fluency across my sequence, on my own, with a partner or in a group.	A1 - I can use a variety of running techniques and with them in a competitive situation such as sprinting	O1 - I can develop strong listening skills	E1 -I can watch and describe a performance accurately
G2 – I can vary skills, actions and ideas and link these in ways that suit the games activity.	GY2 - I can confidently use more complex gym vocabulary describe how to improve and refine performances and suggest ways to improve to others	D2 - I can move appropriately and with the required style in relation to the stimulus using various levels, ways of traveling and motifs.	A2 - I can apply my jumping skills for specific height or distances in a competitive situation	O2 - I can use and interpret maps	E2 - I can learn from other in how I can improve my skills



G3 - I can use a range of techniques effectively when passing and dribbling effectively.	GY3 - I can develop my own sequences independently and with a group	D3 - I can exaggerate dance movements and motifs using expression when moving.	A3 - I can apply my throwing techniques with accuracy and confidence for specific throws in a competitive situation.	O3 - I can think activities through and problem solve using basic general knowledge.	E3 - I can comment on tactics and techniques to help improve performances
G4 - I can show confidence in using ball skills in various ways and can link these together effectively	GY4 - I can perform difficult actions with an emphasis on extension, clear body shape and changes in direction.	D4 - I can demonstrate a strong imagination when creating own dance sequences and motifs using peer and self evaluation to assist..		O4 - I can choose and apply strategies to solve problems	E4 - I can make suggestions in how to improve my work, commenting on similarities and differences.
G5 - I can apply knowledge of skills for attacking and defending.	GY5 - I can develop strength, technique and flexibility throughout performances on the floor and on a range of equipment.	D5 - I can perform with confidence using a range of movement patterns to use the space.		O5 - I can confidently show and understand how to be safe.	
G6 - I can modify competitive games.		D6 - I can move to the beat accurately and dance with fluency linking all of my movements and			



		ensuring they flow.			
G7- I can strike a ball with intent and throw it more accurately when bowling and/or fielding.		D7 - I can understand why dance is good for fitness.			
G8 - I can keep possession of the ball during game situations					
G9 - I can confidently make suggestions as to what resources can be used to differentiate a game.					
G10 - I can effectively select the right approach to attacking and defending in games situation					
G11 - I can choose when to pass or dribble, so that they keep possession and make progress towards the goal.					
G12 I can effectively play a competitive net/wall game.					



Topic Coverage		
Autumn Football- Invasion games Gymnastics	Spring Dance Tennis- Net/Wall games	Summer Runders- Striking/Fielding games Athletics
G1, G2, G3, G4, G5, G6, G7, G8, G9, G10, G11 GY1, GY2, GY3, GY4, GY5 E1, E2, E3, E4	D1, D2, D3, D4, D5, D6, D7 G1, G2, G6, G7, G10,G9, G12 E1, E2, E3, E4	G2, G4, G6, G7, G9 A1,A2,A3,A4 E1, E2, E3, E4
Vocabulary	Vocabulary	Vocabulary
<b>Football</b> Dribble, Pass, Receive, Tackle, Tactics, Shoot  <b>Gymnastics</b> Straddle roll, Counter balance, Shape, Bridge, Flight, Travel	<b>Dance</b> Dynamics, Space, Stimulus, Performance, Rhythm, Actions, Movement  <b>Tennis – Net/Wall Games</b> Forehand groundstroke, Backhand groundstroke, Forehand volley, Backhand volley, Underarm serve, Rallying	<b>Runders</b> Throw, Catch, Bowl, Bat, Field, Tactics  <b>Athletics</b> Pace, Sprint, Jump, Distance, Throw, Overarm
I will know...	I will know...	I will know...
<b>Football</b> <ul style="list-style-type: none"> <li>- To maintain possession when dribbling a ball</li> <li>- To dribble the ball with control under pressure</li> <li>- To select the appropriate skill and knowing when to pass and when to dribble</li> <li>- To move into and create space to support a team mate</li> <li>- To use the appropriate defensive technique for the situation</li> <li>- To apply the rules, skills and principles to play a Football game</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>- To copy and repeat a dance phrase showing confidence in movements</li> <li>- To use changes in dynamics in response to the stimulus</li> <li>- To develop a sense of rhythm and energy when performing different motifs</li> <li>- To develop a dance phrase using actions, dynamics, space and relationships</li> <li>- To copy and create actions with consideration to stimulus.</li> <li>- To use choreographic devices to improve the aesthetics of a performance.</li> </ul>	<b>Runders</b> <ul style="list-style-type: none"> <li>- To develop throwing and catching under pressure and apply these to a striking and fielding game.</li> <li>- To develop bowling under pressure whilst abiding by the rules of the game.</li> <li>- To strike a bowled ball with increasing consistency.</li> <li>- To develop fielding techniques and select the appropriate action for the situation.</li> <li>- To understand and apply tactics in a game.</li> <li>- To apply skills and knowledge to compete in a runders game</li> </ul>



### **Gymnastics**

- To develop the straddle, forward and backward roll - To develop counter balance and counter tension
- To explore jumps and explore the effect of height
- To develop inverted movements with control
- To use flight from hands to travel over apparatus
- To create a group sequence using formations and apparatus

### **Tennis- Net/Wall games**

- To develop placement of the ball using a forehand.
- To return the ball using a backhand groundstroke.
- To develop the volley and understand when to use it.
- To employ tactics when playing with a partner.
- To develop accuracy and consistency using the underarm serve.
- To apply rules, skills and principles to play against an opponent.
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### **Athletics**

- To develop my own and others sprinting technique.
- To identify a suitable pace when running
- To develop power, control and technique for the triple jump.
- To develop power, control and technique when throwing for distance.
- To develop throwing with force and accuracy for longer distances.
- To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.