

UPPER KEY STAGE TWO PE YEARLY PLAN YEAR 6

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
INDOOR	GYMNASTICS	DANCE	GAMES INVASION HOCKEY	GAMES INVASION NETBALL	GAMES NET/WALL TENNIS	GAMES STRIKING AND FIELDING CRICKET
	<p><u>SKILLS TAUGHT</u> (GYMNASTICS UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I make up longer, more complex sequences, including changes of direction, level and speed? • Can I combine and perform gymnastics actions, shapes and balances? • Can I show clarity, fluency, accuracy and consistency in my movements? • Can I prepare a sequence in small groups and perform to an audience? • Can I explain why gymnastics is good for well-being? 	<p><u>SKILLS TAUGHT</u> (DANCE UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I work independently, in pairs or as a group to compose motifs and structure simple dances? • Can I perform with expression and sensitivity? • Can I dance with control and fluency? • Can I warm up and cool down independently? • Can I understand how dance keeps me healthy? • Can I use appropriate criteria to evaluate and refine my and others work? • Can I use appropriate language, understanding and terminology? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use a range of passing techniques with control? • Can I dribble using a range of techniques with control? • Can I use a range of shooting techniques with control? • Can I keep possession in a small sided game? • Can I play in positions for both attack and defence? • Can I warm up appropriate to hockey? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use a range of passing techniques with control? • Can I find space in a game situation? • Can I use a range of shooting techniques with control? • Can I keep possession in a small sided game? • Can I play in positions for both attack and defence? • Can I warm up appropriate to netball? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (NET GAMES UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use the forehand shot with control in a game? • Can I use the backhand shot with control in a game? • Can I use the volley shot with control in a game? • Can I use the overhead shot with control in a game? • Can I understand the need for tactics? • Can I use tactics within a game effectively? • Can I apply basic rules and fair play consistently? • Can I identify appropriate exercises and activities for warming up? • Can I pick out what I and others do well? 	<p><u>SKILLS TAUGHT</u> (STRIKING AND FIELDING GAMES UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I strike a bowled ball? • Can I catch with control and consistency? • Can I use a range of throwing techniques with control and consistency? • Can I use a range of bowling techniques with control and consistency? • Can I use a range of tactics and implement them into a game situation? • Can I apply basic rules and fair play consistently? • Can I warm up appropriate to cricket? • Can I evaluate my own performance and suggest ideas and practices for improvement?

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	GAMES INVASION FOOTBALL	GAMES INVASION BASKETBALL	OAA	GAMES INVASION RUGBY	ATHLETICS	GAMES STRIKING AND FIELDING ROUNDERS
OUTDOOR	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use a range of passing techniques with control? • Can I dribble using a range of techniques with control? • Can I use a range of shooting techniques with control? • Can I keep possession in a small sided game? • Can I play in positions for both attack and defence? • Can I warm up appropriate to football? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use a range of passing techniques with control? • Can I dribble using a range of techniques with control? • Can I use a range of shooting techniques with control? • Can I keep possession in a small sided game? • Can I play in positions for both attack and defence? • Can I warm up appropriate to basketball? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (OAA UNIT 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I choose and perform skills and strategies effectively? • Can I find solutions to problems and challenges? • Can I plan, implement and refine the strategies that I use? • Can I adapt strategies? • Can I work effectively in groups sharing roles and responsibilities? • Can I identify what I do well as an individual and as part of a group? • Can I suggest ways to improve? 	<p><u>SKILLS TAUGHT</u> (INVASION GAMES UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I use a range of passing techniques with control? • Can I run with the ball using a range of techniques with control? • Can I score a try with control and consistency? • Can I keep possession in a small sided game? • Can I play in positions for both attack and defence? • Can I warm up appropriate to rugby? • Can I evaluate my own performances and suggest ideas and practices for improvement? 	<p><u>SKILLS TAUGHT</u> (ATHLETICS UNIT 3)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I select the correct running pace for a variety of distances? • Can I perform a controlled take off whilst jumping? • Can I use the correct technique when throwing the shot put, discus and javelin performing with accuracy? • Can I understand power and stamina and relate them to athletics events understanding why they are needed to do well? • Can I identify a good athletics performance and know why it is good? 	<p><u>SKILLS TAUGHT</u> (STRIKING AND FIELDING GAMES UNIT YEAR 6)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I strike a bowled ball? • Can I catch with control and consistency? • Can I use a range of throwing techniques with control and consistency? • Can I use a range of bowling techniques with control and consistency? • Can I use a range of tactics and implement them into a game situation? • Can I apply basic rules and fair play consistently? • Can I warm up appropriate to rounders? • Can I evaluate my own performance and suggest ideas and practices for improvement?