

**Year Six: Autumn 1**

**Topic title: Multi Sports**

**Prior learning:**

- Change the direction of play whilst dribbling with some control under pressure.
- Dribble with feet with some control under increasing pressure.
- Use a variety of throwing techniques with some control under increasing pressure.
- Use a variety of kicking techniques with some control under increasing pressure.
- In game situations catch and intercept using one and two hands with some success.
- Receive and control a ball using different parts of the foot under pressure.
- Strike a ball with increasing success using a wider range of skills.
- Use a variety of techniques to change direction to lose an opponent.
- Create a new space for self and others with some success.
- Understand the need for tactics and can identify when to use them in different situations.

**Knowledge:**

- An understanding of how to shoot with power, and control, increasing the rate of goals scored.
- Learn how to safely defend, increasing the chance of intercepting the ball.
- Learn the different techniques involved in passing a ball.
- Learn which pass is best in certain situations.
- Select the type of pass which increases the chance of maintaining possession in that certain situation.
- Understand why pivoting is important.
- Learn how to dodge and throw a ball effectively.
- Understand the rules of dodgeball.
- Be able to follow the dodgeball rules and any safety instructions given.
- Learn which balls are the easiest to catch.

**Skills:**

- Pass the ball to a stationary dynamic target.
- Dribble with both feet in different directions.
- Demonstrate a pass with the inside of the foot, to different distances.
- Demonstrate dribbling with both feet, maintaining control of the ball.
- Shoot the ball at a goal, focusing on control, and keeping the ball away from the goalkeeper. Demonstrate the different ways of defending and intercepting the ball.
- Demonstrate a bounce and chest pass accurately with correct technique.
- Develop consistent and effective shooting technique.
- Demonstrate how to shoot the ball towards the net from different distances.
- Be able to leave one foot on the floor and pivot, looking and passing to supporting players.
- Demonstrate the ability to stay on their toes, reacting quickly to avoid the ball.
- Develop a reliable, accurate throw of the ball.
- Be able to identify the balls that have been thrown higher making it easier to catch them, leading to teammate being able to rejoin the game.
- Demonstrate the ability to be able to throw the ball at the other team successfully hitting them.

**Year Six: Autumn 2**

**Topic title: Gymnastics**

**Prior learning:**

- Be able to maintain control when going from one balance to another.
- Understand how strength can help improve actions and movements they perform.
- Show an understanding of how flexibility can help improve movements.
- Using control and good quality movements and actions, create and perform more complex sequences, with and without a partner.

**Knowledge:**

- To learn and remember the nine gymnastic positions.
- Learn nine different gymnastic balances.
- To show an excellent understanding of how we perform and develop balances.
- To demonstrate excellent teamwork by creating a variety of partner balances based on the nine gymnastic positions that we will be learning.
- To learn and take part in drills which will help us and get closer to doing a range of different floor skills.
- To create and perform routines.
- To watch other routines to develop peer assessment skills.

**Skills:**

- To perform a selection of these shapes as jumps.
- To be able to show correctly a stretch shape, star shape, tuck shape, straddle shape, pike shape, dish shape and arch shape, front support and back support.
- To be able to correctly perform some of the above positions as jumps.
- Develop our balance.
- To travel in different ways on the floor and on level, or sloped balance beam.
- To dismount the balance beam by using a variety of jumps.
- To show safe and creative ways of moving from one end of the mat to the other.
- To show safe and creative ways to move down a bench.
- To jump off the balance beam using correct technique and showing a good landing shape.
- To create and perform routines.
- To take part in progressions, working towards different skills.
- To work together to create a routine that includes all your team members.
- To confidently perform your routine to the rest of the class.
- To perform a sequence of movements using a variety of different equipment.
- To use strength and coordination to safely climb up and down the climbing frame.

**Year Six: Spring One**

**Topic title: Dance – Musical Theatre**

**Prior learning:**

- Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.
- Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.
- Confidently perform choosing appropriate dynamics to represent an idea.
- Use counts accurately when choreographing to perform in time with others and the music.

**Knowledge:**

- To understand the theme of theatre.
- To demonstrate an understanding of two terminology words.
- To remember the choreography and add on new sections.

**Skills:**

- Learn the choreography of section 2 Matilda.
- To be fully engaged in all activities throughout the lesson.
- To explore the uses of partner work and how to work effectively together.
- Show excellent teamwork skills when working in partners.

**Year Six : Spring Two**

**Topic title: World Sports**

<p><b>Prior learning:</b></p> <p>Run at speed over longer distances or for longer periods of time.          Demonstrate an understanding of agility &amp; evasion, running in different directions at speed, and attempting changes of speed and changes of direction to avoid peers.          Show accuracy and power when throwing for distance, often hitting the target.</p>	<p><b>Knowledge:</b></p> <p><b>Kabaddi</b></p> <ul style="list-style-type: none"> <li>€ Show a basic understanding of kabaddi</li> <li>€ Learn different variations of evasion (side step or change of speed)</li> <li>€ Understand the rules needed to attack and defend.</li> </ul> <p><b>Volleyball</b></p> <ul style="list-style-type: none"> <li>€ Understand basic volleyball rules and terminology.</li> <li>€ Understand the skills associated with volleyball.</li> </ul> <p><b>Danish Longball</b></p> <ul style="list-style-type: none"> <li>€ Show a basic understanding of Danish longball.</li> <li>€ Learn different variations of evasion.</li> </ul> <p><b>Ultimate Frisbee</b></p> <ul style="list-style-type: none"> <li>€ Understand the technique needed to throw a frisbee accurately.</li> <li>€ Know the concepts of movement of the disc and throwing to space.</li> </ul>	<p><b>Skills:</b></p> <p><b>Kabaddi</b></p> <ul style="list-style-type: none"> <li>€ Communicate with the team during the game.</li> <li>€ Use communication to improve tactical decisions.</li> </ul> <p><b>Volleyball</b></p> <ul style="list-style-type: none"> <li>€ Be able to play a game of volleyball with minimal help from the teacher about the rules.</li> <li>€ Be able to perform the dig, set and hit accurately.</li> <li>€ Demonstrate proper etiquette and good sportsmanship.</li> </ul> <p><b>Danish Longball</b></p> <ul style="list-style-type: none"> <li>€ Demonstrate a side step and change of speed.</li> <li>€ Use running tactics to get as many runs as possible.</li> <li>€ Demonstrate the ability to see an open space and fill it/ communicate to teammates to make it harder for the attacking team.</li> </ul> <p><b>Ultimate Frisbee</b></p> <ul style="list-style-type: none"> <li>€ Learn how to hold the frisbee correctly.</li> <li>€ Begin to throw the frisbee a short distance accurately.</li> <li>€ Be able to throw the frisbee and hit a designated target several times using the correct technique.</li> </ul>
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<b>Year Six: Summer One</b>
<b>Topic title: Multi Sports</b>

<p><b>Prior learning:</b></p> <p>Change the direction of play whilst dribbling with some control under pressure.  Dribble with feet with some control under increasing pressure.  Use a variety of throwing techniques with some control under increasing pressure.  Use a variety of kicking techniques with some control under increasing pressure.  In game situations catch and intercept using one and two hands with some success.  Receive and control a ball using different parts of the foot under pressure.  Strike a ball with increasing success using a wider range of skills.  Use a variety of techniques to change direction to lose an opponent.  Create a new space for self and others with some success.  Understand the need for tactics and can identify when to use them in different situations.</p>	<p><b>Knowledge:</b></p> <p><b>Rugby</b> – Improve passing to a partner, stationary and dynamic.  Improve catching with two hands. Learn the difference between the grubber and chip kick.</p> <p><b>Basketball</b> – Learn to use different types of passes.  Begin to understand defending tactics.  Understand when a bounce pass or overhead pass is more beneficial than a chest pass.</p> <p><b>Hockey</b> – Learn how to defend the ball.</p>	<p><b>Skills:</b></p> <p><b>Rugby</b> – Demonstrate a two-handed pass, from the left and right side of the body to a target created by a partner.  Catch with two hands, arms stretched out in front, creating a W target so the fingers wrap round the ball.  Place the ball down using two hands.  Keep the head in a neutral position to see the opponent's waist for the tags.</p> <p><b>Basketball</b> – Be able to shoot in a height appropriate net.  Be able to aim for the blackboard when shooting.</p> <p><b>Hockey</b> – Be able to control the ball when passing.  Be able to stop the ball with control and then be able to pass or dribble once gained possession.</p>
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**Year Six: Summer Two**

**Topic title: Athletics**

<p><b>Prior learning:</b></p> <ul style="list-style-type: none"> <li>• Run at speed over longer distances or for longer periods of time.</li> <li>• Demonstrate an understanding of agility and evasion, running in different directions at speed, and attempting changes of speed and changes of direction to avoid peers.</li> <li>• Show control at take-off and landing in more complex jumping activities, with running transitions in-between.</li> <li>• Show accuracy and power when throwing for distance, often hitting the target.</li> <li>• Demonstrate good balance and control when performing other fundamental skills.</li> <li>• Can coordinate a range of body parts at increased speed.</li> </ul>	<p><b>Knowledge:</b></p> <ul style="list-style-type: none"> <li>• Understand how to generate power.</li> <li>• Understand what happens to their body when running.</li> <li>• Highlight key points such as, they feel out of breath, and begin to sweat.</li> <li>• Understand how the body moves when jumping.</li> <li>• Learn the correct throwing technique.</li> <li>• Demonstrate the ability to follow strict safety rules and understand why they are in place.</li> <li>• Understand your own maximum speed when travelling over a longer distance.</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Learn how to push off the back foot when in a standing position to create power for sprints.</li> <li>• Be able to complete all jumps with control.</li> <li>• Demonstrate how the arms can also contribute to a higher or longer jump.</li> <li>• Use core muscles to be able to perform jumping/hopping without losing body control.</li> <li>• Be able to follow safety instructions when performing the javelin.</li> <li>• Be able to demonstrate the correct grip and placement when throwing a javelin.</li> <li>• A slower but consistent speed to reduce the chance of walking during the activity.</li> <li>• Continue to improve sprinting, jumping, throwing and long-distance running techniques through different activities.</li> </ul>
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