

Physical Education Curriculum Progression – Year 6

*2 Units per half term (PE Unit 1 and PE Unit 2)

	Autumn Term 1	Autumn Term 2	Spring Term 1
PE 1 Learning Outcomes	<p>Invasion: Netball</p> <p>Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly.</p>	<p>Invasion: Basketball</p> <p>Pupils will learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score.</p> <p>Pupils will in turn apply pressure when defending to regain possession effectively.</p>	<p>Dance: Titanic</p> <p>The unit of work will challenge pupils to recreate the story of The Titanic through controlled movements and balances.</p> <p>Pupils will perform choreographed movements and balances that incorporate emotion, expression and characterisation.</p>
Assessment Criteria	<p>Prior Assessment: End to End Netball</p> <p>Post Assessment: Netball Tournament</p> <p>Pupils will apply a refined understanding of attacking skills and defensive skills, that will be executed accurately and consistently.</p> <p>Pupils will demonstrate resourcefulness and problem solving skills by creating, applying and then adapting a range of attacking and defending tactics.</p> <p>Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.</p> <p>Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.</p>	<p>Prior Assessment: Endzone Basketball Activity</p> <p>Post Assessment: Basketball Tournament</p> <p>Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team.</p> <p>Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games.</p> <p>Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.</p> <p>Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.</p>	<p>Prior Assessment: Securing the Titanic: Linking Movements</p> <p>Post Assessment: Final Performance</p> <p>Pupils will perform with clarity, fluency, accuracy and consistency. Pupils will execute movements and balances with accurate expression and emotion.</p> <p>Pupils will make effective evaluations of an individual, pairs' or groups strengths and weaknesses. Pupils will reflect on their own performances.</p> <p>Pupils will consistently apply life skills such as respect and trust as they work successfully with others to execute their sequences and group performance.</p> <p>Pupils will demonstrate effective responsibility as they work with less able pupils and create movement ideas to improve the quality of their work.</p>
PE 2 Learning Outcomes	<p>Gymnastics: Matching and Mirroring</p> <p>The unit of work will focus on applying "excellent gymnastics" through matching and mirroring movements.</p>	<p>Health Related Exercise</p> <p>The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness.</p>	<p>Invasion: Tag Rugby</p> <p>Pupils will consolidate their understanding of attacking and defending.</p> <p>Pupils will create tactics for both attack and defence and apply them</p>

	Pupils will create a sequence of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.	Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.	into game situations, adapting them when necessary.
Assessment Criteria	<p>Prior Assessment: Creating a Mini-Sequence</p> <p>Post Assessment: Final Performance</p> <p>Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.</p> <p>Pupils will effectively apply life skills such as evaluation and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.</p> <p>Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.</p> <p>Pupils will consistently apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will strive to improve their sequences.</p>	<p>Prior Assessment: Initial Fitness Assessment</p> <p>Post Assessment: Final Fitness Assessment</p> <p>Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness.</p> <p>Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.</p> <p>Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits.</p> <p>Pupils will refine life skills such as self motivation, resilience and self discipline as they strive to improve their own performances.</p>	<p>Prior Assessment: 5v5 Run the Gauntlet Activity</p> <p>Post Assessment: 7v7 Mini Games</p> <p>Pupils will apply a refined understanding of the skills required for both attacking and defending. Pupils will switch fluidly between attack and defence as possession changes.</p> <p>Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games.</p> <p>Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.</p> <p>Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.</p>

	Spring Term 2	Summer Term 1	Summer Term 2
PE Unit 1 Learning Outcomes	<p>Invasion: Football</p> <p>Pupils will learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score.</p> <p>Pupils will in turn apply pressure when defending to regain possession effectively.</p>	<p>Striking and Fielding: Cricket</p> <p>The unit of work will explore how to apply the principles of attack vs defence in a cricket context. Pupils will learn how to utilise fielding skills to keep the batter's score as low as possible. Pupils will also explore batting skills to outwit the fielders and score as many runs (points) as possible.</p>	<p>Athletics</p> <p>The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of competitions.</p> <p>Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct</p>

			technique as well as collaborating in teams.
Assessment Criteria	<p>Prior Assessment: Football Games 3v3 or 4v4</p> <p>Post Assessment: Football Tournament</p> <p>Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team</p> <p>Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games.</p> <p>Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.</p> <p>Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.</p>	<p>Prior Assessment: Mini Game 6v6 Show What You Know</p> <p>Post Assessment: Mini Game 6v6 Final Assessment</p> <p>Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game.</p> <p>Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding).</p> <p>Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.</p> <p>Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.</p>	<p>Prior Assessment: Sprinting Races Activity</p> <p>Post Assessment: In Class House Competition</p> <p>Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance.</p> <p>Pupils will demonstrate an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important.</p> <p>Pupils will refine their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.</p> <p>Pupils will constantly apply life skills such as responsibility and self discipline by applying their best effort every time and leading others by example.</p>
PE Unit 2 Learning Outcomes	<p>OAA: Orienteering</p> <p>The unit of work will refine pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will refine their ability to collaborate with others and work as a team to complete the challenges.</p>	<p>Net and Wall: Tennis</p> <p>Pupils will learn to consistently apply effective shot techniques, applying decision making as to which shot to make and where to aim in order to score a point. Pupils will create, apply and evaluate tactics in singles and doubles games.</p>	<p>Swimming</p> <p>Prior Assessment: 25m proficiency</p> <p>Post Assessment: At the end of the block – 25m+ proficiency, Range of Strokes, Self-Rescue</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>
Assessment Criteria	<p>Prior Assessment: Face Orienteering</p>	<p>Prior Assessment: Show What You Know 2v2 Doubles Activity</p>	

	<p>Post Assessment: Orienteering Competition</p> <p>Pupils will refine their developing ability to orientate a map and locate points, returning to base as quickly as possible.</p> <p>Pupils will refine their understanding of what makes an effective team and understand how important teamwork is when orienteering.</p> <p>Pupils will refine life skills such as cooperation as they collaborate with their team to successfully complete the orienteering challenges.</p> <p>Pupils will apply integrity and self discipline as they complete the orienteering challenges. Pupils will refine their leadership skills and take responsibility for others.</p>	<p>Post Assessment: 2v2 Ladder Tournament</p> <p>Pupils will apply a refined understanding of playing forehand, backhand, serves and volleys into space in order to win points.</p> <p>Pupils will demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these to their games.</p> <p>Pupils will collaborate effectively with their partner, communicating and supporting each other.</p> <p>Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.</p>	
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