

## Long Term Plan: Physical Education

### Key Stage 2 / Year 6



| <u><b>Autumn</b></u>  | <u><b>Spring</b></u>  | <u><b>Summer</b></u>  |
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| <p><b>Invasion games: Hockey</b></p> <p>This unit builds upon the skills learnt in Year 5 and takes the skills into game situations. They will further develop their control when dribbling and improve on their passing when under pressure. They will develop tactics when defending and attacking as a team and evaluate and change tactics when needed. They will be able to umpire their own games and others ensuring they play by the correct rules.</p> <p><b>Invasion games: Tag rugby</b></p> <p>This unit builds upon the skills learnt in Year 5 and takes the skills into game situations. They will further develop their tagging and dodging skills when running with the ball. They will improve on their decision making in a game situation choosing whether to run with the ball or pass at different times in a game. They will develop tactics when defending and attacking as a team and evaluate and change tactics when needed. They will be able to umpire their own games and others ensuring they play by the correct rules.</p> | <p><b>Invasion games: Basketball</b></p> <p>In basketball they further develop their dribbling skills, changing directions and speeds under pressure. They will enhance their game play and decision making skills to use tactics successfully. They will begin to referee their own games and take the lead.</p> <p><b>Gymnastics: Acrobatic and Climbing sequences</b></p> <p>Pupils learn how to perform a variety of skills using partner work and large apparatus.</p> <p>They learn to put together a sequence of moves (jumps, balances, travel etc) as a group using the apparatus.</p> | <p><b>real PE unit 5: Health and Fitness</b></p> <p>This unit builds upon the skills learnt in Year 5 and pupils work on the fundamental movement skills of agility (ball chasing) and coordination (sending and receiving). They are able to self select and perform appropriate warm-ups and cool down activities and can identify possible dangers when planning activities.</p> <p><b>Striking and Fielding: Cricket</b></p> <p>Pupils develop their fielding techniques through a variety of catching games. They also learn how to overarm throw accurately to a target and develop control, accuracy and distance when batting. By the end of the unit they understand the rules of the game (kwik cricket) and are able to play a game using the skills they have learnt. They also build upon their rounder skills that they learnt in Year 5.</p> |

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| <p><b>real PE unit 2: Creative</b></p> <p>This unit builds upon the skills learnt in Year 5 and pupils work on the fundamental movement skill of static balance whilst seated and completing floor work. They complete various activities using front support, back support, balancing on one hand and one foot and seated with hands and feet off the ground. They learn to adapt and adjust their skills, movements or tactics so that they are different from others.</p> <p><b>Invasion Games: Handball</b></p> <p>The pupils will experience the game of handball in this unit continuing from their work in Year 5. They will continue to enhance their skills of passing the ball using one hand and performing an overhead and bounce pass. They will develop tactics when defending and attacking as a team and evaluate and change tactics when needed. They will be able to umpire their own games and others ensuring they play by the correct rules</p> | <p><b>real PE unit 3: Social</b></p> <p>This unit builds upon the skills learnt in Year 5 and pupils practise the fundamental skills of dynamic balance (on a line) and counter balance (with a partner). They learn how to balance on a line whilst walking in different ways, forwards and backwards and with their eyes closed. With a partner they learn how to counterbalance each other in a variety of different poses. They learn to negotiate and work collaboratively and develop skills to give and receive sensitive feedback.</p> <p><b>OAA/Target Games</b></p> <p>OAA (Outdoor Adventurous Activities)/Target games is the final unit in the Spring term. The pupils continue to build upon the skills they learnt in Year 5 including: learning to be able to work as a team to overcome challenges; developing map skills using symbols and pictures and following maps and directions to complete challenges. For their target games, pupils learn how to hold a golf club correctly and aim for a target when striking a golf ball.</p> | <p><b>Athletics</b></p> <p>In this unit pupils start by looking at their running techniques. They learn how to start a race; perform a sprint start and how to pace themselves during longer races. After this they move onto practising: relay races and how to give and receive the baton; hurdles using the same stride pattern each time; performing the long jump and throwing the javelin, discus and shotput. They then use these skills to compete in a class competition.</p> <p><b>Leadership</b></p> <p>Year 6 will look at how to set up activities and run them. They will know what makes a good leader. They will be able to give clear instructions to explain an activity. They will be able to set up an event and run them for the younger year groups.</p> |