



The Federation of St. Mary's Catholic Schools

Year 6

PE Long Term Planner



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Develop flexibility, strength, technique, control and balance: Gymnastics Competitive games: Football	Competitive games: Badminton Competitive games: Netball	Dance: Chocolate/Mayans Outdoor and Adventurous: Archery	Competitive games: Dodgeball Competitive games: Tennis	Dance: WWII Develop flexibility, strength, technique, control and balance: Athletics	Develop flexibility, strength, technique, control and balance: Self-defence/Fitness Competitive games: Rounders

CURRICULUM DOCUMENT				
Competitive Games	Develop flexibility, strength, technique, control and balance	Dance	Outdoor and Adventurous	Swimming
<i>Invasion games (football, netball, dodgeball)</i> <ul style="list-style-type: none"> • Perform a variety of passes within a game with precision and control • Perform correct footwork in a game (stride stop with a pivot) • Perform correct footwork in a game (jump stop with a pivot) • Perform a variety of dodges to move into a space and receive a 	<i>Gymnastics</i> <ul style="list-style-type: none"> • Can perform complex shapes when performing Sequences and skills with flexibility. • Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap • Side star roll, T-roll (with pointed toes), backwards roll • Perform more complex point and patches balances in a sequence on apparatus • Perform a 'squat on and squat off 'apparatus with 	<i>Chocolate/Mayans; WWII</i> <ul style="list-style-type: none"> • Use a variety of movements in isolation and combination • Develop flexibility, strength, technique, control and balance • Perform dances using a range of movement patterns • Compare and evaluate performances against previous ones • Demonstrate improvement to achieve personal targets 	<i>Archery</i>	

<p>ball in a practice and in a game situation</p> <ul style="list-style-type: none"> • To defend a player during a game to intercept the ball • Shoot into a goal and attempt to get the rebound if missed. • Rotate into different positions on the court. • Move into space to receive the ball and control with either foot in a game • Select the correct pass for various distances in a game situation • Dribble the ball in a game situation around a defender • Communicate with team when defending in a game -making interceptions, cover space • To work as a team to score, shooting from various angles • Communicate with team evaluate and recognise success to help improve individual and team performance <p><i>Striking/fielding (rounders)</i></p> <ul style="list-style-type: none"> • Can use a variety of bowling techniques beginning to add speed to the underarm bowl 	<p>a run up (with or without a spring board)</p> <ul style="list-style-type: none"> • Perform a hurdle step on the floor/springboard and onto low apparatus • Compete in teams to win points with sequences and a vault competitions <p><i>Athletics</i></p> <ul style="list-style-type: none"> • Accelerate quickly with speed and control in movement – timed/competitive races • Throw a javelin/vortex /shot put safely with accuracy and power. • Perform a jump for distance varying techniques to improve performance • In an competitive game and begin to hit/place a ball into a space • Develop long distance running- learning to pace and show good technique • Pass a relay baton in competitive situations (timed) <p><i>Self-defence/Fitness</i></p> <ul style="list-style-type: none"> • Can co-operate and collaborate to create a warm up displaying a variety of movement patterns demonstrating rhythm and good timing • Can translate ideas from a stimulus into 			
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<ul style="list-style-type: none"> • Can bat with confidence and hit it in a variety of directions • Can show a wide variety of the batting and fielding skills I've learnt and work as part of a team, taking on a leadership role, encouraging and helping others <p><i>Net/wall (badminton, tennis)</i></p> <ul style="list-style-type: none"> • Move in a variety of directions when hitting a ball • Hit/bounce ball to a partner with control • Move to hit a ball in game in forehand position • Move into position to hit a ball with backhand. Begin to choose which shot it best in a game. • Serve diagonally under/overarm in a game of mini tennis 	<p>movement – always showing expression, precision, control and fluency</p> <ul style="list-style-type: none"> • Can copy and repeat a variety of dance steps with musicality, added style and expression • Can dance in unison and perform in a canon with a group showing good energy, timing and strength • Can perform at a variety of levels when dancing and use all of the space with fluency and control • Can perform complex travelling movements showing musicality and fluency 			
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