

PE at Great Whelnetham

C of E Primary School

Year 6



	Tennis/ Badminton
Overview	<p>The children learn basic skills and rules for playing a game of tennis. They learn how to hold a racquet and hold one to the appropriate height to hit a ball in planned directions and distances. They learn basic ground strokes of forehand and backhand, the 'ready position' and the relative advantages of playing down court or cross court. They practice these skills in solo and paired activities and then use them in mini matches to consolidate the scoring system.</p> <p>They then compare these skills with those needed in badminton and look at how the difference between a ball and a shuttlecock changes the basic techniques required.</p>
Skills acquisition	<p>To hold the racquet in the position which gives the best control over the ball. The children will play forehand and backhand strokes both down and cross court and understand the technique needed to take speed off the ball in order to keep it within the court. They will understand and use the scoring system fairly and to good effect to play mini matches.</p>
Key vocabulary	<p>Racquet, ball, forehand, backhand, net, serve, court, ready position, cross court, down court, shuttlecock, volley, rally</p>
Key LOs	<ul style="list-style-type: none">➤ To identify the correct way to hold the racquet➤ To understand the ready position and how it helps their gameplay➤ To play forehand strokes from the ready position➤ To play backhand strokes from the ready position➤ To understand and use the scoring system for tennis➤ To use a racquet in badminton, understand its scoring system and know the differences in technique from tennis
Key learning experiences	<ul style="list-style-type: none">➤ The children have the opportunity to acquire, build and develop the full range of skills to play a game of tennis.➤ They improve their basic racquet skills and play mini matches to put them into practice.➤ They then use the extended nets for badminton, and consider how their racquet technique changes between the two games.

Dance	
Overview	The children learn basic contemporary dance moves and put them together as a sequence. They learn the importance of moving together in synchronised movements to music and working together in teams to create an extended improvised piece to a shortened version of Michael Jackson's 'Thriller', in costume and make up, which will be evaluated by an audience. They learn how to create dance movements based on a theme.
Skills acquisition	The children learn how to control and co-ordinate their bodies into a series of movements in the style of contemporary dance
Key vocabulary	Movement, co-ordination, sequence, step, slide, turn, synchronise, repeating pattern, canon, unison, improvisation, performance, evaluation
Key LOs	<ul style="list-style-type: none"> ➤ To introduce, remember and perform some basic synchronised dance actions ➤ To create, organise and perform an extended improvised piece to a shortened version of Michael Jackson's 'Thriller' ➤ To explore group actions in response to an existing dance routine ➤ To copy and repeat some specific synchronised moves ➤ To perform the routine in costume and make up and to remain in character for the whole dance ➤ To offer constructive feedback to other groups on their routines
Key learning experiences	<ul style="list-style-type: none"> ➤ The children learn how to copy and repeat a sequence of movements. ➤ They work together in small groups to improvise their own pieces to perform to music and an audience. ➤ They learn how to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Gymnastics	
Overview	The children consolidate or develop skills in the basic gymnastics moves including rolls, jumps, turns and counter balances (in pairs). They then consolidate or develop skills on the apparatus, including the small and large horses, the low beam, the bench and the climbing bars. They will then use all these practised skills to produce a short, planned routine in groups, using the theme of water, with the emphasis on co-ordinated movements to create an overall effect, to include some counter-balance in pairs within the routine.
Skill acquisition	The children develop and improve their ability to control their movements and perform the basic rolls, jumps and turns to a high standard with deliberate body shape and good body tension. They will know how to move safely and under control on the various apparatus, beginning to include jumps, turns, rolls and counter balances on the

	apparatus. They then investigate using them both in improvised ways and work together to create their routines, which will be performed and peer assessed by the rest of the class in the last session.
Key vocabulary	Control, body shape, tension, roll, jump, turn, counter-balance, horse, mats, safety, bars, bench, routine, theme
Key LOs	<ul style="list-style-type: none"> ➤ To perform a roll with control and precision ➤ To perform a jump with control and precision ➤ To perform a turn with control and precision ➤ To investigate ways to use counter-balance to hold unusual body positions ➤ To combine apparatus with all these basic moves ➤ To control body shape with precision in repeated moves ➤ To collaborate on a routine using all of the above and produce a performance which suggests the theme of water.
Key learning experiences	<ul style="list-style-type: none"> ➤ To work as a group to design, create a routine using some floor and apparatus based movements around a theme of water and to then rehearse and perform the routine to the class, listening and responding to feedback given.
	Football
Overview	The children learn or develop skills and understand rules for playing a game of football. They learn how to keep control of a ball to dribble, pass, shoot and defend. They learn basic rules of attack and defence and develop them to play mini games in team. They learn the rules of football, how to apply them and sportsmanship.
Skill acquisition	The children develop and improve their ability to pass a ball using the inside and outside of their feet. They progress by extending their ability to control a ball, passing on the move, shooting, blocking and attacking. They learn the basic principles of invasion games when they move to playing games of football in small teams, employing a range of strategies to work as a team.
Key vocabulary	Control, tackle, pass, shoot, dribble, players, positions, attack, defend, strike, invasion game
Key LOs	<ul style="list-style-type: none"> ➤ To keep control of the ball while travelling (Dribbling) ➤ To be able to accurately pass a football ➤ To be able to pass the ball whilst moving ➤ To be able to shoot ➤ To be able to tackle correctly ➤ To understand how to defend in football ➤ To understand how to attack ➤ To be able to use attacking skills in a game situation

Key learning experiences	<ul style="list-style-type: none"> ➤ To gain opportunities to develop and improve all skills involved with playing a game of football, applying them to strategic play in small teams towards the end of the unit.
	Athletics (track and field)
Overview	The class will learn techniques and strategies for athletics events in 3 areas – sprints, throws and jumps. They will use equipment in the throws, knowing how to handle and throw it safely and develop the ways to maximise their performance in the various disciplines. There will be cross-curricular links with Maths when the children measure and record their times and distances. The unit will build up to the children maximising their own personal performance levels on Sports Day.
Skills acquisition	<p>The children will know how to throw a discuss, javelin and hammer, learning the difference in the launch styles for each piece of equipment. They will run over various short distances and learn the difference in approach to those distances, using sprint starts for the shorter ones and pacing themselves over longer runs.</p> <p>The children will know the benefits of body and foot positioning, run-up and carrying forward momentum in the standing long jump and the triple jump.</p>
Key vocabulary	Throw, jump, sprint, javelin, discus, hammer, triple jump, long jump, sprint start, measurement
Key LOs	<ul style="list-style-type: none"> ➤ To know the difference in launch technique for the 3 throwing events ➤ To know and use a sprint start ➤ To use pacing over a 1 or 2 lap running race ➤ To use the correct sequence of foot and body positions for the triple jump, with a run up ➤ To use forward momentum with arm swing in the standing long jump ➤ To measure and record times and distances accurately
Key learning experiences	<ul style="list-style-type: none"> ➤ Sports Day will be a whole school event where the children participate in all the events practiced in this unit. ➤ They will use the times and distances recorded as a set of data to use in Maths to draw charts and graphs, find the mean and record in a table.
	Cricket
Overview	The children learn basic skills and rules for playing a game of cricket. They learn how to hold a bat and hold one to the appropriate height to hit a ball in planned directions and distances. They learn basic rules of batting, bowling and fielding, and develop them to play mini games of cricket towards the end of the unit

Skills acquisition	To throw a ball accurately overarm to bowl, to catch a ball with either or both hands and over different distances, to bat and field during a game of cricket.
Key vocabulary	Bat, bowl, field, overarm, underarm, wicket, run up, crease, wicket keeper, boundary
Key LOs	<ul style="list-style-type: none"> ➤ To develop overarm bowling accuracy. ➤ To develop batting accuracy and directional batting ➤ To develop close catching and wicket-keeping as well as deep field catching ➤ To develop overarm bowling technique and accuracy ➤ To be able to use both the forward defensive shot and the forward drive shot in drill and game situations ➤ To develop a variety of fielding techniques and to use them within a game.
Key learning experiences	<ul style="list-style-type: none"> ➤ The children acquire, build and develop the full range of skills to play a game of cricket. ➤ They improve their basic throwing and catching skills from throwing a ball overarm in required directions, catching from a range of distances and batting in required directions. ➤ They apply their skills in small games of cricket towards the end of the unit.