

Year 6 PE – Learning Journey

Summer

Golf

- Striking the ball accurately
- Team alternate shot format
- Consolidate and combine their skills
- Tournament



Athletics

- Distance running
- Throwing
- Jumping
- Mini competitions



Tag Rugby

- Passing and moving
- Tagging and defensive formations
- Prevent scoring opportunities
- Attacking and defensive tactics
- Tournament



Cricket

- Fielding skills and tactics
- Batting
- Attacking tactics
- Bowling skills and tactics
- Defence
- Sequence of learning into a mini game



Autumn

Netball

- Attacking skills
- Defence and possession
- Creating tactics
- Transition from attackers to defenders
- Tactical application
- Apply skills into a level 1 tournament



Gymnastics: Matching and Mirroring

- Applying excellent gymnast
- Matching and mirroring
- Use apparatus to change movements
- Apply matching and mirroring movements
- Perform



Dodgeball: Game sense invasion

- Attacking skills
- Dribbling the ball
- Defence
- Creating tactics
- Tactical application
- Tournaments

Dance

- Perform technical movements with control and rhythm
- Choreograph a routine
- Create movements from a stimulus
- Sequence movements
- Compositional principles
- Perform dance sequences



Spring

Hockey

- Passing, dribbling, moving skills
- Successful attacking
- Defending, marking and blocking

Dodgeball

- Aiming the ball
- Possession of the ball
- Understanding the rules of dodgeball
- Attack and defence tactics
- Bring learning together for a tournament

Health Related Exercise

- Record and compare fitness assessments
- Understand the functions of the cardiovascular systems
- Affects of aerobic fitness
- Flexibility
- Strength
- How exercise affects our bodies

Tennis

- Doubles
- Think tactically
- Organise, umpire and manage games
- Act as coaches
- Tournament

