







Physical Education			Year 6		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 <p>Multi Skills – Tag Rugby / Uni-hoc:</p>	 <p>Dance / Handball:</p>	 <p>Basketball / Gymnastics:</p>	 <p>Football / Badminton:</p>	 <p>Athletics / Tennis:</p>	 <p>Roulers / Cricket:</p>
<p><u>Tag Rugby:</u> LI: To understand how to tackle effectively using tag rugby equipment. LI: To demonstrate effective ways to beat an opponent with ball in hand. LI: To develop the ability to pass and catch a rugby ball on the move. LI: To outwit and beat an opponent in competitive play (focus on 2v1). LI: To demonstrate an effective knowledge and understanding of competitive play.</p> <p><u>Uni-hoc:</u> LI: To understand the rules of uni-hoc and become confident in using the equipment. LI: To demonstrate high-quality dribbling ability in uni-hoc. LI: To pass the puck effectively in uni-hoc. LI: To demonstrate an ability to attack and defend in 1v1 situations.</p>	<p><u>Dance – Lindy Hop:</u> LI: To understand where the Lindy Hop came from. LI: To improvise and generate dance ideas using a stimulus. LI: To explore the different kicks used in the Lindy Hop. LI: To choreograph a motif and adapt the motif using a variety of levels, directions and pathways. LI: To explore a range of partnered Lindy Hop movements. LI: To develop an understanding of action and reaction in duet pieces. LI: To explore different lifts for a Lindy Hop performance. LI: To combine movements, motifs and phrases into longer dance pieces. LI: To perform a controlled, co-ordinated and precise dance as a whole ensemble.</p>	<p><u>Basketball:</u> LI: To develop understanding of when to dribble and when to pass during competitive play. LI: To develop understanding of effective pass selection within competitive play. LI: To develop understanding of when to shoot and when to dribble during competitive play. LI: To develop an ability to counter attack quickly and upon regaining possession using the appropriate techniques (passing, dribbling, shooting). LI: To attempt to deploy appropriate tactics within a team setting relevant to opponents. LI: To select appropriate tactics to successfully complete a game.</p> <p><u>Gymnastics:</u> LI: To understand counterbalancing and</p>	<p><u>Football:</u> LI: To develop understanding of effective 1v1 play with and without the ball. LI: To understand when the team should try and change direction on the play when a path forward is blocked. LI: To use wide areas of the pitch to attack opponents effectively. LI: To develop an understanding of how to exploit the space behind opponents after the ball has been won. LI: To employ appropriate tactics within a team setting relevant to opponents. LI: To evaluate team performance and make changes where appropriate to improve success.</p> <p><u>Badminton:</u> LI: To develop the ability to grip the racket effectively and</p>	<p><u>Athletics:</u> LI: To develop the ability to start a race quickly in sprinting events. LI: To understand why pacing is important when completing longer distance races. LI: To generate power when throwing an object. LI: To create height and distance when jumping. LI: To compete effectively across a variety of events. LI: To compete effectively across a variety of events.</p> <p><u>Tennis:</u> LI: To maintain a rally with an opponent and understand when to utilise different shots (forehand and backhand). LI: To ensure correct body positioning to play forehand shots effectively. LI: To ensure correct body positioning to play</p>	<p><u>Roulers:</u> LI: To demonstrate effective throwing, catching and fielding techniques. LI: To understand how to bowl legally in rounders and demonstrate an effective bowling technique. LI: To demonstrate effective batting technique and understand the benefits and risks of hitting the ball into the air. LI: To understand how to get people out when fielding and improving decision making when fielding. LI: To understand the rules and relevant tactics to effective game play in rounders. LI: To understand the rules and relevant tactics to effective game play in rounders.</p> <p><u>Cricket:</u> LI: To develop individual batting technique and</p>



Individually Strong, Collectively Stronger!



<p>LI: To apply passing, dribbling and shooting skills within a competitive situation. LI: To demonstrate a range of techniques to play an effective competitive uni-hoc game.</p>	<p><u>Handball:</u> LI: To understand the rules of handball through conditioned games. LI: To accurately and tactically pass and catch the ball using key handball techniques. LI: To demonstrate an ability to shoot using a range of shots and broaden attacking techniques in handball. LI: To improve defence in the context of handball. LI: To understand the position of goalkeeper and develop effective strategies to block attacks. LI: To develop strategic awareness for team attack and defence formations.</p>	<p>counter tension and perform a range with a partner. LI: To plan and create a sequence with a partner using counterbalance and counter tension. LI: To balance weight on hands and head and show stillness and control.</p>	<p>participate in a basic rally. LI: To understand how and when a point is scored in competitive play. LI: To develop the ability of pupils to perform the long and short service. LI: To develop an understanding of how an overhead clear shot can be used to push opponents to the back of the court within a rally. LI: To develop an understanding of how a drop shot can be used when there is a space at the front of opposition's court. LI: To play effective shots when the shuttle is close to the net</p>	<p>backhand shots effectively. LI: To develop an ability to play an effective volley and understand where on the court it should be played from. LI: To understand the basic rules of serving and to be able to play an effective over/ underarm serve. LI: To develop competitive play in a match setting.</p>	<p>understand the importance of running after hitting the ball. LI: To play different shots and understand the importance of shot selection. LI: To bowl the ball effectively and vary the bowling to make it more difficult for the batsman. LI: To field effectively with a good ability to throw and stop the ball. LI: To develop decision making in a match setting when batting, bowling and fielding. LI: To apply tactics to a competitive game situation.</p>
--	---	---	---	---	--