

The Piggott School: Charvil Primary



'Go and do Likewise' Luke 10:25, -37 The Parable of the Good Samaritan
We live with love and compassion, seeking help in times of need

Curriculum Map: Physical Education Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Content Declarative knowledge 'I Know'</p>	<p>Football *Understand the positions in a team and the roles they play and choose different formations to suit the needs of the game *Identify and evaluate parts of your game where you're performing well and parts that can be improved *Recognise exercise and activities that help strength, speed and stamina Dodgeball *Explain how physical activity can help contribute to a healthy lifestyle *Evaluate a performance, providing constructive feedback</p>	<p>Netball *Create short warm up routines that follow the basic principles eg raising body temperature, mobilise joints and muscles *Recognise and evaluate performances providing constructive feedback. Understand how to improve in different physical activities and sport Badminton *Describe good technique of the forehand, backhand and overhead clear</p>	<p>Fitness *Take responsibility for your own warm up, know the importance of warming up *Compare own and others performances to previous ones, recognise and explain what went well and discuss what you find easy and difficult *Understand how physical activity and exercise can improve mental well-being *Understand why core strength is important Dance *Share ideas in small groups, working together to create a routine incorporating different elements *Use imagination to develop dances to music and develop expressive qualities</p>	<p>Goalball *Understand the rules of goal ball including: highball rule, 10 second rule, eye shade rule, illegal coaching rule, premature throw rule, noise rule Volleyball *Create short warm up routines that follow basic principles eg raise body temperature, mobilise joints and muscles *Recognise part of a performance that could be improved and explain how. Learn how to evaluate and recognise their own success *Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle</p>	<p>Hockey *Identify and evaluate parts of your own game and others, providing feedback *Understand how physical activity can contribute to a healthy lifestyle *Understand how muscles work *Adapt games and activities making sure everyone has a role to play *Create short warm up routines that follow basic principles eg raise body temperature, mobilise joints muscles Rounders *Develop an understanding of how to improve in physical activities and sports *Create short warm up routines that follow basic principles eg raise body temperature, mobilise joints and muscles</p>	<p>Athletics *Understand appropriate pace judgement for the running distance to be covered *Understand the appropriate throwing and jumping technique to achieve maximum distance and height *Share and discuss athletic techniques with others *Compare their performance with previous ones and demonstrate improvement to achieve their personal best *Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles Swimming *Understand how to be safe in water</p>

						<ul style="list-style-type: none"> *Understand a range of strokes *Understand which drug is the most efficient *Understand how to perform safe self-rescue
Skills Procedural Knowledge 'I know how to'	Football <ul style="list-style-type: none"> *Apply the attacking and defending principles in game situations *Use different skills to keep possession of a ball as part of a team *Develop control whilst performing skills at speed. Change speed and direction to get away from a defender *Adapt games and activities making sure everyone has a role to play Dodgeball <ul style="list-style-type: none"> *Successfully catch a ball at different heights *Demonstrate a variety of different throwing techniques with good accuracy, pace and consistency *Take part in competitive games, playing fairly and working cooperatively as part of a team *Use different ways to dodge the ball (jump, gallop, jockey) *Use appropriate tactics in games and discuss and 	Netball <ul style="list-style-type: none"> *Apply basic principles for attacking and defending, choosing different formations to suit the needs of the game *Work effectively as a team *Use a variety of tactics to keep possession of the ball, applying the principles of attacking *Use other defending principles in game situations, including marking, tracking and covering, to gain possession Badminton <ul style="list-style-type: none"> *Experiment with racket using different skills. Play shots at different heights, direction and speed, and improve hitting the shuttle whilst moving *Use different skills and tactics learned to try to win games *Improve consistency of shots, directing them to help win competitions 	Fitness <ul style="list-style-type: none"> *Develop upper and lower body strength, speed, aerobic endurance and fitness *Link actions and combine movements *Complete circuit training to the best of your ability Dance <ul style="list-style-type: none"> *Move in a way that reflects the music *Perform dances in both canon and unison, with clarity and confidence *Explore and practise movement ideas inspired by a stimulus *Explore, improvise and combine movement ideas fluently and effectively *Perform movements to an audience with rhythm and confidence 	Goalball <ul style="list-style-type: none"> *Build up technique to include ball in the palm of their hand, lunge forward with opposite leg, release the ball along the floor Volleyball <ul style="list-style-type: none"> *Participate in competitive games, modified and adopted where appropriate *Apply basic principle suitable for defending. Show good position on court *Apply basic principles suitable for attacking. Identify spaces and understand the tactic of hitting into gaps *Use good footwork that allows the ball to be hit with good technique 	Hockey <ul style="list-style-type: none"> *Develop control whilst performing skills at speed *Apply the attacking and defending principles in game situations *Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender *Choose different formations to suit the needs of the game and choose skills that meet the need of the situation Rounders <ul style="list-style-type: none"> *Perform skills with accuracy, confidence and control *Participate in competitive games, modified where appropriate *Retrieve, intercept and stop a ball when fielding *Use skills and tactics to outwit opponents when fielding and batting *Work as part of a team that covers the areas to make it hard for the batter to score runs. Use 	Athletics <ul style="list-style-type: none"> *Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed *Work effectively as part of a team *Successfully run, jump, and throw in isolation and in combination-applying appropriate techniques to achieve personal bests Swimming <ul style="list-style-type: none"> *Be able to swim 25 metres any style unsupported *Be able to swim in the deep end of the pool with confidence

	apply strategies needed to win	*Be continuous within a rally and regularly play consistent shots *Use tactical serves to deceive opponent *Demonstrate fast-paced movements, including the chasse step and lunge whilst increasing shuttle accuracy			tactics that involve bowlers and fielders working together	
Vocabulary	positions, roles, formations, attacking principles, defending principles call mark dodge, jump, gallop, jockey	attacking principles, defending principles, marking, tracking, covering, possession, forehand, backhand, overhead clear, rally, lunge, chasse step	upper and lower body strength, speed, aerobic endurance, fitness, circuit training, expressive qualities, stimulus, rhythm, confidence	Highball rule, 10 second rule, eye shade rule, illegal coaching rule, premature throw rule, noise rule, lunge, footwork	possession, formations call my skills, tactics, bowlers, fielders	pace judgement, self-rescue
Key Questions	what are the positions in a football team? Which formations suit the needs of the game? How can we catch a ball at different heights?	How can we use defending principles in netball including marking, tracking and covering, to gain possession? How can we demonstrate movements including the chasse step and lunge whilst increasing shuttle accuracy?	What is circuit training? What makes a good dance performance?	What are the key rules of goalball? What are the basic principles of attacking and defending in volleyball? How can we use good footwork?	How can we apply basic attacking and defending principles in hockey? How can we apply basic batting and fielding tactics in rounders	how can we set appropriate pace judgement for distance running? How can we use appropriate throwing and jumping technique to achieve maximum distance and height? How can we swim 25 metres unsupported?
Assessment	Throughout each activity students will be assessed using observations by class teacher against specific criteria in line with the Head, Heart, Hands grading system (Mint Green, Blue, Indigo, Violet) <u>Autumn Focus</u> Head: Rules Heart: Perseverance Hands: Balance		Throughout each activity students will be assessed using observations by class teacher against specific criteria in line with the Head, Heart, Hands grading system (Mint Green, Blue, Indigo, Violet) <u>Spring Focus</u> Head: Strategies Heart: Leadership Hands: Agility		Throughout each activity students will be assessed using observations by class teacher against specific criteria in line with the Head, Heart, Hands grading system (Mint Green, Blue, Indigo, Violet) <u>Summer Focus</u> Head: Tactics Heart: Courage Hands: Co-ordination	
Cross curricular links/Character Education	Extra-curricular – clubs & fixtures Literacy - Improving your own / others performance Numeracy – scoring in games/organising teams Teamwork – communication and working with others, leadership. Problem Solving - critical thinking.					

	Cultural appreciation – own and professional works Resilience, Initiative, Integrity, Confidence, Aspiration
--	---