



Warden House Primary School

Physical Education Curriculum

Overview 2016-17

Year 6



		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 6	Games	Fencing & Cricket	Fencing & Cricket	Orienteering	Rugby	Athletics	Swimming & Tennis
	<p>GAMES: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).• Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team</p>						
	<p>ATHLETICS: Combine sprinting with low hurdles over 60 metres. • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement</p>						
	<p>ORIENTEERING/ OAA: Select appropriate equipment for outdoor and adventurous activity. • Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. • Embrace both leadership and team roles and gain the commitment and respect of a team. • Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. • Remain positive even in the most challenging circumstances, rallying others if need be. • Use a range of devices in order to orientate themselves.</p>						
	<p>SWIMMING: Swim over 25 metres unaided. • Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming • Swim fluently with controlled strokes. Complete self rescue skills.</p>						
	Gym	Flight & Rolling		Forces & Balance		Fitness Circuits	
	<p>Create complex and well-executed sequences that include a full range of movements including: • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills. • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements. • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright).</p>						
	Dance		World War (LCP) & The Haka Val Sabin		The Rainforest Val Sabin		
	<p>Compose creative and imaginative dance sequences. • Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Evaluate and improve own performance.</p>						