

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Topic Title	Health Related Fitness	Dance	Gymnastics	Games	Athletics	Athletics and games	
Year 6	PE	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Improve fitness through a range of physical activities.</li> <li>- Understand why exercise is good for fitness, health and wellbeing.</li> <li>- Know some ideas for warm up exercises and routines.</li> <li>- Know what makes a good warm up.</li> <li>- Increase the number of techniques they use.</li> <li>- Sustain pace over longer distances, e.g. sprint for seven seconds , run for one or two minutes.</li> <li>- Throw with greater control, accuracy and efficiency.</li> <li>- Perform a range of jumps showing power, control and consistency at both take off and landing.</li> <li>- Know what they need to get better at and what to practice.</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Express an idea in original and imaginative ways.</li> <li>- Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>- Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>- Vary speed, direction, level and body rotation during floor performances.</li> <li>- Practise and refine the gymnastic techniques used in performances (listed above).</li> <li>- Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in wellrehearsed actions).</li> <li>- Use equipment to vault and to swing (remaining upright).</li> <li>- Know how gymnastics promotes strength, power and suppleness.</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- Use forehand and backhand when playing racket games.</li> <li>- Field, defend and attack tactically by anticipating the direction of play.</li> <li>- Use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding</li> <li>- Choose the most appropriate tactics for a game.</li> <li>- Uphold the spirit of fair play and respect in all competitive situations.</li> <li>- Lead others when called upon and act as a good role model within a team.</li> <li>- Evaluate strengths and weaknesses in their own and others' performances and suggest improvements.</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>- Develop the consistency of their actions in a number of events.</li> <li>- Increase the number of techniques they use.</li> <li>- Sustain pace over longer distances, e.g. sprint for seven seconds , run for one or two minutes.</li> <li>- Throw with greater control, accuracy and efficiency.</li> <li>- Perform a range of jumps showing power, control and consistency at both take off and landing.</li> <li>- Understand why exercise is good for fitness, health and wellbeing.</li> </ul>	<p><b>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>- take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>- compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> <li>- Say why some athletic activities can improve strength, power or stamina and explain how these can help their performance in other types of activity.</li> <li>- Understand why exercise is good for fitness, health and wellbeing.</li> </ul>