

## Physical Education (Year 6) Skills

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Football	Gymnastics	Dance	Athletics
<p><b>Pass accurately over longer distances using a variety of techniques</b></p> <p><b>Shoot with power and precision</b></p> <p><b>Defend and attack using specific tactics</b></p> <p><b>Move into appropriate positions</b></p> <p>Tennis</p> <p><b>Refine skills (see previous year groups)</b></p> <p><b>To play small sided versions of net games</b></p> <p><b>To develop the range and consistency of their skills</b></p> <p><b>To evaluate their performance</b></p> <p>Hockey</p> <p><b>Refine skills (see previous year groups)</b></p> <p><b>Defend and attack using specific tactics</b></p> <p><b>Move into appropriate positions</b></p> <p>Rounders</p> <p><b>To develop the consistency and accuracy of their striking and fielding skills</b></p> <p><b>To select and use skills appropriately in a game situation</b></p> <p><b>To recognise strengths and weaknesses in their own performances and adapt practises for how they could combat this.</b></p>	<p><b>To understand counter balances and counter tension</b></p> <p><b>To understand counter balances and counter tension in 2s</b></p> <p><b>To work in pairs to construct, practise evaluate and improve the composition and quality of a sequence</b></p> <p><b>To adapt sequence onto apparatus (if time applicable)</b></p> <p>Tag Rugby</p> <p><b>To refine skills (see previous year groups)</b></p> <p><b>To develop tactics for a game situation</b></p> <p><b>To adapt games to focus on defending or attacking</b></p> <p>Cricket</p> <p><b>To develop the consistency and accuracy of their striking and fielding skills (see previous years)</b></p> <p><b>To select and use skills appropriately in a game situation</b></p> <p><b>To recognise strengths and weaknesses in their own performances and adapt practises for how they could combat this</b></p>	<p><b>Explore, improvise and combine movement ideas fluently and effectively</b></p> <p><b>Perform with expressions and show clear understanding of the dance</b></p> <p><b>Demonstrate the ability to translate ideas into symbolic movement</b></p> <p><b>To evaluate their own and others' work and express ways to improve them</b></p> <p>Basketball</p> <p><b>To choose combine and perform ball handling skills more fluently and effectively in games</b></p> <p><b>To use attacking and defending strategies more consistently</b></p> <p><b>Refine main skills (see previous year groups)</b></p>	<p><b>To run using an efficient technique</b></p> <p><b>To run for longer periods of time at a quicker rate</b></p> <p><b>To keep track a series of running times and present them in an appropriate manner</b></p> <p><b>To think of and act of activities that would be beneficial for their score</b></p> <p>Children will begin to run over hurdles</p> <p>team running; methods of passing the baton</p> <p>Use the correct starting positions;</p> <p><b>Understand how technique, rhythm and stride pattern can affect performance</b></p> <p><b>Look at the five basic take-off and landing combinations;</b></p> <p><b>Understand how each type of jump is appropriate for different athletic events and see how they can be improved through the development of technique and use of run-up.</b></p> <p><b>A range of throwing actions fling, pull, push and heave;</b></p> <p><b>Recognise how accuracy and distance can be increased through the development of throwing technique.</b></p> <p><b>Lead their own warm up in PE lesson</b></p>

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Basketball – Vocabulary	Gymnastics - Vocabulary	<b>Tennis – Vocabulary</b>	Athletics - Vocabulary
<p>Fluently - in a smoothly graceful and effortless manner.</p> <p>Effectively – in such a manner as to achieve a desired result.</p> <p>Strategy – a plan of action designed to achieve a long-term or overall aim.</p> <p>Football - Vocabulary</p> <p>Accurately - in a way that is correct in all details; exactly.</p> <p>Power – physical strength and force exerted by something or someone.</p> <p>Precision – the quality, condition, or fact of being exact and accurate.</p> <p>Hockey - Vocabulary</p> <p>Slap shot - a hard shot made by raising the stick just below the waist before striking the ball with a sharp slapping motion.</p> <p>Tactics – an action or strategy carefully planned to achieve a specific end.</p>	<p>Counter balance - a weight that balances another weight.</p> <p>Counter tension – is when gymnasts perform a balance which involves two or more of them pulling away from each other (or a piece of apparatus), where the weight is not even</p> <p>Composition – the action or art of producing a creative work such as a poem, a piece of music or a gymnastic performance</p> <p>Speeds – being able to move at different speeds to adapt a performances</p> <p>Pathways – travelling in different directions</p>	<p>Technique - a skilful or efficient way of doing or achieving something.</p> <p>Consistent - acting or done in the same way over time, especially so as to be fair or accurate.</p> <p>Dance – Vocabulary</p> <p>Improvisation - created spontaneously or without preparation.</p> <p>Expressive - effectively conveying thought or feeling.</p> <p>Symbolic movements – the actions in a dance convey/ symbolises the music that is being listened to</p> <p>Rounders – Vocabulary</p> <p>Strengths - a good or beneficial quality or attribute of a person or thing.</p> <p>Weaknesses - a disadvantage or fault.</p> <p>Consistent - acting or done in the same way over time, especially so as to be fair or accurate.</p>	<p><b>Beneficial</b> - resulting in good; favourable or advantageous.</p> <p><b>Starting positions</b> – the correct way to start a race in order to maximise speed/ power</p> <p>Cricket – Vocabulary</p> <p>Strengths - a good or beneficial quality or attribute of a person or thing.</p> <p>Weaknesses - a disadvantage or fault.</p> <p>Grip - take and keep a firm hold of; grasp tightly. Ensure that the correct technique is used for holding the bat</p> <p>Tag Rugby – Vocabulary</p> <p>Receive – to be given – Revert back to catch</p> <p>Soft hands- having hands soft as to ensure that the catch is easier</p> <p>6 o'clock pass- ensure that the ball travels as if it was a clock at 6 o'clock.</p>