



Physical Education

Cricket Year 6

Unit Purpose

Pupils will consolidate their knowledge, understanding and ability to effectively apply a range of fielding skills, batting skills and **tactics** into mini games.

Inspire Me

West Indian cricketer **Brian Lara** holds the record for the most runs scored, 400 in a mens Test Match. **Kiran Baluch** from Pakistan holds the record for the most runs scored in an innings, 242 in a women’s Test Match.



Key Success Criteria

- P** Pupils will consolidate their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency into mini games.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these into their games.
- S** Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Umpire: is an official who watches the game or match closely enforcing the rules and who is responsible for making sure that the game is played fairly. The umpire will resolve any disagreements and their decision is final and should be respected.

Boundary: The boundary is the perimeter of the playing area. The batters score four or six runs if the ball crosses the boundary.

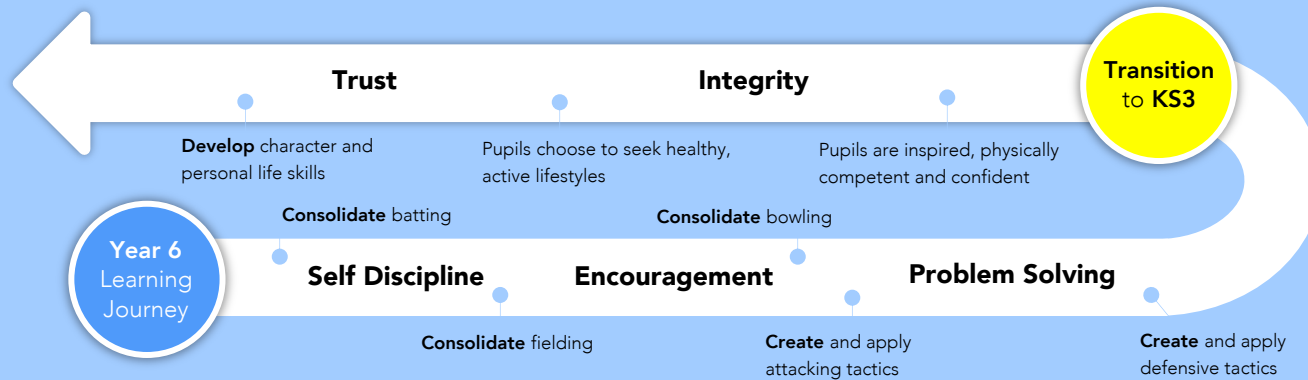


Sport Specific Vocabulary

Four Runs: The batter scores four runs if the ball crosses the boundary having touched the ground within the playing area first.

Six Runs: The batter scores six runs if the ball crosses the boundary in the air not having touched the ground.

Over: An over consists of six consecutive legal (wides and no-balls do not count) deliveries bowled from one end by a bowler.





Physical Education

Health and Related
Exercise Year 6

Unit Purpose

The unit of work will consolidate pupils understanding of **strength, flexibility** and the **cardiovascular** elements of **fitness**.

Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.

Inspire Me

Did you know... that in 2020, Mathew Fraser earned the title of Fittest Man on Earth for the fifth consecutive year! Matthew started out as an Olympic weightlifter and was a junior national champion.



Key Success Criteria

- P** Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness.
- C** Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- S** Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits.
- W** Pupils will refine life skills such as self motivation, resilience and self discipline as they strive to improve their own performances.

Vocabulary for Learning

Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

Strength: Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

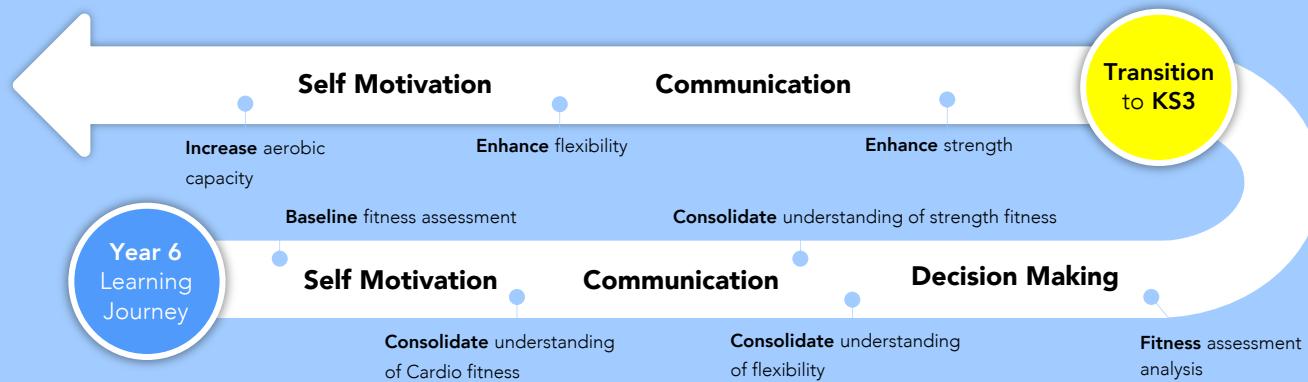
Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.



Sport Specific Vocabulary

Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Fitness Assessment/Test A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.





Physical Education

Orienteering Year 6

Unit Purpose

The unit of work will **refine** pupils' ability to **orientate** a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will **refine** their ability to **collaborate** with others and work as a team to complete the **challenges**.

Inspire Me

Simone Niggli-Luder is a Swiss orienter who has twice won all four women's competitions at the World Championships. Simone is widely seen as one of the greatest orienteers of all time.



Key Success Criteria

- P** Pupils will refine their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will refine their understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will refine life skills such as cooperation as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will apply integrity and self discipline as they complete the orienteering challenges. Pupils will refine their leadership skills and take responsibility for others.

Vocabulary for Learning

Navigate: means to find a way through a planned course often by using a map.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.



Sport Specific Vocabulary

Leadership: Leadership is the ability to guide members of your team towards achieving your goal.

Responsibility: is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.





Physical Education

Tennis Year 6

Unit Purpose

Pupils will learn to consistently apply effective shot techniques, applying **decision making** as to which shot to make and where to aim in order to score a point. Pupils will **create, apply** and **evaluate tactics** in singles and doubles games.

Inspire Me

Billie Jean King is an American former World Number 1 tennis player and advocate for gender equality. In 1973 King won the 'Battle of the Sexes' tennis match against Bobby Riggs.



Key Success Criteria

- P** Pupils will apply a refined understanding of playing forehand, backhand, serves and volleys into space in order to win points.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these to their games.
- S** Pupils will collaborate effectively with their partner, communicating and supporting each other.
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Space: is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

Outwit: means using your intelligence to trick or out smart your opponent to win a point.



Sport Specific Vocabulary

Forehand: A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

Backhand: A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

Volley: Is a shot hit by a player before the ball bounces on their own side of the court. This shot is usually applied when a player is close to the net.

Doubles: is a match played by four players, two on either side of the court.

Serve: Is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.





Physical Education

Dance: Titanic

Unit Purpose

The unit of work will challenge pupils to recreate the story of The Titanic through controlled movements and balances.

Pupils will perform **choreographed** movements and balances that incorporate **emotion, expression** and **characterisation**.

Inspire Me

Did you know... The Titanic sank on 15 April 1912 in the North Atlantic Ocean, four days into her maiden voyage from Southampton to New York City. The Titanic had an estimated 2,224 people on board only 706 survived.



Key Success Criteria

- P** Pupils will perform with clarity, fluency, accuracy and consistency. Pupils will execute movements and balances with accurate expression and emotion.
- C** Pupils will make effective evaluations of an individual, pairs' or groups strengths and weaknesses. Pupils will reflect on their own performances.
- S** Pupils will consistently apply life skills such as respect and trust as they work successfully with others to execute their sequences and group performance.
- W** Pupils will demonstrate effective responsibility as they work with less able pupils and create movement ideas to improve the quality of their work.

Vocabulary for Learning

Excellent Dancers: Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

Creativity: refers to pupils using their imagination or original ideas when performing their dance actions.

Emotion: refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.



Sport Specific Vocabulary

Motif: is a series of movements that are repeated.

Rhythm: is a repeated pattern of movements or sounds.

Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.

Trust

Develop character and personal life skills

Exploring movements that represent the Titanic

Self Discipline

Pupils choose to seek healthy, active lifestyles

Social classes aboard

The Titanic: **Creating** rhythmic patterns using our bodies

Transition to KS3

Pupils are inspired, physically competent and confident

Year 6 Learning Journey

Respect

Developing character movements linked to social classes in 1912

Reflection

Extending our choreography through controlled movements, character emotion and expression

Responsibility

Explore the relationships between characters applying character emotion and expression



Physical Education

Game Sense Year 6

Unit Purpose

Pupils will consistently apply effective **attacking** and **defensive** skills and be able to apply these in a variety of game based scenarios.

Pupils will create and apply **tactics** in games, adapting them as the game situation changes, in order to beat the opposition.

Inspire Me

Did you know... up until 1870, rugby was played with a ball that was more spherical than oval and it had an inner-tube made of pig's bladder. This is also how American footballs got the nickname 'pigskins'.



Key Success Criteria

- P** Pupils will apply a refined understanding of attacking skills to score points against another team, and defensive skills to regain possession.
- C** Pupils will demonstrate resourcefulness and reflective skills as they create a range of attacking and defending tactics, applying these to their games.
- S** Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform, ensuring each team member is motivated.
- W** Pupils will constantly apply life skills such as self motivation and integrity by playing by the rules and leading others by example.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Counter Attack: A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.

Pressure: Pressure is the term used to immediately try to gain possession of the ball back. Rather than leaving the ball alone, teams or an individual can apply pressure in an attempt to regain possession.

Man-to-Man Marking: is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.

Tackle: Is a method of defending. The main objective of tackling is to dispossess an opponent of the ball. A missed timed tackle could result in a foul being awarded.

Referee/Umpire: is an official who enforces the rules and is responsible for making sure that the game is played fairly. The referee/umpire will resolve any disagreements and their decision is final and should be respected.

