



# 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

## Rounders Year 6

### Unit Purpose

Pupils will learn to consistently apply effective **tactics** for both batting and fielding.

Pupils will utilise their prior knowledge of **batting** and **fielding tactics** and consider when, where and why they will apply these during a game.

### Inspire Me

The National Rounders Association, known as **Rounders England** was founded in 1943. One of the great things about rounders is that the rules can be adapted to suit the age and abilities, meaning that everyone can join in.



### Key Success Criteria

- P** Pupils will apply a refined ability to consistently execute throwing, catching, retrieving and batting skills.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of 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 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.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring a rounder.

**Bowling:** is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.

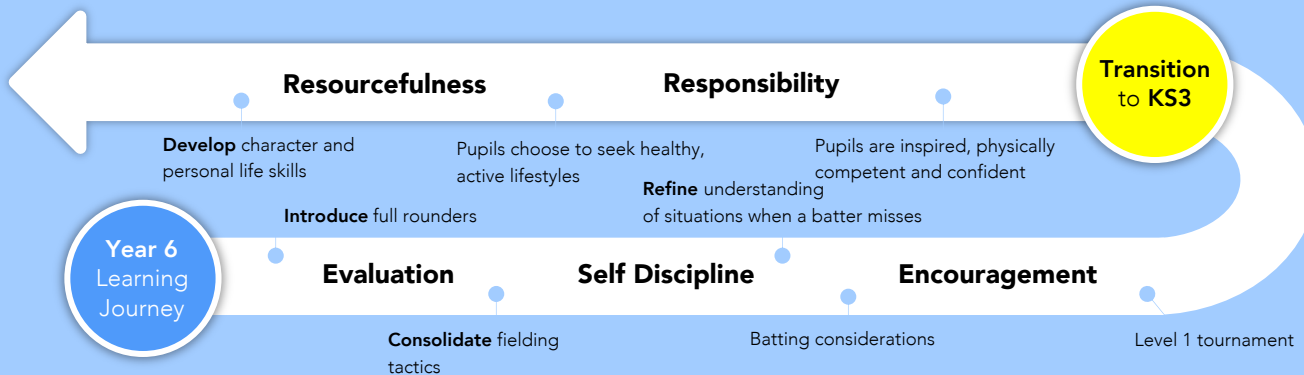


### Sport Specific Vocabulary

**Run Out:** A run out occurs when a batter running to a base fails to reach that particular base before the ball and is stumped or a batter overtakes another batter when running around the bases.

**Outfielder:** An outfielder is a player on the fielding team, not on a base or the backstop. An outfielder is responsible for catching and returning the ball to a base to prevent the batter from scoring a rounder.

**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.





# 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

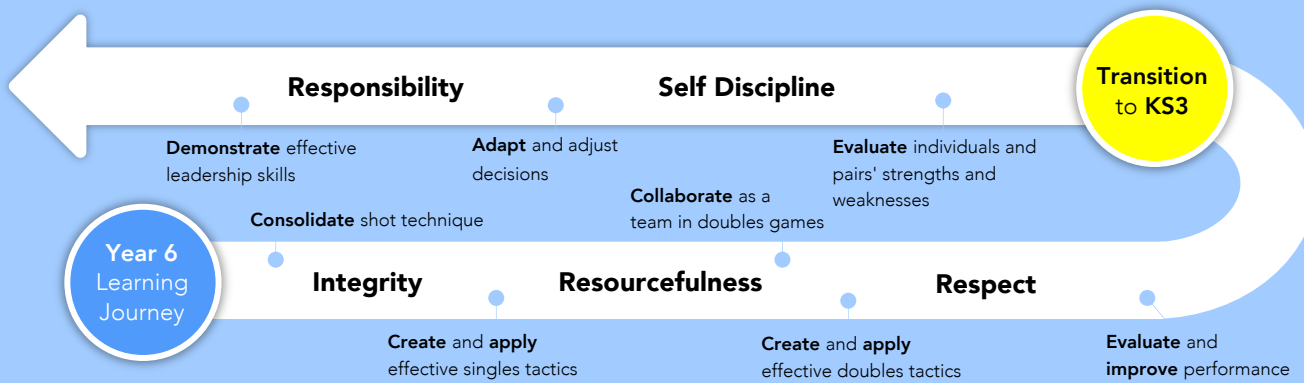
**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

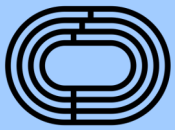
**Backhand:** A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

**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

## Athletics Year 6

### Unit Purpose

The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of **competitions**.

Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.

### Inspire Me

**Dick Fosbury** is a retired high jumper who is considered one of the most influential athletes in history. He revolutionised the high jump event with a "back-first" technique, which is adopted by almost all high jumpers today.



### Key Success Criteria

- P** Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance.
- C** Pupils will demonstrate an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important.
- S** Pupils will refine their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.
- W** Pupils will constantly apply life skills such as responsibility and self discipline by applying their best effort every time 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.

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

**Speed:** Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

**Distance:** is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

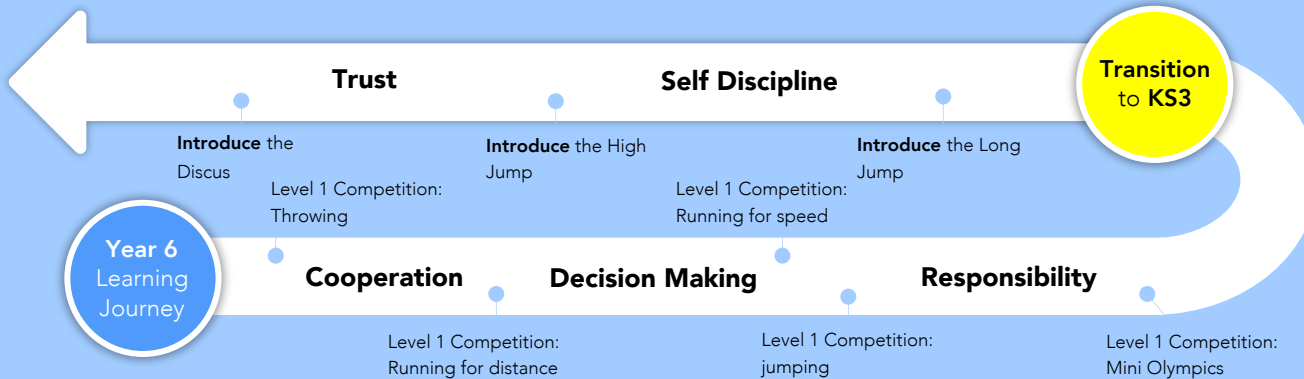
**Evaluation:** means for an athlete to review their own or teams performance, making judgements on their own or teams strengths and weaknesses in order to improve their own or teams performances.



### Sport Specific Vocabulary

**False Start:** A false start is where an athlete begins a running race before they are permitted to do so.

**Events:** The different track and field activities in athletics are known as events. Track are running events and field are throwing and jumping events.





# 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.

