

PE – Medium Term Planning YEAR 6

Each ½ term a total of 2 units must be delivered (each unit is approximately 10 hrs)

Year 6	
Autumn 1.1 - Unit: Football	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary /2)Understands how working with other’s can lead to individual and team success / 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Has complete control of the ball and can retain possession by sending and receiving in space / 2)Uses various dribbling techniques when in possession depending on the environment around them / 3)Advances play with speed of movement and techniques
Grow	1)Understand the term respect and what it looks like in PE and beyond. / 2)Understand the importance of fair play in PE and sport. 3)Explore equality and what it means for PE.
Autumn 1.1 - Unit: Tag Rugby	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary /2)Understands how working with other’s can lead to individual and team success / 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Has complete control of the ball and can retain possession by sending and receiving in space / 2)Uses various dribbling techniques when in possession depending on the environment around them / 3)Advances play with speed of movement and techniques
Grow	1)Understand the term respect and what it looks like in PE and beyond. / 2)Understand the importance of fair play in PE and sport. 3)Explore equality and what it means for PE.
Autumn 1.2 – Unit: Dance- World War 2	
Know	1)Can select and perform contrasting actions and compose a sequence. / 2)Can combine travel, turn, jump, gesture and stillness to convey events and emotions/ 3)Can demonstrate positive behaviour when creating and rehearsing a sequence /4)Can link at least four dance elements together in a pair to create a dance sequence/ 5)Can create imaginative actions based on the different themes / 6)Can combine sequences to retell a poem
Show	1)Can exaggerate their body movements and shapes, as well as use facial expressions to describe language/ 2)Can convey a character through movement/ 3)Can use different travelling actions along varying pathways/ 4)Can perform partner balance or shapes in a group dance/ 5)Can suggest actions and demonstrate a movement idea to represent this / 6)Can include changes in formation, dynamics, canon, unison direction and level.

Grow	1)Can perform the dance to the best of their ability without assistants from others / 2)Can listen and follow instructions and know what is expected off them / 3)Can work collaboratively to produce a sequence / 4)Can give descriptive feedback to a partner using appropriate and relevant dance vocabulary / 5)Can understand what a good performance is / 6)Can improve their own performance based on feedback
Autumn 1.2 - Unit: OAA	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary/ 2)Understands that a consistent approach within an event / activity will produce consistent results/ 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Experiments with different ways of communicating to influence their team mates /2)Takes the lead and is confident in their own ideas 3)Can use a map and navigate their way around various points
Grow	1)Understand that talking respectfully is the most effective way to interact with others. / 2)Recognising the benefits of active listening and knowing how it differs to passive listening. / 3)Understand how asking considered questions can provide useful information.
Spring 2.1 - Unit: Personal Challenges	
Know	refer to outcomes linked to lesson plans (children discuss and identify personal challenges)
Show	
Grow	
Spring 2.1 - Unit: Gymnastics – Group sequencing	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary / 2)Understands that a consistent approach within an event / activity will produce consistent results / 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Has complete control of their own body movements and performs actions seamlessly / 2)Can work on different levels using time and space effectively / 3)Is confident in demonstrating a variety of rolls, balances and travels in a sequence
Grow	1)Explore the concept of perseverance and its' importance in and beyond Gymnastics. / 2)Explore the concept of feedback and its importance in and beyond Gymnastics. / 3)Explore the importance of positivity in Gymnastics and beyond.
Spring 2.2 - Unit: Handball	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary /2)Understands how working with other's can lead to individual and team success / 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Has complete control of the ball and can retain possession by sending and receiving in space / 2)Uses various dribbling techniques when in possession depending on the environment around them / 3)Advances play with speed of movement and techniques
Grow	1)Understand the term respect and what it looks like in PE and beyond. / 2)Understand the importance of fair play in PE and sport. 3)Explore equality and what it means for PE.

Spring 2.2 – Unit: Cricket	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary / 2)Understands how working with other’s can lead to individual and team success / 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Can strike a ball consistently when bowled at them and have a good range of shot selection / 2)Is proactive when fielding (positioning) and is successful in stopping and returning the ball with the correct technique / 3)Shows accuracy consistently using the correct technique when returning a ball quickly
Grow	1)Explore the importance of honesty as a leader when providing feedback. / 2)Explore effective communication within PE and beyond. 3)Understand the attitudes of a leader in PE and beyond
Summer 3.1 - Unit: Hockey	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary /2)Understands how working with other’s can lead to individual and team success / 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Has complete control of the ball and can retain possession by sending and receiving in space / 2)Uses various dribbling techniques when in possession depending on the environment around them / 3)Advances play with speed of movement and techniques
Grow	1)Understand the term respect and what it looks like in PE and beyond. / 2)Understand the importance of fair play in PE and sport. 3)Explore equality and what it means for PE.
Summer 3.1 - Unit: Athletics 6	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary / 2)Understands that a consistent approach within an event / activity will produce consistent results/ 3)Knows what they need to do to improve and can offer advice for team mates improvements
Show	1)Shows consistency, balance and control in taking off and landing all jumps / 2)Combine running / movement with the relevant techniques of throwing to improve distances / 3)Controls their running pace to be relevant to distance and use a good technique
Grow	1)Understand what is meant by intrinsic motivation in PE and beyond. / 2)Understand what is meant by extrinsic motivation in PE and beyond. 3)Be able to recognise the benefits of setting small targets in PE and beyond.
Summer 3.2 - Unit: Volleyball	
Know	1)Evaluates the work of themselves and others using correct technical language and vocabulary / 2)Understands that a consistent approach within a game will produce consistent results/ 3)Knows what they need to do to improve and can offer advice to peers for their improvement
Show	Has a varied range of techniques when returning the ball / object / 2)Anticipates the opponents return and is prepared in a set ‘ready’ position 3)Understands that returning a ball / object in a certain manner can effect the outcome of the game

Grow	1)Understand the term Resilience and its importance in PE and beyond. /2)Demonstrate persistence and understand its importance in learning in a PE understand its importance in learning in a PE context and beyond. / 3)Understand how embracing failure can support learning in PE and beyond.
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