

National Curriculum: Key stage 2

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. Pupils should be taught to: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Term 1 Lesson 1- Multi Skills Invasion games	Term 1 Lesson 2- Gymnastics	Term 2 Lesson 1- Dance	Term 2 Lesson 2- Multi Skills Net and wall	Term 3 Athletics	Term 3 Multi Skills Striking and fielding
Year 6	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Understand that when team has ball they are attacking and when they haven't they are defending.</p> <p>Understand different ways of attacking and encourage them to use positions for their team carefully.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Make up a sequence and adapt it to different apparatus layouts.</p> <p>Use combinations of dynamics (pathways) to use space effectively.</p> <p>Make up own rule for longer, more complex sequences.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Explore, improvise and combine movement ideas fluently and effectively. S&A</p> <p>Understand how a dance is formed and performed.</p> <p>To evaluate, refine and develop their own and others' work. E&I</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Devise a scoring system. Hit the ball in the court away from opponent, how to outwit them using speed height and direction of ball.</p> <p>Know where to stand when attacking and defending. S&A</p> <p>Explain why they or others are playing well in the games.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Develop the consistency of their actions in a number of events. Increase the number of techniques they use.</p> <p>Sustain pace over longer distances, e.g. sprint for seven seconds, run for one or two minutes.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding. S&A Evaluate strengths and weaknesses in their own and others' performances and suggest improvements. E&I</p> <p>Core Task - The aim of the game is for</p>

	<p>Understand different ways to attack and defend.</p> <p>Choose right formations and tactics for attack and defence.</p> <p>Know how they support other players in attack and defence. S&A</p> <p>Understand how to get ready for games.</p> <p>Know some ideas for warm up exercises and routines.</p> <p>Know what makes a good warm up.</p> <p>Know what clothing and footwear is best to wear.</p>	<p>Plan a sequence and adapt it to limited equipment.</p> <p>Work as a group and share roles fairly.</p> <p>Investigate different ways of working with a partner or small group.</p> <p>Use compositional ideas (contrasts and variation in shape, speed, level, timing and actions) S&A</p> <p>Know how gymnastics promotes strength, power and suppleness.</p> <p>Understand the importance of warming up.</p>		<p>Know what they need to get better at and what to practice.</p> <p>Understand how to change court to make easier. Understand practices to help with precision and consistency and speed about the court. E&I</p> <p>Core Task - Play games and change size of net, court and equipment used. Play short tennis singles and doubles with rules in place.</p>	<p>Throw with greater control, accuracy and efficiency.</p> <p>Perform a range of jumps showing power, control and consistency at both take off and landing. A&D</p> <p>Understand why exercise is good for fitness, health and wellbeing.</p> <p>Say why some athletic activities can improve strength, power or stamina and explain how these can help their performance in other types of activity. H&F</p> <p>Core Task - Chn to measure how long or high they can jump using standing jumps, jumps with run ups,</p>	<p>pairs to score as many runs as possible in an innings of a set length. Start with a three pair game. One pair bats, one pair fields and the third pair bowls and keeps wicket</p>
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	<p>Know how to check playing area.</p> <p>Know how playing invasion games helps your fitness and benefits of playing outside of school. E&I</p> <p>Core Task - Play 4vs 4 then 5 vs 5 on pitch 1520m wide and 30-40m long. Goal at each end with shooting area. Play without goalkeepers to allow players to shoot. Then add goalkeepers.</p>	<p>Value of exercise outside of school day.</p> <p>Devise effective warm up for gymnastics.</p> <p>Set out and do risk assessments on apparatus. H&F</p> <p>Core Task - Create and perform floor and apparatus for an audience that will include at least 8-10 elements. Include twisting and turning, flight, changes of direction and speed and contrasting shapes and balances. about</p>			<p>combination jumps. Chn to use different ways to measure. Chn to measure how well they can throw e.g for height, distance, with run ups and using different equipment.</p>	
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