**Year 6 PE-Curriculum Map.**

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| 6 Strands of PE(Golden Thread) | Skills taught. | End Points to be achieved bythe end of the year. |
| Fundamental skills. | I can lead others in warming up, knows why it is important and can work actively across whole sessions.I can change pace and run at different tempos.I can sustain my pace over longer distances.I can throw with accuracy and power using the pull technique.I can throw after a run up.I can listen actively, respects the opinion of others and contributes ideas.I can move fluently and can performs a wide range of skills confidently and competently.I know how to control my running over middle distance.I know how running a bend differs from running a straightI know how to use my non-throwing arm to help me throw. | To be able to perform technical movement skills with control in a range of competitive events and evaluate performance |
| Dance. | I can develop a motif demonstrating some agility, balance, coordination and precision.I can develop an individual 32 count section and apply to a selected theme.I can think creatively to find solutions to challenges across different areas of the curriculum.I can include the use of mirror image, and changes in level and direction in choreography.I can work in small groups to develop a 32 or 64 count group section using chance choreography.I can communicate effectively within a group.I know how to contribute key words to a theme related mind map.I can evaluate the work of other’s using simple technical language.I can evaluate the work of others using technical language including setting targets for improvement.I know how to translate words/ideas into actions and combine together.I know how to translate theme related actions into creative travelling movements.I know how to use chance choreography to create a sequence.I know what I need to do to improve and what others need to do to improve their performance. | To select and apply elements of choreography and use them to create a routine. Evaluate and amend routines with technical language. |
| Gymnastics 3 strands as they progress through the school.MovementBalancePartner/group work. | I can take off, from one foot and two feet.I can gain elevation from a powerful run and dynamic take off.I can land with soft knees and in a strong symmetrical position.I can share space and apparatus safely with others.I can leapfrog.I can perform jumps gracefully.I can perform a cat spring.I can perform a range of interesting jumps.I can create a sequence were starting and finishing points are clearly defined.I can work in a group of 6 to create a sequence involving different formations and pathways.I can work as part of a team to create a sequence involving flight.I can evaluate the work of others using technical language including setting targets for improvement.I know how to land safely.I know how to make a variety of shapes in the air.I know how to use apparatus as part of my jumping.I know how to make my jumps aesthetically pleasing.I know how to take off one foot and then spring from two into flight.I know what safe mounts and dismounts look like.I know different ways of linking movements and jumps.I know what unison is.I know how to transition from one roll to another.I know how to change the dynamics within a sequence.I know how to adapt a floor sequence to make it work on the apparatus. | To be able to select, perform, evaluate and amend technical gymnastics skills safely on a range of apparatus. |
| Invasion Games | I can receive a ball and already know what I want to do with it.I can read the play and show tactical awareness.I can work constructively, irrespective of who I am working with.I can pass accurately and using a variety of passes.I can anticipate the play and release the ball quickly and efficiently.I can demonstrate specific tactical/performance awareness as an individual and team member.I can position myself to take rebounds from missed shots.I can participate purposefully in a netball match.I can apply some tactics we have decided on as a team.I can use different skills such as varying speed and direction to get past defenders.I can mark a player or an area of the court to limit opportunities for the opposition.I can send and receive a ball on the run and under pressure.I can pass missing out players in a line.I can cradle the ball and evade opponents.I can evaluate the work of others using technical language including setting targets for improvement.I know that I need to move to new space after passing.I know some attacking principles.I know to communicate nonverbally on court.I know when to pop pass and when to pocket pass.I know when to attack and when to defend and puts the needs of the team first.I know what position I need to get into when passing left and how it changes when I pass to my right.I know how to 'roll' my hands when changing position and making catches.I know to close the space when defending and be wary of the dummy pass.I know to organise attacking lines in a staggered formation either side of the ball.I know that each team has a limited number of tackles before possession of the ball changes to the other team.I understand the sporting values and sporting etiquettes.  | To select, apply and evaluate tactical strategies as part of a team in a range of sports. |
| Net and Wall Games. | I can get into the ‘ready position.'I can grip a racket and get into sideways positions to strike the ball.I can hit a forehand shot, consistently.I can where I hit the ball.I can get into a good position and play backhand shots with some consistency.I can volley accurately on my forehand and backhand.I can: smash, lob and serve.I can play deft shots near the net within a small area.I can use some tactics against an opponent.I can play a competitive game using a range of ground strokes.I can demonstrate specific tactical/performance awareness as an individual and team member.I know what the 'ready position' is.I know what the baseline is.I know to strike balls away from my opponent.I know to have a big backswing from a sideways on position.I know what I need to do to improve and what others need to do to improve their performance. | To be able to select and apply the correct shots/strokes, use tactics and rules to play in a game situation. |
| Striking and fielding Games. | I can catch with soft hands.I can throw accurately into space.I can bowl accurately at a consistent height.I can ground field consistently well.I can catch and throw quickly from backstop.I can strike with some accuracy into a given area.I can back up fellow fielders in the outfield.I can play a full game in a small group taking on different roles within the team.I can demonstrate specific tactical/performance awareness as an individual and team member.I can play within rules and to resolve any disputes appropriately without adult intervention.I know to try and catch the ball in line with my nose.I know what ground fielding techniques to use and can choose the right one for the circumstance.I know to have a high back lift when batting.I know the rules when batting and running between bases.I know that fielders on 2nd, 3rd and 4th base can start deep and then come onto their bases as necessary.I know that I should adjust my position in the field for certain batsmen/women. | To be able to select and apply specific striking and fielding skills in order to play a game.To show an awareness and understanding of relevant rules. |