

St. Joseph's Catholic Primary School

PE Medium Term Plan Y6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Netball Football	Netball Fitness	Gymnastics Fitness	Dance Hockey	Athletics Rounders	OAA Badminton
	To develop attacking skills to maintain possession. To use a variety of attacking skills to lose a defender. To move into and create space to support a teammate. To use defending skills to gain possession. To develop accuracy when scoring under pressure. To use and apply skills, principles and tactics to a game situation.	To develop attacking skills to maintain possession. To use a variety of attacking skills to lose a defender. To move into and create space to support a teammate. To use defending skills to gain possession. To develop accuracy when scoring under pressure. To use and apply skills, principles and tactics to a game situation.	I can combine and perform gymnastic actions, shapes and balances with control and fluency. I can create and perform sequences using compositional devices to improve the quality. I can lead a small group through a short warm-up routine. I can use appropriate language to evaluate and refine my own and others' work. I can work collaboratively with others to create a sequence. I understand how to work safely when learning a new skill. I understand what counter balance and counter tension is and can show	I can choreograph a dance and work safely using a prop. I can lead a small group through a short warm-up routine. I can perform dances confidently and fluently with accuracy and good timing. I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters. I can use appropriate language to evaluate and refine my own and others' work. I can use feedback provided to improve the quality of my work. I can work creatively and imaginatively on my	I can compete within the rules showing fair play and honesty. I can help others to improve their technique using key teaching points. I can identify my own and others' strengths and areas for development and can suggest ways to improve. I can perform jumps for distance using good technique. I can select and apply the best pace for a running event. I can show accuracy and good technique when throwing for distance. I understand that there are different areas of fitness and how this helps me in different activities. I use different strategies	I am inclusive of others, can share job roles and lead when necessary. I can orientate a map efficiently to navigate around a course. I can pool ideas within a group, selecting and applying the best method to solve a problem. I can use critical thinking skills to form ideas and strategies to solve challenges. I can work effectively with a partner and a group to solve challenges. With increasing accuracy, I can reflect on when and how I successful at solving challenges and alter my methods in order to improve.

			examples with a partner.	own, with a partner and in a group to choreograph and structure dances.	to persevere to achieve my personal best.	
	To maintain possession when attacking. To apply attacking skills with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. To move into and create space to support a teammate. To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament.	I can change my running technique to adapt to different distances. I can collect, record and analyse scores to identify areas where I have made the most improvement. I can work with others to organise, manage and record information at a station. I encourage and motivate others to work to their best. I understand that there are different areas of fitness and how this helps me in different activities. I understand the different components of fitness and ways to test and develop them. I work to my maximum consistently when presented with challenges.	I can change my running technique to adapt to different distances. I can collect, record and analyse scores to identify areas where I have made the most improvement. I can work with others to organise, manage and record information at a station. I encourage and motivate others to work to their best. I understand that there are different areas of fitness and how this helps me in different activities. I understand the different components of fitness and ways to test and develop them. I work to my maximum consistently when presented with challenges.	I can develop attacking skills to beat a defender. I can apply attacking skills with control under pressure. I can select the appropriate skill, choosing when to pass and when to dribble. I can move into and create space to support a teammate. I can use the appropriate defensive technique for the situation. I can apply rules, skills and principles to play in a tournament.	I can develop throwing and catching under pressure and apply these to a striking and fielding game. I can develop bowling under pressure whilst abiding by the rules of the game. I can strike a bowled ball with increasing consistency. I can develop fielding techniques and select the appropriate action for the situation. I can understand and apply tactics in a game. I can apply skills and knowledge to compete in a tournament.	I can return the shuttlecock using an underarm clear. I can return the shuttlecock using an overhead clear. I can use a variety of shots to keep a continuous rally going. I can develop the serve and understand the rules of serving. I can employ tactics to play against an opponent and with a partner. I can apply rules, skills and principles to play against an opponent.

