

# Year 6 One Goal – PE Overview

## Autumn Term 1

Basketball

### **Dribbling**

How to dribble effectively over distance and around obstacles

How to dribble under active pressure

How and when to change speed

How to beat your player

### **Passing**

Different ways to pass the ball and receive the ball when static and when moving

Linking passing and receiving with dribbling

Understanding when to dribble and when to pass

Understanding when to use different types of passes

### **Catching/ ready position**

Body shape and stance to prepare for catching the ball

Catching technique when static and whilst moving

Linking moving and catching under active pressure

### **Shooting**

Different ways to try and score a goal including; lay-up and free-throws (where nets are accessible)

Different ways to try and score a goal under active pressure

Understanding when to shoot and when to dribble/pass

### **Attacking as a team**

Basic attacking principles

Communication and teamwork

### **Defending as a team**

Basic defending principles

Communication and teamwork

### **Small sided games**

Variety of conditioned small sided games

Free-play games to practice/improve skills

## Autumn Term 2

Hockey

### **Dribbling**

How to hold a hockey stick and dribble the ball over distance and around obstacles

How to dribble under active pressure

How and when to change speed when dribbling

## **Year 6 One Goal – PE Overview**

### **Passing and trapping**

How to perform push pass technique over various distances  
How to pass and trap/stop the ball under active pressure  
Linking passing and trapping with dribbling  
Understanding of when to pass and when to dribble

### **Tackling**

Different ways to tackle opposition including; block,jab  
Rules for tackling in hockey  
Understanding of when to tackle and when to delay  
How to win the ball and counter-attack

### **Shooting**

Different ways to try and score a goal under active pressure  
Understanding of when to use different techniques

### **Attacking as a team**

Basic attacking principles  
Communication and teamwork

### **Defending as a team**

Basic defending principles  
Communication and teamwork

### **Small sided games**

Variety of conditioned small sided games  
Free-play games to practice/improve skills

### **Spring Term 1**

Gymnastics

### **Shapes**

How to maintain gymnastics shapes including; straight, tuck, dish, arch, pike, star, straddle, letters with good accuracy and posture  
Linking shapes and travelling together  
Smooth transition into and out of shape  
Explore shapes on variety of apparatus

### **Balances**

To hold point and patch balances with good accuracy  
To hold balances individually and with a partner using a variety of body parts  
To explore balances on variety of apparatus  
Counterbalancing with a partner  
Linking sequence of balances together smoothly with travelling

## **Year 6 One Goal – PE Overview**

### **Travelling**

Different ways of moving including; animal movements, basic leaping, bunny hops  
Link travelling movements together individually and with a partner  
Link travelling and balances  
Exploring travelling on variety of apparatus

### **Flight**

Jump and land safely from floor level incorporating shapes  
Jump and land safely from a small height incorporating shapes e.g. bench  
Linking flight and travelling together  
Create sequences incorporating flight

### **Rolls**

Perform rocking techniques with good control  
Shoulder stands and headstands  
Safely perform rolls including; pencil, teddy bear, forward, backwards  
Link rocking and rolls together  
Link rolls and travelling  
Exploring rolls safely on apparatus

### **Partner work**

Mirror, matching and contrasting movements with a partner, including counterbalancing  
Linking sequences together using mirror, matching and contrasting  
Explore on variety of apparatus

### **Sequences**

Link skills together to create a sequence individually, with a partner and in small groups

## **Spring Term 2**

Tag-Rugby

### **Handling/ ready position**

How to hold a rugby ball  
Stance ready to catch the ball and transition into movement  
Catching rugby ball under passive/active pressure

### **Passing**

How to pass the ball when static and when moving  
Technique and understanding of passing backwards  
Passing under passive/active pressure

### **Running/ carrying the ball**

Pupils should be taught  
Keep the ball safe when travelling

## Year 6 One Goal – PE Overview

Dodging and weaving movements  
Understanding when to pass and when to carry

### **Tagging**

Different ways to tag an individual  
Understanding of tagging rules of the game  
How to tag as a unit

### **Scoring**

Scoring system for tag-rugby  
Different methods to help them score a try  
How to score under passive/active pressure

### **Attacking as a team**

Basic attacking principles  
Communication and teamwork

## **Summer Term 1**

Cricket

### **Throwing**

Throwing technique when static and when moving  
How to increase accuracy and distance when throwing

### **Catching**

Body shape, stance and technique for catching the ball  
How to catch a ball whilst moving in line

### **Rolling and stopping**

Under-arm rolling technique over variety of distances  
Technique for stopping the ball; long-barrier

### **Bowling**

Under-arm and overarm bowling techniques  
How to increase accuracy  
How to bowl at different speeds

### **Batting**

Handling a cricket bat and correct batting stance  
Batting shots including; straight drive, sweep shot, hook shot  
How it increase accuracy and power

### **Fielding**

How to combine skills to run gather and throw/roll  
How to improve accuracy  
Understanding when to roll and when to throw

# Year 6 One Goal – PE Overview

## **Small sided games**

Variety of conditioned small sided games  
Free-play games to practice/improve skills

## **Summer Term 2**

Athletics

### **Running**

Running/sprinting technique  
Crouch start

### **Throwing**

Throwing techniques for athletics events including; shot-put, javelin, discus  
How to gain good accuracy when throwing  
How to increase distance and power

### **Jumping**

Jumping techniques for athletics events including; long jump, triple jump, speed bounce  
How to increase distance when jumping

### **Relay**

How to perform in a team-relay  
How to receive and pass the baton  
Starting/running transition when passing baton

### **Mini-olympics**

Mini-olympic style event to practice/improve their skills