



Whitegate Physical Education Curriculum

Year Six

'Enjoy Achieving Together'

Statutory requirements: 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 sequencing of movements. 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.

Statutory requirements	Games/Athletics Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (basketball, rounders) and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Dance Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Gymnastics Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Athletics Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Swimming	Outdoor and adventurous activities Take part in outdoor and adventurous activity challenges both individually and within a team (orienteering, nightline, rafting, etc)
Year Six	<ul style="list-style-type: none"> • Strike a bowled or volleyed ball with increased accuracy • Use forehand and backhand 	<ul style="list-style-type: none"> • Perform expressively and hold a precise and strong body posture • Create and perform complex 	<ul style="list-style-type: none"> • Create complex and well executed sequences that include a range of movements <ul style="list-style-type: none"> – Springing 	<ul style="list-style-type: none"> • Show control in take-off and landing when jumping • Compete with others and keep track of 		<ul style="list-style-type: none"> • Select appropriate equipment for OAA • Identify possible risk and think of ways to manage them • Ask for and listen to

- strokes in racket games
- Field, defend and attack tactically by anticipating the direction of play
 - Lead others when called upon
 - Be a good role model to others

- sequences
- Perform with high energy, slow grace or other themes and maintain throughout performance
 - Perform complex moves that combine strength and stamina gained through gymnastics

- Flight
- Vaults
- Inversions
- Rotations
- Hold shapes that are strong, fluent and expressive
- Vary speed, direction, level and body rotation during floor work
- Practise and refine the gymnastics techniques listed above
- Use equipment to vault and to swing, remaining upright

- personal best performances
- Set challenging targets for improvement

- expert advice, seeking support if in doubt
- Embrace leadership when supporting others
 - Embrace team roles
 - Gain commitment of others
 - Show empathy and offer support without being asked
 - Show resilience and remain positive, even in challenging circumstances
 - Use initiative to try new ways of working
 - Assess changing conditions and adapt plans to ensure safety