

Assessment sheet for: PE

Class: Year 6

Unit			
<b>Aut 1</b> <b>Unit title:</b> Dance	<u><b>National Curriculum coverage</b></u> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To identify and practise the patterns and actions in a dance style.</li> <li>• To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>• To create a dance that represents a dance style.</li> <li>• To create a dance a group, using any dance moves.</li> <li>• To create a dance as a group, using any dance moves.</li> <li>• To perform and analyse own and others' performance.</li> </ul>
<b>Aut 2</b> <b>Unit title:</b> Gymnastics/Fitness	<u><b>National Curriculum coverage</b></u> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To identify and practise gymnastic shapes and balances.</li> <li>• To identify and practise symmetrical and asymmetrical body shapes.</li> <li>• To construct sequences using balancing and linking movements</li> <li>• To use counterbalances and incorporate them into a sequence of movements.</li> <li>• To perform movements in canon and in unison.</li> <li>• To perform and evaluate own and others' sequences.</li> </ul>
<b>Spr 1</b> <b>Unit title:</b> Hockey/Athletics	<u><b>National Curriculum coverage</b></u> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To investigate running styles and changes of speed.</li> <li>• To practise throwing with power and accuracy.</li> <li>• To throw safely and with understanding.</li> <li>• To demonstrate good running technique in a competitive situation.</li> <li>• To explore different footwork patterns.</li> <li>• To understand which technique is most effective when jumping for distance.</li> <li>• To utilise all the skills learned in this unit in a competitive situation.</li> </ul>
<b>Spr 2</b> <b>Unit title:</b> Volleyball/Tennis	<u><b>National Curriculum coverage</b></u> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To demonstrate receiving skills</li> <li>• To develop an understanding and knowledge of the basic footwork</li> <li>• To use good hand/eye co-ordination to pass and receive a ball successfully.</li> <li>• To be able to demonstrate a range of defending skills</li> <li>• To learn how to strike.</li> <li>• To understand the different positions in a volleyball team</li> </ul>
<b>Sum 1</b> <b>Unit title:</b> Cricket/Rounders	<u><b>National Curriculum coverage</b></u>		<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To throw and catch under pressure.</li> <li>• To use fielding skills to stop the ball effectively.</li> <li>• To learn batting control.</li> <li>• To learn the role of backstop.</li> </ul>

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<p><b>Sum 2</b> <b>Unit title:</b> Lacrosse/Basketball</p>	<p><b>National Curriculum coverage</b></p> <ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> <li>▪ 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</li> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>▪ perform dances using a range of movement patterns</li> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b>Key physical skills</b></p> <ul style="list-style-type: none"> <li>• To demonstrate receiving skills</li> <li>• To develop an understanding and knowledge of the basic footwork</li> <li>• To use good hand/eye co-ordination to pass and receive a ball successfully.</li> <li>• To be able to demonstrate a range of defending skills</li> <li>• To learn how to strike.</li> <li>• To understand the different positions in a basketball team</li> </ul>

