



THE SULTAN'S SCHOOL

# YEAR 6 - MEDIUM TERM PLANNING 2019-2020

PRIMARY PHYSICAL EDUCATION DEPARTMENT

MR SCOTT

# The Sultan's School Year 6 Medium Term Curriculum plan for P.E.

Block	Unit/Strand	Key Targets and Learning Objectives	Activities	Key vocabulary
1	<b>Basketball</b>	<ul style="list-style-type: none"> <li>In all basketball related activities, pupils will think about the use of strategies to outwit opponents.</li> <li>Pupils will focus on improving the skills of passing, receiving, dribbling, shooting and tactical play in a range of environments.</li> <li>They will learn to make informed decisions during small sided games, recognizing opportunity for competitive games and leadership.</li> <li>To understand the effect of exercise and develop an attitude of fair play and enjoyment.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Ball Familiarisation</p> <p>Dribbling and control</p> <p>Shooting</p> <p>Attacking and Defensive principles</p> <p>Self Assessment</p> <p>Competitive game situations</p>	<p>Attacking</p> <p>Defending</p> <p>Passing</p> <p>Chest Pass</p> <p>Bounce Pass</p> <p>Shoulder pass</p> <p>Marking</p> <p>Covering</p> <p>team play</p> <p>team positions</p> <p>anticipation</p> <p>creating space</p> <p>Set Shot</p> <p>Triple threat</p> <p>Man to man</p> <p>Dribble</p> <p>Double dribble</p> <p>Violation</p> <p>Lay up</p>
	<b>Swimming</b>	<ul style="list-style-type: none"> <li>Students will develop swimming skills in line with the Level 4 swimming assessment Criteria</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Perform a sitting dive on poolside, leading to a crouch dive</p> <p>Travel 15m/more using butterfly kicking action</p> <p>Travel 15m/more using backstroke kicking action</p> <p>Travel 15m/more using breaststroke kicking action</p> <p>Push, glide and swim 25m/more using front crawl</p> <p>Push, glide and swim 15m/more using backstroke</p> <p>Push, glide and swim 15m/more using breaststroke</p> <p>Push, glide and swim 10m/more using butterfly type action</p>	<p>Body position</p> <p>Breathing</p> <p>Inhale</p> <p>Exhale</p> <p>Dive</p> <p>Bubbles</p> <p>Kicking</p> <p>Floating</p> <p>Continuous</p> <p>Alternating</p>

<b>2</b>	<b>Athletics</b>	<ul style="list-style-type: none"> <li>• In this unit pupils will be refining their understanding of throwing for distance using a range of objects,</li> <li>• Jumping for distance and with accuracy.</li> <li>• Pupils will accurately replicate running challenges and competitions that require both speed and stamina.</li> <li>• In all athletic activity, pupils will engage in performing skills, measuring and recording their own performance.</li> <li>• Pupils will develop the ability follow safety procedures and handle equipment correctly.</li> <li>• All lessons are working towards developing and refining skills for the TSS Athletics Day.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Sprint Running</p> <p style="text-align: center;">Running (Relays)</p> <p style="text-align: center;">Jumping- Long jump</p> <p style="text-align: center;">Jumping - High Jump</p> <p style="text-align: center;">Throwing - Turbo Javelin</p> <p style="text-align: center;">Long Distance Run</p>	<p>Running, jumping, throwing stance Stamina Speed Baton and exchange Scissor kick Take off and landing Reaction Analysis Self and Peer Assessment</p>
	<b>Net Games Volleyball</b>	<ul style="list-style-type: none"> <li>• Students will focus on developing movement on court, linking skills together to form a rally.</li> <li>• The students will learn basic attacking and defending strategies and techniques.</li> <li>• Students will select and apply their skills so that they can carry out basic tactics with the intention of outwitting their opponents.</li> <li>• Students will highlight strength and weakness and improve on the weaknesses in order to improve.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Ready position &amp; ball familiarisation</p> <p style="text-align: center;">Footwork and movement</p> <p style="text-align: center;">Volley &amp; Dig</p> <p style="text-align: center;">Serving</p> <p style="text-align: center;">Game play</p> <p style="text-align: center;">Rules and scoring</p>	<p>Volley Dig Underarm serving sending, receiving anticipation scoring Ready position Stance movement preparation Teamwork Communication</p>

		<ul style="list-style-type: none"> <li>• They will be recapping and developing skills learnt during catch ball in Year 4.</li> </ul>		
3	<b>Cross Country</b>	<ul style="list-style-type: none"> <li>• Students will focus on developing their personal running technique.</li> <li>• Look at basic tactics and strategy in order to pace themselves and complete the race to the best of their ability</li> <li>• Students will refine and apply their knowledge across a series of weeks so that they can improve on personal best times and positions within the year group.</li> <li>• Course length: 1.25km</li> <li>• All lessons working towards developing skills and stamina ready for TSS cross-country day.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Running Technique</p> <p>Pacing</p> <p>Tactics and Strategies</p> <p>Target setting</p> <p>Stamina</p> <p>Competition</p>	<p>Pacing</p> <p>Strategy</p> <p>Technique</p> <p>Stamina</p> <p>Fitness</p> <p>Oxygen</p> <p>Cardiovascular endurance</p> <p>Warm up</p> <p>Cool down</p>
	<b>Unihoc (Boys) Netball (Girls)</b>	<ul style="list-style-type: none"> <li>• In these units students will focus on refining their fundamental movement skills.</li> <li>• working individually, in pairs, and team activities,</li> <li>• students will learn skills and strategies associated with unihoc/Netball</li> <li>• Pupils will focus on improving the skills of sending and receiving whilst passing and shooting, skills aim to increase self confidence and participation in physical activity.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Passing and shooting (Sending)</p> <p>Catching and controlling (Receiving)</p> <p>Movement on and off the puck</p> <p>Tactical Game play</p> <p>Rules &amp; Scoring</p>	<p>Movement</p> <p>Control</p> <p>Space</p> <p>Tactics</p> <p>Attacking</p> <p>Defending</p> <p>Positioning</p> <p>Dribbling</p> <p>Overloading</p> <p>Supporting</p> <p>communicating</p>

		<ul style="list-style-type: none"> <li>Pupils will develop the ability follow safety procedures and handle equipment correctly.</li> </ul>		
4	<b>Football</b>	<ul style="list-style-type: none"> <li>Pupils will focus on refining basic football skills.</li> <li>To develop ball control and familiarity whilst both stationary and moving.</li> <li>Understand concept and importance of space.</li> <li>To understand the effect of exercise and develop an attitude of fair play, sportsmanship and enjoyment.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">variety of Passing</p> <p style="text-align: center;">Dribbling and movement</p> <p style="text-align: center;">Striking</p> <p style="text-align: center;">Attacking and Defending</p> <p style="text-align: center;">Team Gameplay</p> <p style="text-align: center;">Conditioned games</p>	<p style="text-align: center;">Control</p> <p style="text-align: center;">Passing</p> <p style="text-align: center;">Receiving</p> <p style="text-align: center;">Positioning</p> <p style="text-align: center;">Attacking</p> <p style="text-align: center;">Defending</p> <p style="text-align: center;">Space</p> <p style="text-align: center;">Movement</p> <p style="text-align: center;">Pressure</p> <p style="text-align: center;">Accuracy</p> <p style="text-align: center;">Sportsmanship</p> <p style="text-align: center;">Fair play</p>
	<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>Pupils will demonstrate and consolidate the basic actions of travelling, jumping and landing, transferring of weight, balancing, rolling and turning both on the floor and when using apparatus.</li> <li>Pupils will incorporate control, levels and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences.</li> <li>Pupils should learn how to erect and dismantle apparatus safely.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Balance</p> <p style="text-align: center;">Sequencing</p> <p style="text-align: center;">Travelling</p> <p style="text-align: center;">Jumping(flight)</p> <p style="text-align: center;">Rotation</p> <p style="text-align: center;">Refinement and self/peer assessment</p> <p style="text-align: center;">Performance</p>	<p style="text-align: center;">Points</p> <p style="text-align: center;">Patches</p> <p style="text-align: center;">8 Basic Shapes</p> <p style="text-align: center;">Twist/turn</p> <p style="text-align: center;">Rotate</p> <p style="text-align: center;">Linking</p> <p style="text-align: center;">Sequencing</p> <p style="text-align: center;">Travelling</p> <p style="text-align: center;">Creative</p> <p style="text-align: center;">Mirror</p> <p style="text-align: center;">Match</p> <p style="text-align: center;">Unison</p> <p style="text-align: center;">Canon</p> <p style="text-align: center;">Flight</p> <p style="text-align: center;">Performance</p>

<b>5</b>	<b>Swimming</b>	<ul style="list-style-type: none"> <li>• Students will develop swimming skills in line with the Level 4 swimming assessment Criteria</li> <li>• They will also prepare for the TSS inter-house swimming gala</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="padding-left: 40px;">Perform a sitting dive on poolside, leading to a crouch dive</p> <p style="padding-left: 40px;">Travel 15m/more using butterfly kicking action</p> <p style="padding-left: 40px;">Travel 15m/more using backstroke kicking action</p> <p style="padding-left: 40px;">Travel 15m/more using breaststroke kicking action</p> <p style="padding-left: 40px;">Push, glide and swim 25m/more using front crawl</p> <p style="padding-left: 40px;">Push, glide and swim 15m/more using backstroke</p> <p style="padding-left: 40px;">Push, glide and swim 15m/more using breaststroke</p> <p style="padding-left: 40px;">Push, glide and swim 10m/more using butterfly type action</p>	<p>Body position</p> <p>Breathing</p> <p style="padding-left: 20px;">Inhale</p> <p style="padding-left: 20px;">Exhale</p> <p>Dive</p> <p>Bubbles</p> <p>Kicking</p> <p>Floating</p> <p>Continuous</p> <p>Alternating</p>
	<b>Striking and Fielding (Rounders)</b>	<ul style="list-style-type: none"> <li>• Pupils will develop the range and consistency of their striking skills using a rounder's bat whilst gaining understanding of general gameplay.</li> <li>• Pupils will work on aiming for space to outwitting opponents.</li> <li>• To implement simple tactics to form a striking and fielding principle.</li> <li>• To develop an attitude of fair play, sportsmanship and enjoyment.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="padding-left: 40px;">Catching and bowling skills</p> <p style="padding-left: 80px;">Fielding</p> <p style="padding-left: 80px;">Striking</p> <p style="padding-left: 80px;">Tactics</p> <p style="padding-left: 40px;">Game play</p>	<p>Accuracy</p> <p>Aiming</p> <p>Stance</p> <p>Space</p> <p>Grip</p> <p>Preparation</p> <p>Tactics</p> <p>Sportsmanship</p> <p>Teamwork</p> <p>Posts</p> <p>Batting square</p> <p>Infield</p> <p>outfield</p>
	<b>Tournaments &amp; Problem solving</b>	<ul style="list-style-type: none"> <li>• During the last few lessons Pupils will undertake a variety of challenges and tasks based around teamwork and problem solving.</li> <li>• They will also play in a variety of small tournaments to provide an opportunity to recap and perform the skills they have learnt this year.</li> </ul>	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="padding-left: 40px;">Team Work</p> <p style="padding-left: 40px;">Logical thinking</p> <p style="padding-left: 40px;">Competition</p>	<p>Team work</p> <p>Problem solving</p> <p>Leadership</p> <p>Collaborating</p>