

# Physical Education (PE) Year Planner

## Year 6

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>REAL PE Unit</b>	Real PE Unit 3 Cognitive	Real PE Unit 4 Creative	Real PE Unit 2 Social	Real PE Unit 5 Physical	REAL PE Unit 5 Health and Fitness	Real PE Unit 6 Personal
<b>REAL PE Warm Up x 2 (Mon)</b> See REAL PE planning	Hi Baby	Like Clockwork	Shape Up	All Change	Continuous relay	Inside Out
<b>Fundamental Skills (Mon – Weds)</b> See REAL PE planning	Agility: Reaction/ Response (FUNS 12)  Coordination: Ball skills (FUNS 9)	Static Balance: Seated (FUNS 2)  Static Balance: Floor Work (Funs 3)	Skill: On a line  Skill: With a partner	Dynamic Balance to Agility: Jumping and Landing  Static Balance: One Leg	Static Balance: Stance (FUNS 4) Coordination: Footwork (FUNS 10)	Coordination: Sending and receiving  Agility: Ball Changing
<b>REAL PE Cog Learning Focus</b>	I can develop ways to outwit opponents. I can recognise and suggest patterns of play which will increase changes of success. <b>EXC</b> I can use my awareness of	I can adapt and adjust my skills, movements or tactics so they are different to others. I can respond imaginatively to different situations. <b>EXC</b> I can change tactics, rules or	I can negotiate and collaborate appropriately. I can give and receive sensitive feedback to improve myself and others. <b>EXC</b> I can help organise roles and responsibilities and guide a	I can perform a range of skills fluently and accurately. I can use combinations of skills confidently in specific contexts. <b>EXC</b> I can link actions together so they flow. I can perform a variety of	I can select and perform appropriate warm up and cool down activities I can identify possible dangers when planning an activity. <b>EXC</b> I can record and monitor how hard I am working I can explain how long and how	I recognise my strength and weaknesses and can set myself appropriate targets. I see all challenges as opportunities to learn and develop. <b>EXC</b> I can persevere with a task and improve my performance through regular practice.

	<p>space and others to make good decisions. I can understand ways (criteria) to judge performance.</p> <p><b>EXP</b></p> <p>I have begun to identify areas for improvement. I can understand the simple tactics of attacking and defending.</p> <p><b>WT</b></p>	<p>tasks to make activities more fun or challenging. I can develop sequences that express my own ideas.</p> <p><b>EXP</b></p> <p>I can recognise similarities and differences in movement and expression. I can make up my own versions and rules of activities.</p> <p><b>WT</b></p>	<p>small group through a task.</p> <p><b>EXP</b></p> <p>I am happy to show and tell others about my ideas. I show patience and support others.</p> <p><b>WT</b></p>	<p>movements and skills with good body tension.</p> <p><b>EXP</b></p> <p>I can select and apply a range of skills with good control and consistency. I can perform and repeat sequences with clear shapes on controlled movement.</p> <p><b>WT</b></p>	<p>often I should exercise to be healthy I can describe the basic fitness components</p> <p><b>EXP</b></p> <p>I can explain why we need to warm up and cool down I can explain how and why my body changes before and after exercise.</p> <p><b>WT</b></p>	<p>I cope well and react positively when things become difficult.</p> <p><b>EXP</b></p> <p>I know where I am with my learning and I have begun to challenge myself.</p> <p><b>WT</b></p>
<b>Traditional PE (Thursday)</b>	<b>Tag Rugby</b>	<b>Basketball</b>	<b>Real Dance (Social)</b>	<b>Real Gym (Health and Fitness)</b>	<b>Tennis</b>	<b>Athletics</b>
<b>Sequence of Lessons</b>	<ol style="list-style-type: none"> <li>To travel at speed with the ball.</li> <li>To dodge and fake passes when running with the ball.</li> <li>To catch the ball while under pressure.</li> <li>To watch and evaluate the professional game.</li> </ol>	<ol style="list-style-type: none"> <li>To pass the ball in a variety of different ways with confidence and control.</li> <li>To move with the ball at speed.</li> <li>To mark, track and cover when defending,</li> <li>To keep possession of the ball when faced with opponents.</li> </ol>	<ol style="list-style-type: none"> <li>Shapes solo</li> <li>Circles solo</li> <li>Artistry abstraction</li> <li>Artistry musicality</li> <li>Partnering (lifts)</li> <li>Artistry (making)</li> </ol>	<ol style="list-style-type: none"> <li>Hand apparatus (Ball tricks)</li> <li>Hand apparatus (Rhythmic sequences)</li> <li>Hand apparatus (Rhythmic sequences)</li> <li>Low apparatus (Apparatus circuit)</li> <li>Low apparatus (Bench sequences)</li> <li>Low apparatus (Bench sequences)</li> </ol>	<ol style="list-style-type: none"> <li>To know and describe the correct grip and stance when holding a racket.</li> <li>To adopt a good ready position.</li> <li>To play shots on the forehand and backhand side of the body.</li> </ol>	<ol style="list-style-type: none"> <li>To use the correct combination of jumps to complete the triple jump.</li> <li>To compete in long distance running.</li> <li>To compete in short distance races.</li> <li>To use a run up when throwing.</li> <li>To practise to improve throwing distance.</li> <li>To use a run up when jumping.</li> </ol>

	<p>5.To decide on ways to attack when playing games.</p> <p>6. To decide on the best way to defend in games.</p>	<p>5.To work together as a team, showing good awareness of others.</p> <p>6. Apply basic principles for attacking and defending in some situations.</p>			<p>4. To use a variety of different shots and serves, hitting with increasing consistency.</p> <p>5. To employ tactics in games.</p> <p>6. To participate in games, following the rules and scoring correctly.</p>	
<p><b>Fitness Friday</b> Links to 5 ways to well-being.</p>	<p>W1: Circuit training</p> <p>W2 Dance sequence</p> <p>W3: Freeze frame games</p> <p>W4 Scavenger hunt</p> <p>W5 Make the letter and other cooperation games</p> <p>W6: Team games</p>	<p>W1: Timed challenges</p> <p>W2: Circuit training</p> <p>W3: Relay races</p> <p>W4: Hockey</p> <p>W5: Joe Wicks</p> <p>W6: Walk around Roche Rock</p>	<p>W1: Skip to be fit</p> <p>W2: Hockey</p> <p>W3: Team games</p> <p>W4: Parachute games</p> <p>W5: Circuit training</p> <p>W6 : Tennis</p>	<p>W1:Team Games – get into, steal from the nest</p> <p>W2: Bird walk</p> <p>W3: Parachute games</p> <p>W4: Circuit training – challenge yourself</p> <p>W5 Dodgeball</p> <p>W6 Gym equipment</p>	<p>Wk1- Team games and relay races</p> <p>Wk 2 – Skip to be fit</p> <p>Wk 3 – Walk on Goss Moor</p> <p>Wk 4 - Joe Wicks</p> <p>Wk 5 – Circuit training</p> <p>Wk 6 – Scavenger hunt</p>	<p>Wk 1 –London walking</p> <p>Wk 2 – Circuit training</p> <p>Wk 3 – Team games</p> <p>Wk 4 – Tennis</p> <p>Wk 5 – Rounders</p> <p>Wk 6 – Parachute games</p>
<p><b>Vocabulary</b></p>	<p><b>REAL PE + Traditional</b></p> <p>balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate,</p>	<p><b>REAL PE + Traditional</b></p> <p>balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, persevere, challenge,</p>	<p><b>REAL PE + Traditional:</b></p> <p>balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, feedback,</p>	<p><b>REAL PE + Traditional:</b></p> <p>balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate,</p>	<p><b>REAL PE + Traditional:</b></p> <p>balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, feedback</p>	<p><b>REAL PE + Traditional:</b> balance, coordination, agility, fluency, control, praise, patience, encourage, cooperate, fitness, exercise, healthy, monitor, warm up, cool down,</p>

	<p>persevere, challenge, practice, success</p> <p><b>Tag Rugby:</b> Rugby, tag, attack, defend, pass, mark, share, dummy, opponents</p>	<p>practice, success</p> <p><b>Basketball:</b> Basketball, chest pass, dribbling, space, passing, possession, shoot, score, net, attack, defend, opponents, accuracy, control, direction</p>	<p>listening, support, responsibilities,</p> <p><b>Dance:</b> floor work, shapes, solo, partner, abstraction, artistry, fluency, Skills, circles,</p>	<p><b>Gym</b> ravel, floor work, rotation, core, apparatus, balance, tension, fluency</p>	<p><b>Tennis:</b> Swing, co-operative play, aim, movement, direction, partner, cop-operative send, cop-operative rally, catch, court target, power, accuracy, space, free space, power control, balance, Forehand, backhand, rally, shots, actions, control, bounce,</p>	<p><b>Athletics:</b> Jumping Throwing Running CO-ordination Measurements Timing Movement Technique Consistency Pace combination</p>
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