



THE SULTAN'S SCHOOL

YEAR 6 - MEDIUM TERM PLANNING 2018-2019

PRIMARY PHYSICAL EDUCATION DEPARTMENT

MR ANDY

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	Basketball	<ul style="list-style-type: none"> In all basketball related activities, pupils will think about the use of strategies to outwit opponents. Pupils will focus on improving the skills of passing, receiving, dribbling, shooting and tactical play in a range of environments. They will learn to make informed decisions during small sided games, recognizing opportunity for competitive games and leadership. To understand the effect of exercise and develop an attitude of fair play and enjoyment. 	<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>
	Swimming	<ul style="list-style-type: none"> Students will develop swimming skills in line with the Level 4 swimming assessment Criteria 	<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>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>

			Push, glide and swim 10m/more using butterfly type action	
2	Athletics	<ul style="list-style-type: none"> In this unit pupils will be refining their understanding of throwing for distance using a range of objects, jumping for distance and with accuracy. Pupils will accurately replicate running challenges and competitions that require both speed and stamina. In all athletic activity, pupils will engage in performing skills, measuring and recording their own performance. Pupils will develop the ability follow safety procedures and handle equipment correctly. All lessons are working towards developing and refining skills for the TSS Athletics Day. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Sprint Running</p> <p>Running (Relays)</p> <p>Jumping- Long jump</p> <p>Jumping - High Jump</p> <p>Throwing - Turbo Javelin</p> <p>Long Distance Run</p>	<p>Running, jumping, throwing stance</p> <p>Stamina</p> <p>Speed</p> <p>Baton and exchange</p> <p>Scissor kick</p> <p>Take off and landing</p> <p>Reaction Analysis</p> <p>Self and Peer Assessment</p>
	Net Games Volleyball	<ul style="list-style-type: none"> Students will focus on developing movement on court, linking skills together to form a rally. The students will learn basic attacking and defending strategies and techniques. Students will select and apply their skills so that they can carry out basic tactics with the intention of outwitting their opponents. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p>Ready position & ball familiarisation</p> <p>Footwork and movement</p> <p>Volley & Dig</p> <p>Serving</p> <p>Game play</p>	<p>Volley</p> <p>Dig</p> <p>Underarm serving</p> <p>sending, receiving</p> <p>anticipation scoring.</p> <p>Ready position</p> <p>Stance</p> <p>movement preparation</p>

		<ul style="list-style-type: none">• Students will highlight strength and weakness and improve on the weaknesses in order to improve.• They will be recapping and developing skills learnt during catch ball in Year 4.	Rules and scoring	Teamwork Communication
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3	Cross Country	<ul style="list-style-type: none"> • Students will focus on developing their personal running technique. • Look at basic tactics and strategy in order to pace themselves and complete the race to the best of their ability • 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. • Course length: 1.25km • All lessons working towards developing skills and stamina ready for TSS Cross country Day. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Running Technique</p> <p style="text-align: center;">Pacing</p> <p style="text-align: center;">Tactics and Strategies</p> <p style="text-align: center;">Target setting</p> <p style="text-align: center;">Stamina</p> <p style="text-align: center;">Competition</p>	<p>Pacing Strategy Technique Stamina Fitness Oxygen Cardiovascular endurance Warm up Cool down</p>
	Unihoc (Boys) Netball (Girls)	<ul style="list-style-type: none"> • In these units students will focus on refining their fundamental movement skills. • working individually, in pairs, and team activities, • students will learn skills and strategies associated with unihoc/Netball • 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. • Pupils will develop the ability follow safety 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Passing and shooting (Sending)</p> <p style="text-align: center;">Catching and controlling (Receiving)</p> <p style="text-align: center;">Movement on and off the puck</p> <p style="text-align: center;">Tactical Game play</p> <p style="text-align: center;">Rules & Scoring</p>	<p>Movement Control Space Tactics Attacking Defending Positioning Dribbling Overloading Supporting communicating</p>

		procedures and handle equipment correctly.		
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4	Football	<ul style="list-style-type: none"> • Pupils will focus on refining basic football skills. • To develop ball control and familiarity whilst both stationary and moving. • Understand concept and importance of space. • To understand the effect of exercise and develop an attitude of fair play, sportsmanship and enjoyment. 	<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>Control</p> <p>Passing</p> <p>Receiving</p> <p>Positioning</p> <p>Attacking</p> <p>Defending</p> <p>Space</p> <p>Movement</p> <p>Pressure</p> <p>Accuracy</p> <p>Sportsmanship</p> <p>Fair play</p>
	Gymnastics	<ul style="list-style-type: none"> • 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. • Pupils will incorporate control, levels and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences. • Pupils should learn how to erect and dismantle apparatus safely. 	<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>Points</p> <p>Patches</p> <p>8 Basic Shapes</p> <p>Twist/turn</p> <p>Rotate</p> <p>Linking</p> <p>Sequencing</p> <p>Travelling</p> <p>Creative</p> <p>Mirror</p> <p>Match</p> <p>Unison</p> <p>Canon</p> <p>Flight</p> <p>Performance</p>

5	Swimming	<ul style="list-style-type: none"> • Students will develop swimming skills in line with the Level 4 swimming assessment Criteria • They will also prepare for the TSS inter house swim gala 	<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>Inhale</p> <p>Exhale</p> <p>Dive</p> <p>Bubbles</p> <p>Kicking</p> <p>Floating</p> <p>Continuous</p> <p>Alternating</p>
	Striking and Fielding (Rounders)	<ul style="list-style-type: none"> • Pupils will develop the range and consistency of their striking skills using a rounder's bat whilst gaining understanding of general gameplay. • Pupils will work on aiming for space to outwitting opponents. • To implement simple tactics to form an striking and fielding principle. • To develop an attitude of fair play, sportsmanship and enjoyment. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Catching and bowling skills</p> <p style="text-align: center;">Fielding</p> <p style="text-align: center;">Striking</p> <p style="text-align: center;">Tactics</p> <p style="text-align: center;">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>
	Tournaments & Problem solving	<ul style="list-style-type: none"> • During the last few lessons Pupils will undertake a variety of challenges and tasks based around teamwork and problem solving. • They will also play in a variety of small tournaments to provide an opportunity to 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <p style="text-align: center;">Team Work</p> <p style="text-align: center;">Logical thinking</p> <p style="text-align: center;">Competition</p>	<p>Team work</p> <p>Problem solving</p> <p>Leadership</p> <p>Collaborating</p>

		recap and perform the skills they have learnt this year.		
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