



TSS Primary PE MTP 2023-2024 Year 6

Strand	Key Targets and Learning Objectives	Key Activities	Key Vocabulary
Block 1			
Invasion games Boys	<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. 	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"> Ball Familiarisation Dribbling and control Shooting Attacking and Defensive principles Self-Assessment Competitive game situations 	<ul style="list-style-type: none"> Attacking Defending Passing Chest Pass Bounce Pass Shoulder pass Marking Covering team play team positions anticipation creating space Set Shot Triple threat Man to man Dribble Double dribble Violation Lay up
Swimming Girls	<ul style="list-style-type: none"> Students will develop swimming skills in line with the Level 6 swimming assessment Criteria 	Throughout this unit of work the areas of focus within lessons are: <ul style="list-style-type: none"> Swim 5-10m under water through hoops Sink push off on side from the wall, glide, kick & rotate into front crawl/backstroke Push, glide and swim 15m front crawl Push, glide and swim 15m Backstroke Push, glide and swim 15m Breaststroke Push, glide and swim 15m Butterfly Perform a 'shout and signal' rescue 	<ul style="list-style-type: none"> Body position Breathing Inhale Exhale Dive Bubbles Kicking Floating Continuous Alternating



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Block 2			
Athletics & Endurance run	<p>Athletics</p> <ul style="list-style-type: none"> • In this unit pupils will experience simple modified running, jumping, and throwing activities. • Pupils will accurately replicate running challenges and competitions that require speed and stamina. • In all athletic based activities, pupils will engage in performing skills and measuring outcome as a marker of performance. • Pupils will develop the ability follow rules safely and handle equipment correctly. <p>Endurance run</p> <ul style="list-style-type: none"> • Students will focus on developing their basic running technique, • Look at understanding of a three-part race. • Students will improve and apply their knowledge across a series of weeks so that they can improve on personal best times and positions within the class. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • 50m Sprint • Long Jump • Hurdle run • Beanbag distance throw • Team relay • Endurance Run • Team Agility course <p>Areas of focus within lessons for endurance run are:</p> <ul style="list-style-type: none"> • Running Technique • Basic Pacing • 3-part race • How the body feels • Stamina 	<ul style="list-style-type: none"> • Running • Jumping • Pushing • Pulling • throwing • stance • accuracy • power • speed • balance • Pacing • Start • Middle • end • Technique • Stamina • Fitness
Block 3			
Striking & fielding Boys	<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 develop an attitude of fair play, sportsmanship, and enjoyment. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Catching and bowling skills • Fielding • Striking • Tactics • Game play 	<ul style="list-style-type: none"> • Accuracy • Aiming • Stance • Space • Grip • Preparation • Tactics • Sportsmanship • Teamwork



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Net & wall games Girls	<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. • Students will highlight strength and weakness and improve on the weaknesses in order to improve. • They will be recapping and developing skills learnt in Year 5 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Catching and bowling skills • Fielding • Striking • Tactics • Game play 	<ul style="list-style-type: none"> • Posts • Batting square • Infield • outfield
Block 4			
Striking & fielding Girls	<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 develop an attitude of fair play, sportsmanship, and enjoyment. 	<p>Throughout this unit of work the areas of focus within lessons are:</p> <ul style="list-style-type: none"> • Catching and bowling skills • Fielding • Striking • Tactics • Game play 	<ul style="list-style-type: none"> • Accuracy • Aiming • Stance • Space • Grip • Preparation • Tactics • Sportsmanship • Teamwork • Posts • Batting square • Infield • outfield



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Block 5			
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> <ul style="list-style-type: none"> • Balance • Sequencing • Travelling • Jumping(flight) • Rotation • Refinement and self/peer assessment • Performance 	<ul style="list-style-type: none"> • Points • Patches • 8 Basic Shapes • Twist/turn • Rotate • Linking • Sequencing • Travelling • Creative • Mirror • Match • Unison • Canon • Flight • Performance



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