



Archbishop Cranmer C of E Primary Academy
Physical Education Sequence of Learning

Year 6



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	<p>Tag Rugby Pupils will consolidate their knowledge understanding and ability to effectively apply a range of skills such as passing and moving to create attacking opportunities, tagging and defensive formations, and applying these into game situations.</p>	<p>Gymnastics – Matching and Mirroring By the end of the unit children will be able to compose and perform mirroring sequences. They will explore how the apparatus can change and improve their movements. They will apply ‘excellent gymnastics’ to everything they do.</p>	<p>Hockey Pupils will consolidate their knowledge understanding and ability to effectively apply a range of skills such as passing, dribbling and moving skills to keep possession and score a successful shot. Pupils will refine their knowledge and understanding of defending, including marking, tackling and blocking, and how this is applied during a game.</p>	<p>Handball Pupils will consolidate and combine skills of sending, receiving and travelling with a ball with more fluency. They will use skills and tactics for attacking and defensive play. Whilst in a game children will show good awareness of space and other players.</p>	<p>Tennis Children will develop their understanding of when, where and why they are selecting to play a shot to win a point. They will think tactically about which shot to play during a game. Pupils will organise, participate in, umpire and manage games. Pupils will have the opportunity to act as coaches, providing constructive feedback to their peers.</p>	<p>Table Tennis Pupils can perform a forehand and backhand serve. Pupils use good hand-eye coordination to direct a ball when served. Pupils can build a rally with a partner with accuracy and control. Pupils explore when different shots are best used.</p>
Fundamental Development						
	Endurance	Balance	Agility	Throwing and catching	Upper body strength	Coordination
Culture Of Opportunity	<p>Pupils develop their tag rugby skills in school with training sessions from Nottingham Rugby Club. They can then access the teams at the club. Pupils will have the opportunity to compete in the School Games Tag Rugby Festival.</p>	<p>Children have access to Nottingham Gymnastics club, Bingham Gymnastics club and East Midlands Gymnastics club to develop gymnastic skills outside of school.</p>	<p>Pupils have the opportunity to go and train with the Nottingham Panthers ice hockey team once a year. Children also have access to South Nottinghamshire Hockey Club, and Bingham Hockey tournaments.</p>	<p>Pupils will have the opportunity to represent the school in the School Games Handball Festival. They will also compete in an inter-school sports event against Netherfield School.</p>	<p>Teaching of tennis will take place at the village tennis courts. Pupils also have the opportunity to join the Aslockton tennis coaching club. Pupils have the opportunity to represent school at the School Games Mini Tennis Heats and finals. Pupils can develop their tennis skills at Little Wickets club. They might choose to apply their racket skills to badminton at the Sunrise Badminton club.</p>	<p>Pupils have the opportunity to practise their table tennis skills in extra-curricular clubs. Pupils can compete in the Netherfield table tennis tournament. They can choose to attend weekly training sessions at Carlton in the Willows where they can compete in the monthly tournament.</p>

Sport	<p>Athletics Pupils will refine throwing for accuracy and throwing for distance. They will throw a javelin, shot put and discus and know how they can use their bodies to throw with greater distance. They will know how they can use their bodies to jump as far as possible, using a combination of jumps. The focus of the learning is to know how we can use our bodies to make us run as fast as possible. Pupils will know the correct technique used to sprint and apply this to running as a team. They will execute pacing and running for distance.</p>	<p>Outdoor Adventurous Activity Pupils will complete an orienteering course confidently and with accuracy when under time pressure. Pupils will manage an orienteering event for others to complete in which involves map making and use of navigation equipment.</p>	<p>Football Pupils will consolidate their knowledge understanding and ability to effectively apply a range of skills such as passing, dribbling and moving skills to keep possession and score. Pupils will apply their prior learning of passing, dribbling, turning and moving, to move the ball up the pitch.</p>	<p>Dance – Carnival The focus of the learning is for pupils to experience dances from different cultural traditions. By the end of the unit children will be able to explore, compose and perform group dances and movement ideas. They will select and apply choreography into a routine. They will be able to use their bodies to perform technical movements with control and rhythm. They will rehearse, review, describe and evaluate their performances.</p>	<p>Cricket Pupils will consolidate their knowledge understanding and ability to effectively apply a range of batting, bowling and fielding skills and tactics into mini games.</p>	<p>TriGolf Pupils will develop coordination and balance holding a Pupils will learn how to put and chip with aim and accuracy. They apply these skills to chip for distance with control. They will use these skills in combination and become architects to build their own games.</p>
	Fundamental Development					
	<i>Stamina</i>	<i>Coordination</i>	<i>Lower body strength</i>	<i>Balance</i>	<i>Striking</i>	<i>Coordination</i>

Culture of Opportunity	<p>Pupils can develop their running skills through participating in the daily mile and working towards completing 1, 2 or 3 marathons as part of the ABC Marathon Challenge. Pupils will have the opportunity to compete in the School Games Sportshall Athletics heats and competitions. Pupils can choose to attend Bingham TriClub or Rushcliffe Athletics at Bingham Leisure Centre to further develop their passion for Athletics. All pupils feel confident to compete in our School Sports Day. Pupils also have the opportunity to represent the school at Toothill Sports Day. Pupils can participate in the School Games Cross Country Relays at Rushcliffe Park. Pupils can develop their running skills at the extra-curricular cross country club. Pupils can choose to become part of the Ready Steady Go running club.</p>	<p>Pupils will experience a range of outdoor adventurous activity on their residential trip to Ashbourne. Pupils also apply/extend their communication and teamwork skills in our outdoor learning area.</p>	<p>Pupils have the opportunity to represent the school in the School Games Mini Football event. They can also participate in the School Games Futsal Event. Pupils have the opportunity to develop their football skills at extra-curricular football clubs and inter-school sports competitions. Pupils can choose to play for various football teams in the local area; Cotgrave, Radcliffe Olympic, Keyworth, Bingham and more.</p>	<p>Pupils can develop their dance skills in the extra-curricular dance club and Maypole club. Maypole dancers will perform in the annual Thoroton Show. Pupils can participate in school clubs such as Cosmic Yoga and Super Movers. Pupils can choose to join local dance clubs to further develop their passion. Pupils will also perform dances in the Year 6 performance.</p>	<p>Pupils can develop their skills with Chance 2 Shine sessions. Pupils can represent the school at the School Games Indoor Cricket Festival. They can also apply their striking and fielding skills at the School Games Rounders event. Pupils will develop their cricket skills at Belvoir Cricket and Countryside day. Pupils can choose to attend Radcliffe on Trent Cricket club, Bingham cricket club or other local clubs to further develop their passion.</p>	<p>Pupils have the opportunity to develop their TriGolf skills in extra-curricular clubs. Pupils can also represent the school at the School Games TriGolf event. Pupils can also choose to develop their golfing skills at Radcliffe on Trent golf club or at Ramsdale golf club.</p>
	<p>Swimming and Water Safety By the end of KS2 pupils' can swim competently, confidently and proficiently over a distance of at least 25metres. They can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). They can perform safe self-rescue in different water-based situations.</p>			<p>Culture of Opportunity Pupils can continue their swimming development at Bingham Leisure Centre.</p>		
<p>Health and Wellbeing Pupils understand the importance of warming up and cooling down. Pupils can carry out warm-ups and cool-downs safely and effectively.</p>						

Pupils understand why exercise is good for health, fitness and wellbeing.

Pupils know ways they can become healthier.

School Values *trust, kindness, thankfulness, respect, responsibility and courage*

Pupils follow, apply and create rules to follow a game successfully.

Pupils communicate plans to others during a game.

Pupils lead others during a game.

Pupils perform independently with confidence and passion to an audience.

Pupils describe how their performance has improved over time.

Pupils watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.

Pupils thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.

Pupils take part in competitive games with a strong understanding of tactics and composition.

Pupils will cope well and react positively when things become difficult.

Pupils compete against self and others in a controlled manner.

Pupils develop the quality of the actions in their performances.

Pupils modify their use of skills or techniques to achieve a better result.

Pupils perform learnt skills and techniques with control and confidence.

Assessment – BEPE Test

Pupils complete an assessment each term measuring their abilities in the following fundamental skills -

Coordination- catching a ball with alternate hands bounced onto a wall

Endurance – 400m run timed

Agility – transfer 5 bean bags from one hoop to another over a 10m distance timed

Balance – stand on one leg with eyes closed timed

Upper body strength – dynamometer reading

Lower body strength – standing long jump measured in cm