

Y6 Scheme of Work – PE Passport

Lessons adapted – S.T.E.P (space, task, equipment, people to be more inclusive, challenging or accessible ensuring every child is engaged and learning.



Love God, Love each other, Love Learning

Year	Topic	Week	Learning Objective	Knowledge	Skills
6	Gymnastics counter balance	Autumn 1 Week 1	To hold controlled balances	To know how to link skills to perform actions and sequences To know technical language for gymnastics To know a counter balance is a weight countered by another weight To know how to perform in unison	I can use points and patches I can use a given number of body parts I can create a sequence in unison
		Autumn 1 Week 2	To hold a range of symmetrical and asymmetrical counter balances	I know how to link skills to perform actions and sequences I know technical language for gymnastics I know a counter balance is a weight countered by another weight I know what push and pull forces are	I can evaluate the work of others I can hold a range of symmetrical and asymmetrical counter balances I can work at different levels I can hold weight on different points and patches
		Autumn 1 Week 3	To roll as part of a balancing and rolling sequence	I know how to use a range of dynamics I know how to peer access constructively I know a range of pathways I know a range of balances	I can hold a range of symmetrical and asymmetrical counter balances I can roll as part of balancing and rolling sequence I can challenge myself to improve I can control my movements
		Autumn 1 Week 4	To add counter tension to our sequence	I know that counter tension is a balance where 2 or more people pull away from each other	I can use my own body weight in opposition to apparatus I can link skills to perform sequences

					I can work at different levels
		Autumn 1 Week 5	To link a counter tension with a counter balance	I know that the different between tension and counterbalance is	I can work at different levels I can link asymmetrical counterbalances I can use transitional movements
		Autumn 1 Week 6	To perform asymmetrical counter balances in a sequence using canon or unison	I know what canon and unison are I know what the different between counter tension and counter balance is I know that a good gymnastic performance is “aesthetically please” or “beautiful” to watch	I can work in a group I can use the apparatus or partners when balancing I can challenge myself to improve
	Tag Rugby (Invasion)	Autumn 2 Week 1	To pop pass and pocket pass	To know some basic principles of rugby To know what is a try and what isn't To know how to grip the ball To know when to pop pass and when to pocket pass with the correct technique	I can pop pass and pocket pass I can tag someone safely I can carry the ball in two hands upwards in a “W” shape
		Autumn 2 Week 2	To send and receive the ball under pressure	To know what position I need to get into to pass left or right To roll my hands when changing positions and making catches	I can send and receive the ball on the run and under pressure I can pass well to my left and right using the correct technique
		Autumn 2 Week 3	To pass a rugby ball backwards consistently	To know rules of tag rugby To know what a knock on and forward pass are	I can pass a rugby ball backwards I can pass accurately I can dummy a pass I can look out for dummy pass when defending
		Autumn 2 Week 4	To pass and miss out players in a line	I know how to play the ball by putting it down and rolling it behind me I know why players need to be in a line I know that offside is when players have run past their team's side of the ball	I can pass and miss out players in a line I can take a tap penalty with a dummy half I can run on the ball at pace I can remain outside by keeping to my team's side of the ball
		Autumn 2 Week 5	To attack in a staggered line	I know to organise attacking lines on either side of the ball	I can attack in staggered line

				<p>I know to attack in staggered formation and why</p> <p>I know that each team has a limited number of tackles before possession changes to the other team</p>	<p>I can organise my position so that I receive passes on the run</p> <p>I can remain in the line</p>
		Autumn 2 Week 6	To show game understanding and apply skills to a game	<p>I know when the referee might play advantages and when they won't</p> <p>I know how to play a game of tag rugby</p> <p>I know when we get the ball in their centre of the pitch near the opponent's line, we stretch their defence</p>	<p>I can apply skills effectively to a game</p> <p>I can develop game understanding</p> <p>I can compete in a game of tag rugby</p> <p>I can use some tactics when in play</p>
	Football (Invasion)	Spring 1 Week 1	To demonstrate skill and control	<p>I know to keep the ball close</p> <p>I know which part of the foot to use</p> <p>I know to move into space after passing</p> <p>I know to anticipate that the ball might come to me</p>	<p>I can dribble the ball with control</p> <p>I can pass the ball with the inside of my foot</p> <p>I can pass the ball and move into space</p>
		Spring 1 Week 2	To keep possession of the ball	<p>I know what possession means</p> <p>I know how to get free from a defender</p> <p>I know to keep my head up</p>	<p>I can dribble with the ball close to me</p> <p>I can dribble at different speeds</p> <p>I can tap the ball using different parts of my foot</p>
		Spring 1 Week 3	To demonstrate shooting technique	<p>I know what makes a good goal scorer</p> <p>I know to make it harder for the attacker by closing space and intercepting</p>	<p>I can demonstrate shooting technique</p> <p>I can touch the ball out of feet and strike then strike ball towards the goal</p> <p>I can keep the ball moving when running at an opponent</p> <p>I can close space and tackle as a defender</p>
		Spring 1 Week 4	To defend effectively	<p>I know defence tactics</p> <p>I know how to make it harder for the attacker by closing space and intercepting</p>	<p>I can communicate well with team mates</p> <p>I can defend tactically</p>

					I can slow attackers down
		Spring 1 Week 5	To combine skills to create goal scoring opportunity	I know what an overload, underlap and overlap are in attacking I know that goal opportunities come from teamwork	I can create goal scoring opportunity: <ul style="list-style-type: none"> • Decisive runs into space • Good dribbling • Close control • Passes I can make the most of having extra players I can develop overloading, underlap and overlap tactics when attacking
		Spring 1 Week 6	To play a competitive game of football	I know the rules of the game I know school games values I know how to attack and defend	I can officiate games showing understanding of the rules I can play competitive games I can accept referee decisions
	Dodgeball (Invasion)	Spring 2 Week 1	To develop effective throwing technique for dodgeball	I know the rules of dodgeball I know to aim low to get an opponent out I know not to turn my back on the other team	I can throw hard and low at my opponents I can dodge to evade the ball I can catch balls to get teammates back in the game
		Spring 2 Week 2	To develop effective dodging skills	I know that my moving around I make myself more difficult to hit I know how to get an opponent out I know how to stay light on my feet	I can dodge balls that are thrown at me using change in direction, quick movements and keeping an eye on the ball I can throw with increasing power I can throw with a low and straight trajectory
		Spring 2 Week 3	To catch balls low down that are thrown at pace	I know now that if I drop an attempted catch I am out I know when it is wise to try and catch the ball and when to dodge	I can catch balls low down and thrown at pace at me I can keep an eye on the ball

		Spring 2 Week 4	To play adapted games with special rules	I know that I need to work as part of a team I know what to do when my team are down a couple of players	I can use a ball to block incoming fire I can play adapted games with special rules I can evaluate our teams performance
		Spring 2 Week 5	To play by a set of agreed rules	I know the agree rules of the game I know that dodgeball can have different rules	I can play by the rules I can work as a group to come up with tactics I can officiate when asked
		Spring 2 Week 6	To use tactics within my team based on the strengths of the opposition	I know my strengths and where I can improve I know to target the strongest players on the opposite team I know to build upon my knowledge to help me in a game scenario	I can choose the right moment to attack and defend I can compete against others effectively I can use tactics within my team based on the strengths of the opposition
	Rounders (Striking and Fielding)	Summer 1 Week 1	To further develop throwing and catching techniques	I know to catch the ball in line with my nose I know how to grip the ball I know what peripheral vision is I know the school games values	I can catch with soft hands I can throw accurately into space I can use my peripheral vision when running
		Summer 1 Week 2	To further develop bowling and ground fielding	I know how to bowl with a straight arm I know that bowling should be at a consistent height I know techniques of ground fielding	I can bowl accurately I can bowl at a consistent height I can ground field consistently I can use a high backlift when batting
		Summer 1 Week 3	To further develop tactical awareness in a small game	I know the rules of a back stop I know why a strike is important for success	I can catch and throw quickly from back stop I can strike with some accuracy into a given area
		Summer 1 Week 4	To communicate effectively with team	I know the rules when batting and running between bases	I can back up fielders in the outfield

			mates when running between bases	I know to think ahead and speak to my teammates	I can communicate with my team mates when I'm running between bases I can play for the good of the team
		Summer 1 Week 5	To play a full game showing understanding of rules and tactics	I know that fielders on the 2 nd , 3 rd and 4 th base can start deep and come onto their bases as necessary I know the important of great communication when playing rounders	I can throw with accuracy under pressure I can play a full game in small group I can play different roles within the team
		Summer 1 Week 6	To field tactically based on the batsman/batswoman	I know that I should adjust my position based on the opponent I know the school games values	I can adapt my game according to direct opponent I can show an understanding of rules I can accept decisions made
	Tennis (Net and Wall)	Summer 2 Week 1	To demonstrate the ready position at the start of play	To know what the baseline is To know the ready position <ul style="list-style-type: none"> • Racket in both hands • On balls of feet • Knees bent • Looking at your opponent 	I can get into a ready position I can grip the racket with a V position I can get into a sideways position to strike I can return to the middle of the court after playing a shot
		Summer 2 Week 2	Top hit a forehand shot consistently	To know how to strike the ball away from my opponent To know how to have a big backswing to generate power	I can grip the racket I can control where I hit the ball I can get into a sideways position to strike I can return to the middle of the court after playing a shot
		Summer 2 Week 3	To play backhand shots consistently	To know that a deft shot is a light shot that barely goes over the net To know that a deft shot lands close to the net	I can get into position I can play a deft shot near the net I can hold my racket lightly when playing deft shots

				To know how to change my grip when hitting backhand shots	
		Summer 2 Week 4	To volley accurately on my forehand and backhand	To know the different in forehand and backhand shots To know that a volley is when the ball is struck before it hits the ground To know one tennis rule	I can deflect the ball when volleying I can anticipate play and think quickly I can hit the ball away from my opponent I can get into a sideways position to strike I can return to the middle of the court after playing a shot
		Summer 2 Week 5	To smash, lob and serve with increasing accuracy	To know how to serve is a shot to start the game aimed diagonally across the court To know how to smash is a shot hit above the hitter's head in a serve-like motion To know how to lob is a shot aimed high and deep into the opposition's side of the court, when they are close to the net	I can learn how to link shots I can decide when to use each shot I can get into a sideways position I can explore different shots
		Summer 2 Week 6	To play a competitive game using a range of ground strokes	To know the rules of tennis; A ball must land within bounds for play to continue; if a player hits the ball outside of bounds, this results in the lost of the point for them. To know how to score To know the different shots	I can use some tactics against an opponent I can use a range of shots I can change grip on the racket I can strike the ball away from an opponent

