

## PE Knowledge and Skills Map – Year 6 – Academic Year 2023-24

### Autumn 1

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Invasion Games</b> <b>Tag Rugby</b>	<ul style="list-style-type: none"> <li>Refine fundamental movement skills:     <i>running, turning, catching, throwing.</i></li> <li>Develop the core skills required:     <i>ball handling, passing, catching, tagging.</i></li> <li>Practise core skills in increasingly challenging situations and as part of game play.</li> <li>Show an understanding of the games rules and tactics.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to perform the core skills:     ✓ <i>What the skill should look like.</i></li> <li>✓ <i>Key coaching points.</i></li> <li>Know the rules of the game and can use this knowledge to advantage.</li> <li>Know tactics linked to offensive and defensive play and when each should be used.</li> </ul>	<ul style="list-style-type: none"> <li>Know that participation in PE / Sport can help develop key life skills.</li> <li>Develop a range of core life skills: (1) Self-management:     ✓ <i>Can be trusted to get changed without direct supervision.</i>     ✓ <i>Participate in a safe manner.</i>     ✓ <i>Try your best &amp; set personal challenges.</i> (2) Communication:     ✓ <i>Discuss ideas with others.</i> (3) Leadership:     ✓ <i>Organise group – form teams, agree roles / responsibilities.</i>     ✓ <i>Set up and deliver activities.</i> (4) Teamwork:     ✓ <i>Work co-operatively &amp; collaboratively with others.</i>     ✓ <i>Practise both leading and following.</i>     ✓ <i>Adapt to fit the needs of the team.</i></li> </ul>	<p style="text-align: center;"><i>Speed</i> <i>Direction</i> <i>Dodge</i> <i>Pass</i> <i>Receive</i> <i>Ball handling</i> <i>Tag</i> <i>Try</i> <i>Off side</i> <i>Knocked forward</i> <i>Ground the ball</i> <i>Force out</i></p>
<b>Sports Leadership</b>	<ul style="list-style-type: none"> <li>Set up, lead and participate in a range of playground games / challenges.</li> <li>Practise refereeing games and matches.</li> <li>Design and deliver games / challenges that will develop fundamental movement skills.</li> </ul>	<ul style="list-style-type: none"> <li>Know what sports leaders do and what skills / behaviours they should exhibit.</li> <li>Know different methods of grouping people and when each method should be used.</li> <li>Know and can take the lead on organising a range of playground games / challenges.</li> <li>Know the rules for various games / sports and can referee matches.</li> </ul>		<p style="text-align: center;"><i>Sports Leader</i> <i>Role Model</i> <i>Referee</i> <i>Official</i> <i>Organiser</i> <i>Set Up</i> <i>Deliver</i> <i>Adapt</i> <i>Fundamental movement Skills</i> <i>Challenge</i> <i>Communication</i> <i>Teamwork</i></p>

### Autumn 2

## PE Knowledge and Skills Map – Year 6 – Academic Year 2023-24

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Sportshall Athletics</b>	<ul style="list-style-type: none"> <li>• Develop the core skills of:               <ul style="list-style-type: none"> <li>✓ Throwing – Chest Push</li> <li>✓ Jumping – Triple jump</li> </ul> </li> <li>• Develop running technique and speed:               <ul style="list-style-type: none"> <li>✓ Relay – Moving change over.</li> <li>✓ Turning – using reverse-boards.</li> </ul> </li> <li>• Experiment with different actions to see how they impact on performance.</li> <li>• Participate in a SHA festival</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to perform the core skills:               <ul style="list-style-type: none"> <li>✓ What the skill should look like.</li> <li>✓ What constitutes a valid action.</li> <li>✓ Key coaching points.</li> </ul> </li> <li>• Know to pace themselves when asked to run long distance.</li> <li>• Know that changing a technique can alter performance.</li> <li>• Know how to measure &amp; record results for SHA events.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that participation in PE / Sport can help develop key life skills.</li> <li>• Develop a range of core life skills:               <ol style="list-style-type: none"> <li>(1) Self-management:                   <ul style="list-style-type: none"> <li>✓ Participate in a safe manner.</li> <li>✓ Try your best &amp; set personal challenges.</li> </ul> </li> <li>(2) Communication:                   <ul style="list-style-type: none"> <li>✓ Discuss ideas with others.</li> <li>✓ Provide feedback on own &amp; others performance.</li> </ul> </li> <li>(3) Leadership:                   <ul style="list-style-type: none"> <li>✓ Organise group – form teams, agree roles / responsibilities.</li> <li>✓ Measure &amp; record results.</li> </ul> </li> <li>(4) Teamwork:                   <ul style="list-style-type: none"> <li>✓ Try your best and encourage others to do the same.</li> <li>✓ Support other members of the class.</li> <li>✓ Adapt to fit the needs of the team.</li> </ul> </li> </ol> </li> </ul>	<p style="text-align: center;"><i>Push</i></p> <p style="text-align: center;"><i>Sequence</i></p> <p style="text-align: center;"><i>Speed</i></p> <p style="text-align: center;"><i>Acceleration</i></p> <p style="text-align: center;"><i>Relay</i></p> <p style="text-align: center;"><i>Change over</i></p> <p style="text-align: center;"><i>Technique</i></p> <p style="text-align: center;"><i>Valid action</i></p> <p style="text-align: center;"><i>Coaching point</i></p> <p style="text-align: center;"><i>Stamina</i></p> <p style="text-align: center;"><i>Pace</i></p> <p style="text-align: center;"><i>Power</i></p> <p style="text-align: center;"><i>Force</i></p>
<b>Indoor ball games</b>	<ul style="list-style-type: none"> <li>• Participate in competitive games of:               <ul style="list-style-type: none"> <li>✓ Longball</li> <li>✓ Benchball</li> <li>✓ Dodgeball</li> </ul> </li> <li>• Practise throwing &amp; catching in pressured situations during competitive game play.</li> <li>• Develop understanding of game rules and tactics.</li> </ul>	<ul style="list-style-type: none"> <li>• Know the basic concept and rules of:               <ul style="list-style-type: none"> <li>✓ Longball</li> <li>✓ Benchball</li> <li>✓ Dodgeball</li> </ul> </li> <li>• Know the rules of the game and can use this knowledge to advantage.</li> <li>• Know tactics linked to offensive and defensive play and when each should be used.</li> </ul>		<p style="text-align: center;"><i>Bowl</i></p> <p style="text-align: center;"><i>Field</i></p> <p style="text-align: center;"><i>Throw</i></p> <p style="text-align: center;"><i>Underarm</i></p> <p style="text-align: center;"><i>Overarm</i></p> <p style="text-align: center;"><i>Jump throw</i></p> <p style="text-align: center;"><i>Overhead pass / lob</i></p> <p style="text-align: center;"><i>Direct Hit</i></p> <p style="text-align: center;"><i>On the Fly</i></p> <p style="text-align: center;"><i>Live Ball</i></p> <p style="text-align: center;"><i>Dodge</i></p> <p style="text-align: center;"><i>Catch</i></p> <p style="text-align: center;"><i>Deflect</i></p> <p style="text-align: center;"><i>Intercept</i></p> <p style="text-align: center;"><i>Concept</i></p> <p style="text-align: center;"><i>Rule</i></p> <p style="text-align: center;"><i>Tactics</i></p>

## PE Knowledge and Skills Map – Year 6 – Academic Year 2023-24

### Spring 1

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Basketball</b>	<ul style="list-style-type: none"> <li>Develop the core skills required: <i>passing, dribbling, shooting.</i></li> <li>Practise core skills in increasingly challenging situations.</li> <li>Develop understanding of game rules and tactics.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to perform the core skills: ✓ <i>What the skill should look like.</i></li> <li>✓ <i>Key coaching points.</i></li> <li>Know the basic concept and rules for basketball.</li> <li>Know what is meant by the terms: ✓ <i>1v1 marking</i> ✓ <i>Zone defence</i> and explain how to implement each strategy.</li> </ul>	<ul style="list-style-type: none"> <li>Know that participation in PE / Sport can help develop key life skills.</li> <li>Know how to manage own game play experience: ✓ <i>Organise &amp; officiate own games.</i></li> <li>✓ <i>Compromise.</i></li> <li>✓ <i>Mediate &amp; resolve conflict.</i></li> <li>✓ <i>Model good sportsmanship.</i></li> <li>Develop a range of core life skills: (1) <i>Self-management:</i> ✓ <i>Take responsibility for bringing the right kit on the right day.</i> ✓ <i>Behave in a safe and appropriate manner.</i> ✓ <i>Do everything to the best of my ability.</i> ✓ <i>Participate in all activities.</i> (2) <i>Teamwork:</i> ✓ <i>Work co-operatively &amp; collaboratively with others.</i> ✓ <i>Try your best and encourage others to do the same.</i></li> </ul>	<p><i>Chest pass</i> <i>Bounce pass</i> <i>Dribble</i> <i>Guard</i> <i>Block</i> <i>Footwork</i> <i>Travel</i> <i>Lay up</i> <i>Shoot</i> <i>Possession</i> <i>Attacking</i> <i>1 v 1 Marking</i> <i>Zone Defence</i> <i>Tip off / Jump ball</i> <i>Foul</i></p>
<b>Fitness</b>	<ul style="list-style-type: none"> <li>Participate in a range of fitness classes with a range of 'Gym Style' exercises to music.</li> <li>Develop general fitness through participation in physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>Know that physical activity is important for health &amp; wellbeing.</li> <li>Know that people exercise in a variety of different ways.</li> <li>Know the effects that exercise has on the body.</li> <li>Know which style of fitness class they prefer to participate in.</li> </ul>		<p><i>Exercise to music</i> <i>Boot camp</i> <i>Circuit training</i> <i>Boxercise</i> <i>Zumba</i> <i>Yoga</i> <i>Health</i> <i>Well-being</i> <i>Physically active</i> <i>Cardio-Vascular</i> <i>Strength</i> <i>Core stability</i></p>

## PE Knowledge and Skills Map – Year 6 – Academic Year 2023-24

### Spring 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Invasion Games Lacrosse</b>	<ul style="list-style-type: none"> <li>Develop the core skills of: <a href="#">trapping</a>, <a href="#">scooping</a>, <a href="#">running</a>, <a href="#">passing</a>, <a href="#">shooting</a>.</li> <li>Practise core skills in increasingly challenging situations.</li> <li>Develop understanding of game rules and tactics.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to correctly hold a lacrosse stick.</li> <li>Know how to perform the core skills:               <ul style="list-style-type: none"> <li>✓ <a href="#">What the skill should look like</a>.</li> <li>✓ <a href="#">Key coaching points</a>.</li> </ul> </li> <li>Know the basic concept and rules of pop lacrosse.</li> <li>Know tactics linked to offensive and defensive play.</li> </ul>	<ul style="list-style-type: none"> <li>Know that participation in PE / Sport can help develop key life skills.</li> <li>Know how to manage own game play experience:               <ul style="list-style-type: none"> <li>✓ <a href="#">Organise teams &amp; officiate own games</a>.</li> <li>✓ <a href="#">Model good sportsmanship</a>.</li> <li>✓ <a href="#">Mediate &amp; resolve conflict</a>.</li> </ul> </li> <li>Develop a range of core life skills:               <ol style="list-style-type: none"> <li>Self-management:                   <ul style="list-style-type: none"> <li>✓ <a href="#">Take responsibility for bringing the right kit on the right day</a>.</li> <li>✓ <a href="#">Behave in a safe and appropriate manner</a>.</li> </ul> </li> <li>Teamwork:                   <ul style="list-style-type: none"> <li>✓ <a href="#">Agree roles &amp; responsibilities</a>.</li> <li>✓ <a href="#">Adapt to fit the needs of the team</a>.</li> <li>✓ <a href="#">Try your best and encourage others to do the same</a>.</li> </ul> </li> <li>Communication:                   <ul style="list-style-type: none"> <li>✓ <a href="#">Speak to others as you would like them to speak to you</a>.</li> <li>✓ <a href="#">Use positive and kind words of encouragement</a>.</li> </ul> </li> </ol> </li> </ul>	<p><i>Rack</i> <i>Scoop</i> <i>Run</i> <i>Pass</i> <i>Catch</i> <i>Centre pass</i> <i>Goal crease</i> <i>Out of Bounds</i> <i>Trap / guarding</i> <i>Dangerous propulsion / follow through</i> <i>Foul</i> <i>Possession</i></p>
<b>Netball</b>	<ul style="list-style-type: none"> <li>Develop the core skills of: <a href="#">passing</a>, <a href="#">shooting</a>, <a href="#">footwork</a>.</li> <li>Practise selecting the right throwing action for the situation.</li> <li>Practise core skills in isolation and as part of game play.</li> <li>Introduction to the footwork rule.</li> <li><a href="#">Introduction to the playing positions and practice correct movement on the court</a>. Introduction to the playing positions and practise correct movement on the court.</li> <li>Develop understanding of game rules and tactics.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to perform a variety of passes and when each should be used.</li> <li>Know the basic concept and rules of netball.</li> <li>Know the footwork rule and associated skills.</li> <li>Know the playing positions and where each can go on the court.</li> <li>Know tactics linked to offensive and defensive play.</li> </ul>		<p><i>Bounce pass</i> <i>Shoulder pass</i> <i>Chest pass</i> <i>Pivot</i> <i>Sticky foot</i> <i>Playing position</i> <i>Wing</i> <i>Goal</i> <i>Court markings</i> <i>Centre 3<sup>d</sup></i> <i>Goal 3<sup>d</sup></i> <i>Footwork</i> <i>Mark</i> <i>Intercept</i> <i>Centre Pass</i></p>

## PE Knowledge and Skills Map – Year 6 – Academic Year 2023-24

### Summer 1

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Golf</b>	<ul style="list-style-type: none"> <li>• Develop the core skills of: <i>chipping, putting, driving.</i></li> <li>• Practise hitting the ball in different ways:                             <ul style="list-style-type: none"> <li>✓ Distances</li> <li>✓ Directions</li> <li>✓ Heights</li> </ul> </li> <li>• Practise core skills in increasingly challenging situations.</li> <li>• Participate in a tri-golf mini festival.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to stay safe when playing golf.</li> <li>• Know the difference between a chipper and a putter and when each should be used.</li> <li>• Know that knowledge gained from participation in one sport can be applied to another.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that participation in PE / Sport can help develop key life skills.</li> <li>• Develop a range of core life skills:                             <ol style="list-style-type: none"> <li>(1) Self-management:                                     <ul style="list-style-type: none"> <li>✓ Take responsibility for bringing the right kit on the right day.</li> <li>✓ Demonstrate how to stay safe in the sun.</li> <li>✓ Participate in a safe manner.</li> </ul> </li> <li>✓ Try your best &amp; set personal challenges.</li> </ol> </li> <li>(2) Communication:                             <ul style="list-style-type: none"> <li>✓ Provide feedback on own &amp; others performance.</li> </ul> </li> <li>(3) Problem solving:                             <ul style="list-style-type: none"> <li>✓ Make own choices &amp; decisions.</li> <li>✓ Identify problems and suggest possible solutions.</li> </ul> </li> </ul>	<p style="text-align: center;"><i>Club Chipper Putter Tee Green Hot Dog Grip Chip Putt Drive Swing</i></p>
<b>Racquet Skills Tennis</b>	<ul style="list-style-type: none"> <li>• Develop the core skills required: <i>grip, ready position, racquet control, forehand &amp; backhand, serve.</i></li> <li>• Develop basic racket control skills.</li> <li>• Practice sending &amp; receiving a ball.</li> <li>• Participate in a rally.</li> <li>• Develop serve action.</li> <li>• Participate in games that involve returning a ball over a net.</li> <li>• Participate in competitive matches.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to perform the core skills:                             <ul style="list-style-type: none"> <li>✓ What the skill should look like.</li> <li>✓ Key coaching points.</li> </ul> </li> <li>• Know how to strike the ball to send it towards a partner.</li> <li>• Know the importance of returning to the ready position between shots.</li> <li>• Know how to serve the ball.</li> <li>• Know how points are scored in the game.</li> <li>• Know how to give and receive constructive feedback.</li> </ul>		<p style="text-align: center;"><i>Handshake Grip Control Track Gentle Send Strike Receive Rally Bounce Forehand Backhand Ready position Points Net Bounce</i></p>

## **PE Knowledge and Skills Map – Year 6 – Academic Year 2023-24**

## PE Knowledge and Skills Map – Year 6 – Academic Year 2023-24

### Summer 2

Unit	Physical Me (Skill acquisition & development)	Thinking Me (Knowledge & understanding, Tactical awareness & Performance analysis)	Social Me (Life skills)	Key Vocabulary
<b>Striking and Fielding Mixed</b>	<ul style="list-style-type: none"> <li>Introduction to the core skills required: throwing &amp; catching, bowling, batting, fielding.</li> <li>Practise core skills in isolation and as part of game play (using a range of striking and fielding games).</li> <li>Select and apply the correct rules and skills for the game being played.</li> <li>Implement team tactics when batting and fielding.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to perform the core skills: ✓ What the skill should look like.</li> <li>✓ Key coaching points.</li> <li>Know the basic concept and rules of: ✓ Scatterball ✓ Cricket ✓ Rounders</li> <li>Know the rules for each game and can use this knowledge to advantage.</li> <li>Know tactics and strategies that can be used when batting and fielding.</li> </ul>	<ul style="list-style-type: none"> <li>Know that participation in PE / Sport can help develop key life skills.</li> <li>Know how to manage own game play experience: ✓ Organise teams &amp; officiate own games. ✓ Model good sportsmanship. ✓ Mediate &amp; resolve conflict.</li> <li>Develop a range of core life skills: (1) Self-management: ✓ Take responsibility for bringing the right kit on the right day. ✓ Demonstrate how to stay safe in the sun. ✓ Behave in a safe and appropriate manner.</li> <li>(2) Communication: ✓ Speak to others as you would like to be spoken to. ✓ Give instructions &amp; guidance to others. ✓ Discuss team tactics.</li> <li>(3) Problem solving: ✓ Make own choices &amp; decisions. ✓ Identify problems and suggest possible solutions.</li> </ul>	<i>Throw Catch Pass Bowl Underarm Over arm Deep field Relay Long barrier Stump Run out Rounder Wicket Out field Boundary 4 or 6 Out Safe</i>
<b>Pupils Choice</b>	<ul style="list-style-type: none"> <li>Develop general fitness through participation in physical activity.</li> <li>Refine sports specific skills through practise.</li> <li>Learn game rules and tactics through game play.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to set up and play a variety of sports / games.</li> <li>Know game concepts and rules and can self-officiate matches.</li> </ul>		<i>Personal choice Compromise Democracy Teamwork Co-operation Collaboration Problem Solving Negotiation Mediate</i>