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| Year 6 National Curriculum Objectives | | |
| Autumn Term | Spring Term | Summer Term |
| **Athletics**   * Use running, jumping, throwing and catching in isolation and in combination.   **OAA**   * Take part in outdoor and adventurous activity challenges both individually and within a team. | **Gymnastics**   * Develop flexibility, strength, technique, control and balance.   **Invasion Games**   * Play competitive games, modified where appropriate and apply basic principles for attacking and defending. * Use running, jumping, throwing and catching in isolation and in combination. | **Striking and Fielding**   * Compare their performances with previous ones and demonstrate improvement to achieve their personal best. * Use running, jumping, throwing and catching in isolation and in combination. * Play competitive games, modified where appropriate and apply basic principles for attacking and defending.   **Dance**   * Perform dances using a range of movement patterns. |
| Year 6 Key Skills | | |
| **Athletics**   * To develop running skills in isolation * To develop throwing skills in an athletic type activity * To develop running, jumping and throwing skills in an athletic type activity. * To compare their performances with previous ones and demonstrate * improvement to achieve their personal best.   **OAA**   * To navigate to a control marker * To navigate to a control marker on a simple course * To record information accurately at the control marker * To navigate to a control marker on a score event course * To plan effectively to visit as many control markers in the time * allowed. * To understand how OAA can help their fitness and health * To navigate to a control marker on a score event course | **Gymnastics**   * To perform matched and mirrored paired balances * To perform counter balance and counter tension paired balances. * To perform a group counter balance * To create a gymnastic sequence with counter balances and counter tension in a group. * To evaluate success of group and paired balances.   **Invasion Games**  **Netball/Basketball/Handball/ Rugby/Dodgeball**   * Develop the skill of running with a rugby ball in two hands * Develop the skill of passing a catching a ball * To be able to score * Develop an understanding of when to run and when to pass the ball * Apply basic strategic and tactical principles of attack * Apply basic strategic and tactical principles of defence * Use skills and tactics for an invasion typed game * Evaluate their own and others success and suggest ways to improve * Understand basic principles of a warm up that will lead to invasion based activities. | **Striking and Fielding**   * To bowl underarm / overarm with accuracy in a game * To bowl underarm / overarm with accuracy in a pairs cricket * To play a modified competitive cricket game. * To evaluate what was successful in a game.   **Dance**   * To practise patterns and actions in the Haka style * Demo an awareness of music’s rhythm when improvising * Show strong gesture and dynamics throughout * To create a dance that represents a haka style * To perform and analyse own and other performance |
| Year 6 Curriculum Enrichment Opportunities | | |
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