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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.
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| 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
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| Year 6 Curriculum Enrichment Opportunities |
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