

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (sports day)	Summer 2
Year 6	<p>Fundamentals Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and combination.</p> <ul style="list-style-type: none"> - Perform a balance in a range of games. -Co-ordinating limbs for efficiency of technique. - Perform combinations of jumps smoothly. - Use a variety of throws in games activities. 	<p>Games (4 weeks) Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> - Keeping possession - delay, deny and dictate in 5 v 5 and 6 v 4 games. - Shows leadership and ownership during competitive situations. - Communicates effectively in a range of different ways. <p>Dance (3 weeks) - Greatest Showman Performing dances using a range of movement patterns and applying formations to their performance.</p>	<p>Gymnastics Develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> - Display appropriate skills in a range of environments. - Communicate with others in a range of ways. - Confidently performing balances in different situations. - Maintain speed and balance while changing direction. - Compete in teams to win points with sequences. - Perform complex jumps and turns with confidence. 	<p>Fundamental Movements/ Athletics Develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Sports day event practice. -Co-ordinating limbs for efficiency of technique. - Perform combinations of jumps smoothly. - Use a variety of throws for selected events. - Shows leadership. - Encourages and supports others. 	<p>Street Dance (3 weeks) Performing dances using a range of movement patterns and applying formations to their performance.</p> <p>Orienteering (3 weeks) Take part in outdoor and adventurous activity challenges both individually and as part of a team.</p> <ul style="list-style-type: none"> - Communicates effectively in a range of different ways. - Shows leadership and ownership qualities to succeed. 	<p>Striking & Fielding Games Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> - Shows leadership and ownership during competitive situations. - Communicates effectively in a range of different ways. - Improving techniques and control of the body. - Selecting correct skill or techniques and use games rules.

	Focus of Lessons
Hands (Doing)	Physical Ability, Fitness Levels, Competitive, Techniques, Tactics, Problem Solving
Head (Thinking)	Knowledge, Understanding, Analysis, Feedback, Responsibility, Rules
Heart (Behavioural)	Communication, Leadership, Respect, Resilience, Effort, Confidence