

Year Six		
Subject: Outdoor PE		
Autumn – Invasion Games	Spring – Topic B	Summer – Athletics
<p>Invasion games (6 weeks)</p> <p>Key Skills</p> <ul style="list-style-type: none"> Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier. To apply skills and knowledge to be able to move with the ball. (Lesson 1) To know how to move with the ball using the correct technique in at least two different invasion games. (Lesson 1) To move the ball with control and at speed. (Lesson 1) To change direction with the ball. (Lesson 1) To support others to improve their performance. (Lesson 1) To apply skills and knowledge to be able to pass and move with the ball. (Lesson 2) To pass the ball using the correct technique in at least two different invasion games. (Lesson 2) To pass and receive the ball with control and accuracy. (Lesson 2) To use dribbling and passing skills together (Lesson 2) 	<p>Key Skills</p> <p>OAA – look at progression grid</p> <p>Volleyball (7 weeks)</p> <ul style="list-style-type: none"> To accurately replicate the technique of a set shot (Lesson 1) To perform the shot in a game situation (Lesson 1) To understanding the basic scoring in volleyball (Lesson 1) To be able to develop and replicate the technique of a set shot (Lesson 2) To be able to perform the shot in a game situation consistently (Lesson 2) To understand basic scoring in volleyball (Lesson 2) To develop and accurately replicate a dig shot. (Lesson 3) To perform the dig shot in a game situation. (Lesson 3) To select the correct shot to use in a game situation. (Lesson 3) To understand the scoring system in volleyball (Lesson 3) To be able to develop and replicate the underarm serve. (Lesson 4) To be able to perform the underarm serve in a game situation. (Lesson 4) To understand the scoring system in volleyball. (Lesson 4) To develop and accurately replicate a spike shot. (Lesson 5) 	<p>Key Skills</p> <p>Athletics (6 weeks)</p> <ul style="list-style-type: none"> To use running, jumping, throwing and catching in isolation and in combination in the context of athletics. (Lesson 1) To practise and refine fundamental movement skills needed for athletics. (Lesson 1) To work on the speed of my reactions. (Lesson 1) To use the correct technique for the underarm throw. (Lesson 1) To apply the skills of running and throwing in a game. (Lesson 1) To understand what athletics involves. (Lesson 1) To develop flexibility, strength, technique, control and balance. (Lesson 2) To use running, jumping, throwing and catching in isolation and in combination in the context of sprint relays. (Lesson 2) To work as a team to competitively perform a sprint relay. (Lesson 2) To use an effective sprinting technique. (Lesson 2) To know how to pass and receive a baton effectively. (Lesson 2) To work effectively as part of a relay team. (Lesson 2) Develop flexibility, strength, technique, control and balance in the context of running for endurance. (Lesson 3) To control running pace over a range of distances (Lesson 3)

<ul style="list-style-type: none"> • To apply a variety of attacking skills and techniques in a game. • To use at least two different attacking skills and techniques in an invasion game. (Lesson 3) • To identify different attacking methods used in a game. (Lesson 3) • To evaluate my own and other's work and suggest ways to improve.(Lesson 3) • To apply a variety of defending skills and techniques in a game. (Lesson 4) • To use at least two different defending skills and techniques in an invasion game. (Lesson 4) • To identify different defending methods used in a game. (Lesson 4) • To evaluate my own and other's work and suggest ways to improve (Lesson 4) • To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending • To invent a new game that requires attacking and defending skills. (Lesson 5) • To use protecting and invading skills in my game. (Lesson 5) • To keep score and play as part of a team. (Lesson 5) • To use leadership skills (Lesson 5) • To apply the skills and techniques I have learnt to play an invasion game and evaluate its success. (Lesson 6) • To follow rules and instructions (L6) 	<ul style="list-style-type: none"> • To attempt the spike shot in a game situation. (Lesson 5) • To select the correct shot to use in a game situation. (Lesson 5) • To understand the scoring system in volleyball. (Lesson 5) • To develop and accurately replicate a set shot, dig shot and underarm serve (Lesson 6) • To perform a set shot in a three shot sequence (Lesson 6) • To select the correct shot to use in a game situation and link them together. (Lesson 6) • To understand the scoring system in volleyball (Lesson 6) • To apply tactics in a game situation (Lesson 7) • To perform a set shot, dig shot and underarm serve in a game situation (Lesson 7) • To understand the scoring system in volleyball (Lesson 7) 	<ul style="list-style-type: none"> • To control my running pace to suit the activity. (Lesson 3) • To sustain my running pace over middle and longer distances. (Lesson 3) • To change my running pace during different parts of the run. (Lesson 3) • Develop flexibility, strength, technique, control and balance in the context of running over hurdles (Lesson 4) • To refine hurdling technique (Lesson 4) • To demonstrate coordination and rhythm when hurdling. *Lesson 4) • To run with speed and fluency over the obstacles. (Lesson 4) • To use my preferred leg to 'lead' over the obstacles. (Lesson 4) • Develop flexibility, strength, technique, control and balance in the context of jumping for height and distance (Lesson 5) • To practise and refine jumping techniques (Lesson 5) • To jump as far as possible using a learned technique. (Lesson 5) • To jump as high as possible using a learned technique. (Lesson 5) • To set up and lead jumping activities. (Lesson 5) • To use running, jumping, throwing and catching in isolation and in combination in the context of the heave throw. (Lesson 6) • To throw for distance using a heave throw technique. (Lesson 6) • To throw using the overhead heave throw technique. (Lesson 6) • To select the appropriate throwing technique to use in a game (for both distance and accuracy). (Lesson 6)
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- To transfer attacking and defending skills and tactics to play a new game. (Lesson 6)
- To contribute towards the success of my team when attacking and defending (Lesson 6)
- To use leadership skills (Lesson 6)
- To evaluate my own and others work and suggest ways to improve (Lesson 6)

Netball (6 weeks)

- To improve and refine catching and throwing in netball (Lesson 1)
- To practise the technique for the chest pass. (Lesson 1)
- To practise the technique for the shoulder pass. (Lesson 1)
- To know how to catch a netball with two hands (Lesson 1)
- To practise the technique for the bounce pass. (Lesson 2)
- To practise the technique for the overhead pass. (Lesson 2)
- To select the appropriate netball pass to use in different scenarios. (Lesson 2)
- To know how to catch a ball with one and two hands (Lesson 2)
- To land in different ways. (Lesson 3)
- To pivot using the correct footwork. (Lesson 3)
- To combine the skill of pivoting with other netball skills I have learnt. (Lesson 3)
- To understand the footwork rule. (Lesson 3)
- To know how to outwit a defender to receive a pass. (Lesson 4)

- To evaluate my own and other's performance. (Lesson 6)

Striking and Fielding (6 weeks)

- To react quickly and catch balls thrown at different heights and angles (Lesson 1)
- To keep my eye on the ball at all times. (Lesson 1)
- To apply skills necessary to catch a ball effectively. (Lesson 1)
- To use my body to adapt and respond to balls thrown at different heights and angles (Lesson 1)
- To attack the ball using effective fielding techniques (Lesson 2)
- To actively react to the ball hit by the other team (Lesson 2)
- To use the most effective stopping technique (Lesson 2)
- To effectively communicate with my team. (Lesson 2)
- To throw the ball accurately over a large distance (Lesson 3)
- To use a successful technique for throwing over distance (Lesson 3)
- To increase the power with which I throw a ball (Lesson 3)
- To throw a ball at least 10m (Lesson 3)
- To strike a bowled ball over a large distance into a space. (Lesson 4)
- To hit a bowled ball (Lesson 4)
- To improve my technique for hitting a bowled ball (Lesson 4)
- To move my feet to angle a shot into a space. (Lesson 4)
- To bowl a ball overarm to a target (Lesson 5)
- To apply striking and fielding skills to complete a circuit of activities (Lesson 6)

<ul style="list-style-type: none"> • To move at a range of speeds and in different directions. (Lesson 4) • To use different movement skills to evade a defender. (Lesson 4) • To apply a range of attacking movement skills in a game (Lesson 4) • To know how to one-on-one mark an opposition player. (Lesson 5) • To aim for a target (Lesson 5) • To know how to mark an opposition player with or without possession of the ball. (Lesson 5) • To know the rules for defending in netball. (Lesson 5) • To use an effective technique when aiming for a target (Lesson 5) • To play in a netball tournament. (L6) • To evaluate my own and others' performance (Lesson 6) • To use attacking and defending skills in a game of netball. (Lesson 6) • To play as part of a team. (Lesson 6) • To follow the rules of High 5 Netball (L6) • To evaluate performances and suggest ways to improve (L6) 		<ul style="list-style-type: none"> • To apply my skills of hand-eye co-ordination to hit a ball (Lesson 6) • To apply the long barrier techniques to field grounded balls (Lesson 6)
<p>Learning and Activities</p> <p>* Lead and take part in warm-ups and cool-downs safely and effectively</p> <p>* Move with the ball using the correct technique in at least two invasion games with speed and control, including changing direction</p> <p>*Pass and receive the ball in a variety of ways using the correct technique in at least two invasion games with control and accuracy</p>	<p>Learning and Activities</p> <p>*Sit down drill, in groups of three, students sit down and try to keep the ball up in the air using the correct technique.</p> <p>*1 to 1 practice, keeping the ball in the air between two children.</p> <p>*4 vs 4, small sided game to work on the technique.</p>	<p>Learning and Activities</p> <p>*Demonstrate an improvement in reaction speed through repetition</p> <p>* Execute the underarm throw with accuracy and success in isolation and sometimes in a game situation</p> <p>* Understand what an effective springing technique involves and work hard to improve theirs</p>

*Link dribbling and passing skills together with success and fluency

*Use space well to pass and receive a ball

*Follow complicated rules to play a new game successfully

*Create a new game to include certain criteria and explain it to others successfully

*Begin to choose and apply appropriate skills and techniques for attacking and defending in a range of invasion games

*Evaluate their own and others' work, suggesting appropriate improvements.

Netball

*Practise catching a ball with two hands by throwing it up in the air and then catching it by pulling it into the body. Throw the ball against a wall and catch it. Try varying the speed and angle of your throw. Practise your catching technique with a partner

***The Chest Pass**, In pairs, practise the chest pass, standing approximately 4-5m apart

* The shoulder pass, In pairs practise the shoulder pass, standing approximately 5-7m apart.

* Bounce pass, Practise the bounce pass in pairs, standing approximately 3-4m apart. How many passes can you make in one minute?

* Pairs pass the ball using either a chest pass or a bounce pass, depending on what type of pass has been called out by the teacher

*Feed and Set to Self, working in pairs one student will feed whilst one plays the set to themselves and catches ball.

* Keep the Ball Up, working in pairs, students should try to keep the ball up in the air using the set shot.

*4 vs 4, small sided game to work on the technique.

*Feed, Dig, Catch, ask students to work in groups of three. Student one will feed the ball to student two. Student two will perform a dig shot towards student three. Student three will catch the ball.

*Feed, Dig, Set, Catch, ask students to work in groups of four. Student one will feed the ball to student two. Student two will perform a dig shot towards student three. Student three will perform a set shot to student four. Student four will catch the ball.

*4 vs 4 Small Game. Begin the game with a throw over the net. Remind students to focus on the use of the dig shot technique and the set shot from the previous lessons

* Working in pairs, ask students to face each other and practise the underarm serve. One student will serve to the other who will catch the ball and serve it back to the other student

*Working in pairs, students should face each other on opposite sides of a net. One student will serve to the other who will catch the ball and then serve it back to the other student.

* Work well with team members to pass and receive the baton using the learned technique

* Demonstrate some endurance and stamina to be able to run for longer distances

* Run at an appropriate pace to suit the activity, including speeding up at the end

* Mostly use their preferred leg to lead with over the obstacles and maintain a consistent stride pattern

* Demonstrate increasing coordination, speed and rhythm when hurdling.

* Demonstrate an effective technique for the three different jumps and gain good height and distance with them.

* Lead jumping activities effectively.

*Demonstrate an effective technique for the overhead heave throw technique and gain good distance with it

* Effectively use different throwing techniques for distance and accuracy.

Striking and Fielding

* Children work in pairs with one tennis ball between them. They are to practise their catching skills by receiving passes from different heights and angles within a hoop

* Discuss how to be ready to catch the ball; standing on the balls of the feet, shoulder-width apart, hands

<p>* In groups of three play a game of 2 v 1, using only the overhead pass.</p> <p>* Pivoting: Explain that pivoting is a technique used to change direction while in possession of the ball without breaking the footwork rule</p> <p>*Catching and Landing: Netballs, hoops: Practise the following catching and landing drills in preparation for the next activity:</p> <ol style="list-style-type: none"> 1. Throw the ball straight up in the air and catch it with both feet on the ground. 2. Throw the ball straight up in the air and jump to catch it with both feet off the ground, landing on both feet at the same time. 3. Throw the ball straight up in the air and jump to catch it with both feet off the ground, landing only on the left foot then put right foot down. 4. Repeat the above, landing on right foot, then put left foot down. <p>*Speed, Acceleration and Footwork: Explain that being able to change direction and vary your speed is a large part of netball and requires good footwork and agility, which is the focus of this drill. Refer to the Area Plan: Figure of Eight to set up the space and explain the activity in detail.</p> <p>*Straight Lead Running: Explain that a straight lead run involves a player running into space for their teammate to pass them the ball. This can be done from a stationary or a rolling start. Share the Skills Poster: Straight Lead Running and carry out the suggested activity, to practise this skill, which is explained on the Area Plan: Straight Lead Running.</p> <p>*The Dodge and Double Dodge</p>	<p>Use this as another opportunity for peer and self-assessment.</p> <p>*Serve game, ask students to work in groups of four. Ask students to split into pairs, with each pair on the opposite side of the net. Each player serves in turn and then scores a point depending on the outcome of the serve:</p> <p>Feed and Spike Drill</p> <p>*Working in pairs, ask students to face each other to practise the technique. Student one will feed the ball to student two who will perform a spike shot back to the feeder</p> <p>*Feed, Set, Spike Ask students to work in groups of three.</p> <ul style="list-style-type: none"> • Student one will feed the ball to student two. • Student two will perform a set shot towards student three. • Student three will spike the ball back towards student one. <p>*Feed, Dig, Set, Spike Ask students to work in groups of four.</p> <ul style="list-style-type: none"> • Student one will feed the ball to student two. • Student two will perform a dig shot towards student three. • Student three will perform a set shot to student four. • Student four will spike the ball back to the feeder <p>* Small Conditioned Game</p>	<p>open and held out in front of body, eyes watching the ball at all times</p> <p>*Drop and run, see lesson presentation</p> <p>* Goal scorer</p> <p>*Diamond cricket.</p> <p>* Shark infested water</p> <p>* Hit the stumps</p> <p>*Batting a ball</p> <p>*Spectacular striking</p> <p>*Hitting into a space</p> <p>*Bowling practice, children to work in pairs practising bowling technique.</p> <p>*Hoop bowling, children to work in pairs and stand opposite one another with a hoop in the middle. The idea will be to bounce in the hoop before their partner catches it.</p> <p>* Target bowling, children to work in teams of 3-5. The aim of the game is for each team to hit as many cones as possible.</p> <p>* Skills circuit:</p> <ul style="list-style-type: none"> - Speed catching, children practice catching a ball over a range of distances. - Distance throwing, children are to throw a tennis ball, as far as they can, using an overarm throw. -Target bowling, children bowl a ball at a set of stumps, aiming to hit both the cones in front of the stumps and the wicket.
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<p>* Marking: Explain that there are different ways to mark in invasion games. You can mark a player, mark the ball or mark a space.</p> <p>* Organise 3v3 games with the aim being for teams to keep possession of the ball for as long as possible. Children decide on an opposition player they will be responsible for marking throughout the game.</p> <p>*Revisit the 3v3 Possession game and the 3v3 with Shooting Game on the Area Plan: 3v3 Games, to get the children playing 3v3 games with the focus being on scoring.</p> <p>*Work in groups of three to simulate a toss-up situation. Two players stand 1m apart, with a feeder in the middle holding the ball. The feeder tosses up the ball and both players try to be the first to gain possession of it.</p> <p>*High 5 netball tournament, Organise the class into teams of eight and begin the High 5 Netball Tournament. The England Netball website has rotations for different sized squads. When teams are not playing, they should observe a player from the side line and be prepared to give them feedback on their performance at the end of the game.</p>	<p>* Small game with correct serve rotation.</p> <p>*3vs 3 Try out tactics game</p>	<p>-Batting Keep-Ups, children move around in an area whilst hitting a ball in the air using a bat. The aim is to not let the ball fall to the ground.</p> <p>-Goal Scoring, children are to try to score goals by rolling the ball through a goal marked with cones. The partner is to try and stop the ball using the long barrier.</p>
<p>Extension and Enrichment Opportunities</p>		
		<p>Sports day</p>