

Tickhill Estfeld School  
Year 6: PE - Teaching Sequence 2022-23

Year				
Autumn Term 1			Autumn Term 2	
Lesson	Tag Rugby	Dance	Athletics (1)	Gymnastics
1	<p>LO: To develop attacking principles, understanding when to run and when to pass</p> <p>SC: Look for space between the defence to move through</p>	<p>LO: Theme: Stamp, clap - To copy and repeat a set dance phrase showing confidence in movements</p> <p>SC: Use loud confident actions to create the music in your performance</p>	<p>LO: To learn collaboratively with a partner to set a steady pace</p> <p>SC: Run at a pace that you can maintain</p> <p>Select and apply the best place for the running event</p>	<p>LO: To be able to develop the straddle, forward and backward roll</p> <p>SC: Use momentum to help you to roll</p> <p>Use strong body tension to keep your shape in the straddle roll</p>
2	<p>LO: To be able to use the 'forward pass' and 'offside' rules</p> <p>SC: To receive a pass from a teammate you must be behind or to the side of them</p>	<p>LO: Theme: Stamp, clap - To work with others to explore and develop the dance idea</p> <p>SC: Use counts of 8 to help you stay in time with each other</p>	<p>LO: To develop your own and others sprinting technique</p> <p>SC: Demonstrate a consistent stride length when sprinting</p>	<p>LO: To develop counter balance and counter tension</p> <p>SC: Move slowly into and out of the balances</p> <p>Use body tension to create clear shapes and stable balances</p>
3	<p>LO: To be able to play games using tagging rules</p> <p>SC: Do not block or protect your tags</p>	<p>LO: Theme: Stamp, clap - To use changes in dynamics in response to the stimulus</p> <p>SC: Use counts of 8 to help you to stay in time with each other</p>	<p>LO: To develop power, control and technique for the triple jump</p> <p>SC: Keep a consistent rhythm</p>	<p>LO: To be able to perform inverted movements with control</p> <p>SC: Squeeze your core muscles for strong body tension and stability</p>

		Use strong, confident actions	Link jumps showing control and balance	
4	<p>LO: To develop dodging skills to lose a defender</p> <p>SC: Bend down low and push off in a different direction</p> <p>Change direction or speed to lose a defender</p>	<p>LO: Theme: Bhangra - To demonstrate a sense of rhythm and energy when performing bhangra style motifs</p> <p>SC: Use counts of 8 to help you stay in time with each other</p>	<p>LO: To develop power, control and technique when throwing for distance</p> <p>SC: Throw for distance with a balanced stance</p>	<p>LO: To be able to perform the progressions of a headstand and a cartwheel</p> <p>SC: Use body tension and a good support to help you control your inverted movements</p>
5	<p>LO: To develop drawing defence and understanding when to pass</p> <p>SC: Pass if the defender comes towards you</p> <p>Run if you have space to do so</p>	<p>LO: Theme: Bhangra - To perform a bhangra dance, showing an awareness of timing formations and direction</p> <p>SC: Consider dynamics and facial expressions</p> <p>Use counts of 8 help to help you stay in time with each other</p>	<p>LO: To develop throwing with force and accuracy for longer distances</p> <p>SC: Aim to throw accurately</p> <p>Follow through with your hand in the direction of your throw</p>	<p>LO: To be able to use flight from hands to travel over apparatus</p> <p>SC: Place your hands on the apparatus first, then your feet</p>
6	<p>LO: To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament</p> <p>SC: Encourage and support in others in your team</p> <p>Once you have been tagged you have three seconds to pass the ball</p>	<p>LO: Theme: Bhangra - To select, order, structure and perform movements in a bhangra style, showing various group formations</p> <p>SC: Use counts of 8 to help you stay in time with each other</p> <p>Use strong, confident actions</p>	<p>LO: To work collaboratively in a team to develop the officiating skills of measuring, timing and recording</p> <p>SC: Be determined to try your best</p> <p>Measure to the point nearest to the start line</p>	<p>LO: To be able to create a group sequence using formations and apparatus</p> <p>SC: Vary the level, direction, speed, timing and pathway of your sequence to make it look interesting</p>

	Place the ball down on the floor over the line using two hands			
	Spring Term 1		Spring Term 2	
	Basketball	Dance	Netball	Yoga
1	<p>LO: To develop protective dribbling against an opponent</p> <p>SC: Put your non-dribbling arm out to protect the ball from your opponent</p> <p>Turn your body to create a barrier between the defender and the ball</p>	<p>LO: Theme: Stamp, clap - To copy and repeat a set dance phrase showing confidence in movements</p> <p>SC: Use loud confident actions to create the music in your performance</p>	<p>LO: To develop passing and moving</p> <p>SC: Do not lift and place back down your landing foot, that is called footwork.</p> <p>Once you have passed the ball move to a new space</p>	<p>LO: To develop an understanding of yoga. To develop flexibility through the sun salutation flow</p> <p>SC: Move with control, in time with your breath</p>
2	<p>LO: To move into and create space to support a teammate</p> <p>SC: Look to move into space that will make it easier for your team to score</p> <p>Use a change of pace and a change of direction to lose your opponent</p>	<p>LO: Theme: Stamp, clap - To work with others to explore and develop the dance idea</p> <p>SC: Use counts of 8 to help you stay in time with each other</p>	<p>LO: To be able to use the attacking principle of creating and using space</p> <p>SC: Keep moving into space. All movement is helpful, even if you don't receive the ball</p> <p>Move into space showing an awareness of your teammates and the defenders</p>	<p>LO: To develop strength through yoga flows</p> <p>SC: Move into and through each pose slowly and fluidly</p> <p>Squeeze your muscles to help you to be stable</p>
3	<p>LO: To choose when to pass and when to dribble</p> <p>SC: Dribble if you have the space to do so</p>	<p>LO: Theme: Stamp, clap - To use changes in dynamics in response to the stimulus</p> <p>SC: Use counts of 8 to help you stay in time with each other</p>	<p>LO: To be able to change direction and lose a defender</p> <p>SC: Use a change of speed and/or a change of direction to lose a defender</p>	<p>LO: To create your own flow showing quality in control, balance and technique</p> <p>SC: Move in time with your breath</p>

	<p>Pass if you can get the ball close to goal</p> <p>Pass if you cannot beat the defender</p>	<p>Use strong confident actions</p>		<p>Use poses that challenge you</p>
4	<p>LO: To be able to track an opponent and use defensive techniques to win the ball</p> <p>SC: Bend your knees so that you can change direction at speed</p> <p>Stay between the basket and the person with the ball</p>	<p>LO: Theme: Bhangra - To demonstrate a sense of rhythm and energy when performing bhangra style motifs</p> <p>SC: Use counts of 8 to help you stay in time with each other</p>	<p>LO: To be able to defend ball side and know when to go for interceptions</p> <p>SC: Stay in front of your attacker, between them and the ball (ball side)</p>	<p>LO: To develop balance through yoga flows</p> <p>SC: Move slowly and with control into the pose so that you are stable when balancing</p>
5	<p>LO: To develop technique to increase accuracy when scoring</p> <p>SC: Balance with feet shoulder width apart</p> <p>Elbow under the ball</p> <p>Eyes look at the target</p> <p>Follow through with your hand</p>	<p>LO: Theme: Bhangra - To perform a bhangra dance, showing an awareness of timing, formations and direction</p> <p>SC: Consider dynamics and facial expressions</p> <p>Use counts of 8 to help you stay in time with each other</p>	<p>LO: To develop the shooting action</p> <p>SC: Feet shoulder width apart</p> <p>Hold the ball high above your head</p>	<p>LO: To work collaboratively to create a controlled paired yoga flow</p> <p>SC: Focus and concentrate to help with your breathing</p> <p>Hold your yoga poses with strong lines and control</p>
6	<p>LO: To apply principles, rules and tactics to a game situation</p> <p>SC: Be clear and fair when refereeing</p>	<p>LO: Theme: Bhangra - To select, order, structure and perform movements in a bhangra style, showing various group formations</p>	<p>LO: To use and apply skills and tactics to small-sided games</p> <p>SC: Turn your hips to face the direction you want to run in</p>	<p>LO: To create your own yoga flow that challenges technique, balance and control</p> <p>SC: Keep your focus soft and your breath controlled</p>

	Use the rules to play fairly and help the game to flow	SC: Use counts of 8 to help you stay in time with each other  Use strong confident actions		Move as you breathe  Squeeze your muscles to help you to be stable
	Summer Term 1		Summer Term 2	
	Cricket	Athletics (2)	Football	Tennis
1	LO: To develop throwing accuracy and catching skills under pressure  SC: Bring the ball into your body when catching to cushion the ball  Step forward with the opposite foot to your throwing arm	LO: To learn collaboratively with a partner to set a steady pace  SC: Run at a pace that you can maintain  Select and apply the best place for the running event  Steady your breathing by breathing in through your nose and out through your mouth  Vary your stride length to match someone else's pace	LO: To be able to dribble the ball under pressure  SC: Use all parts of your foot to control the ball	LO: To develop the forehand groundstroke  SC: As you contact the ball, turn your strings to face downwards  Hit the ball in the centre of the racket
2	LO: To develop placement of a ball into space  SC: Grip the bat with the dominant hand at the bottom  Keep your elbow high	LO: To develop your own and others sprinting technique  SC: Demonstrate a consistent stride length when sprinting  Work collaboratively in a team by listening and sharing ideas	LO: To pass the ball accurately to help to maintain possession  SC: Keep the ball close when defenders are near  Push the ball slightly further in front if you have space from defenders	LO: To be able to return the ball using a backhand groundstroke  SC: Make contact with the ball when your racket face is facing your target  Turn your body so that the back of your hand is showing

<p>3</p>	<p>LO: To develop consistency of catching to get opponents out</p> <p>SC: Bring the ball into your body when catching to cushion the ball</p>	<p>LO: To develop power, control and technique for the triple jump</p> <p>SC: Keep a consistent rhythm</p> <p>Link jumps showing control and balance</p> <p>Perform jumps for distance using good technique</p>	<p>LO: To use different turns to keep the ball away from defenders</p> <p>SC: Cushion the ball on your first touch</p> <p>Get your body in line with the ball as it comes towards you</p>	<p>LO: To develop the volley and understand when to use it</p> <p>SC: Hit the ball in front with no swing, use a punchy action</p> <p>Hit the ball in the centre of the racket</p>
<p>4</p>	<p>LO: To develop overarm bowling technique and accuracy</p> <p>SC: Draw a number six with the ball when preparing to bowl</p>	<p>LO: To develop power, control and technique when throwing for distance</p> <p>SC: Throw for distance with a balanced stance</p> <p>Transfer your weight from your back foot to your front leg</p>	<p>LO: To develop defending skills to gain possession</p> <p>SC: Move towards the attacker to close their space</p> <p>Readjust your angle as the ball moves</p>	<p>LO: To develop the volley and use it in a game situation</p> <p>SC: Hit the ball in front with no swing, use a punchy action</p> <p>Hit the ball in the centre of the racket</p>
<p>5</p>	<p>LO: To develop a variety of fielding techniques and use them within a game</p> <p>SC: Use two handed pick up when the ball is coming towards you</p>	<p>LO: To develop throwing with force and accuracy for longer distances</p> <p>SC: Aim to throw accurately</p> <p>Follow through with your hand in the direction of your throw</p> <p>Throw for distance with a balanced stance</p>	<p>LO: To develop goalkeeping skills to stop the opposition from scoring</p> <p>SC: Readjust your angle as the ball moves</p> <p>Stay on your toes, ready to move</p> <p>Watch the ball</p>	<p>LO: To develop the accuracy of the underarm serve. To learn to use the official scoring system</p> <p>SC: Only throw the ball to head height</p> <p>Use a straight arm to throw</p>

		Transfer your weight from your back to your front leg		
6	<p>LO: To further develop fielding techniques and apply them to a game situation</p> <p>SC: Track the ball to ensure you are in line with it</p>	<p>LO: To work collaboratively in a team to develop the officiating skills of measuring, timing and recording</p> <p>SC: Be determined to try your best</p> <p>Measure to the point nearest to the start line</p> <p>Work collaboratively in a team by listening and sharing ideas</p>	<p>LO: To be able to apply the rules and tactics you have learnt to play in a football tournament</p> <p>SC: Discuss with your team how to improve for your next match</p> <p>Encourage and congratulate your teammates and opponents</p>	<p>LO: To work co-operatively with a partner and employ tactics to outwit an opponent</p> <p>SC: Work together to cover space on your court</p>