



# St. Mark's Primary School P.E. Learning Journey – Year 6



## Invasion Games (Spring 2)

In this unit we will improve our defending and attacking play. We will start to play even-sided mini-versions of invasion games, focusing on games that require different equipment. This will allow us to focus on the tactics we create and the positioning we are learning to invade and outwit our opponents.

We will explore the rules and conventions of a wider range of games and will apply the basic principles we have already learned to these new games. We will look at team organisation in different restart situations, including fouls and when the ball is out of bounds.

## Gymnastics/Dance (Spring 1)

During gymnastics, we will use our knowledge of the compositional principles, e.g. how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of our audience.

We will perform to music, drawing on work already done in dance. We will choose their own apparatus and design a simple layout. We will work in a group of four, concentrating on timing and relationships.

We will watch others perform, evaluate how well sequences have been put together, and suggest ways of improving a performance.



## Athletics (Summer 2)

To conclude our learning journey, we will focus on developing our technical understanding of athletic activity. We will learn how to set targets and improve our performance in a range of running, jumping and throwing activities. As in all athletic activities, we will think about how to achieve the greatest possible speed, height, distance or accuracy. We will develop our understanding of the links between being fit and performing well, and will find out more about how athletics activity can help to keep us healthy.



## Striking and Fielding (Summer 1)

We will develop the range and quality of our skills and understanding. We will learn how to play the different roles of bowler, wicket-keeper, backstop, fielder and batter.

We will focus on developing our technique and using a wider range of shots, working in larger teams for some of the time. We will also concentrate on developing our bowling technique and using tactics as a fielding team to restrict the opportunities of our opponents.



Summer Term

Spring Term

Autumn Term

Your Year 6 P.E journey starts HERE



## Swimming (Autumn Term)

In this unit we will continue to focus on swimming more fluently, improving our swimming strokes, and learning personal survival techniques. We will learn how to use these strokes in different situations, including personal water safety and water sports.

We will learn to swim further and for longer periods of time, developing our overall level of fitness, also learning how to warm up and cool down for different types of swimming activity.

