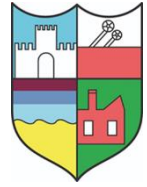


Physical Education

Curriculum End Points



Year 6

Unit: Health and Related Fitness

- Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness.
- Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits.
- Pupils will refine life skills such as self-motivation, resilience and self-discipline as they strive to improve their own performances.

Unit: Football

- Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team.
- Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of attacking and defending tactics, applying these to their games.
- Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.

Unit: Gymnastics – Matching and Mirroring

- Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.
- Pupils will effectively apply life skills such as evaluation and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.
- Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.
- Pupils will consistently apply integrity and self-discipline as they perform their sequences and receive feedback. Pupils will strive to improve their sequences.

Unit: Boccia

- Pupils will consistently be able to send the ball accurately, varying the speed and power they apply, based on the position of the 'Jack'.
- Pupils will be able to make effective decisions that they can explain, understanding the need to vary the speed and power they apply.
- Pupils will utilise life skills such as respect and communication as they take responsibility for others and lead their team in an effective way.
- Pupils will apply life skills such as resilience and self-discipline as they adhere to the rules of the game and continue to try and improve their own performance.

Unit: Outdoor Adventurous Activities – Leadership

- Pupils will apply effective leadership skills to support and guide other pupils/their team in order to play games and complete challenges.
- Pupils will apply their understanding of what makes an effective leader as well as effectively evaluating others leadership efforts and give constructive feedback.
- Pupils will be able to harness life skills such as communication as they ensure there are always clear instructions while motivating and encouraging their team.
- Pupils will utilise and promote life skills such as integrity as they encourage their groups/teams to always try their hardest, even if the challenge is difficult.

Unit: Dance – Titanic

- Pupils will perform with clarity, fluency, accuracy and consistency. Pupils will execute movements and balances with accurate expression and emotion.
- Pupils will make effective evaluations of an individual, pairs' or groups strengths and weaknesses. Pupils will reflect on their own performances.
- Pupils will consistently apply life skills such as respect and trust as they work successfully with others to execute their sequences and group performance.
- Pupils will demonstrate effective responsibility as they work with less able pupils and create movement ideas to improve the quality of their work.

Unit: Basketball

- Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team.
- Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of attacking and defending tactics, applying these to their games.
- Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.

Unit: Netball

- Pupils will apply a refined understanding of attacking skills and defensive skills, that will be executed accurately and consistently.
- Pupils will demonstrate resourcefulness and problem-solving skills by creating, applying and then adapting a range of attacking and defending tactics.
- Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.

Unit: Tennis

- Pupils will apply a refined understanding of playing forehand, backhand, serves and volleys into space in order to win points.
- Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of tactics, applying these to their games.
- Pupils will collaborate effectively with their partner, communicating and supporting each other.
- Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.

Unit: Hockey

- Pupils will apply a refined understanding of attacking skills when in possession and utilise effective defensive skills to regain possession.
- Pupils will demonstrate create a range of attacking and defending tactics, applying these to their games and adapting when applicable.
- Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.

Unit: Athletics

- Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance.
- Pupils will demonstrate an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important.
- Pupils will refine their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.
- Pupils will constantly apply life skills such as responsibility and self-discipline by applying their best effort every time and leading others by example.

Unit: Cricket

- Pupils will consolidate their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency into mini games.
- Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of tactics, applying these into their games.
- Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.