

# Physical Education

## Curriculum End Points



### Year 6

#### Unit: Health Related Exercise

- 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: Games Sense Invasion

- Pupils will apply a refined understanding of attacking skills to score points against another team, and defensive skills to regain possession.
- Pupils will demonstrate resourcefulness and reflective skills as they create 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, ensuring each team member is motivated.
- Pupils will constantly apply life skills such as self-motivation and integrity by playing by the rules and leading others by example.

#### 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 & 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: Outdoor Adventure 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: 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: 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: Tag Rugby

- Pupils will apply a refined understanding of the skills required for both attacking and defending. Pupils will switch fluidly between attack and defence as possession changes.
- 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: Dance – Carnival

- Pupils will perform with clarity, fluency, accuracy and consistency as part of a big group. Pupils will always perform with high energy.
- 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: 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: 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: Rounders

- Pupils will apply a refined ability to consistently execute throwing, catching, retrieving and batting skills.
- Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of 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.