

## Year 6 Coverage, Skills and Vocabulary

Year 6	Unit Focus	Prior Knowledge	Skills	Vocabulary
Autumn 1 – Dance (Break Dancing)	To perform a break dancing using different break dancing moves which have been practised during the unit if work. To have the confidence to perform and evaluate street dancing.	To perform a street dance using different street dance moves which have been practised during the unit if work. To have the confidence to perform and evaluate street dancing.	Standing moves – to be able to count in 8 beats and link standing moves together. Linking standing and floor moves together. Perform a range of jumps and freezes and link together in a routine. Practise different routines. Perform and evaluate.	Standing moves, 8 beats, linking, floor moves, spin high, spin low, knee slide, crouch, dipped body turn, sit, slide, jumps, freezes, baby freeze, frog freeze, shoulder freeze, down rock freeze, crab freeze, jump the twister, the run, jump over, the genie.
Autumn 1 – Hockey	Confidently use key elements of hockey – dribbling, passing, shooting, defending. To use the skills to take part in a game. To know the rules and set up of Hockey. Can make decisions when playing a sport.	Practise the key elements of hockey – dribbling, passing, shooting, defending. To use the skills to take part in a game. To start the make decisions when playing a sport.	Confidently use passing (push pass) with control over a distance and within a game. Confidently dribble a ball with control and speed and use space. Be able to use this skill within a game. To confidently pass and receive a ball by being able to control the ball on both sides of the body. To individually defend and know how to defend with a teammate. To individually shoot and know how to shoot using a teammate. Understand the duration, formation, scoring and rules of a hockey game.	Grip, stance, push pass, control, dribble, receive, send, defend, effectively, team mates, shooting, pressure, defence, rules, small sided games, duration, halves, 35 minutes each way.
Autumn 2 – OAA	Use information given by others to complete tasks and work collaboratively. Understand more complex tasks. Take responsibility for a role. Use knowledge of PE and physical activities to suggest ideas and amendments to games.	Exploring ways of communicating in a range of challenging activities. Navigate and solve problem from memory. Develop and use trust to complete the task and work under pressure.	Work with a partner to orientate a map. Identify objects from a hunt quickly from a written description. Safety perform a pyramid balance as a group. Work efficiently as part of team to complete a task. Create fun and exciting games for others to complete. Listen to others to change and refine ideas.	Maps, diagrams, scale, symbol, orienteering, compass, challenges, design, instructions, extend, knot, orient.
Autumn 2 – Gymnastics	To increase confidence to use both the floor and apparatus to perform a range of different jumps, leaps, balances and rolls.	To confidently use both the floor and apparatus to perform a range of different jumps, leaps, balances and rolls. Confidently use the vault and bench to perform different jumps and balances.	Confidently know how to do a range of point and counter balances individually and as a group. Confidently know how to do a range of jumps and leaps individually and as a group. Confidently perform different types pf rolls as well as a cartwheel and a tumble.	V sit, straddle sit, front, support, back support, Japana, Tuck sit, shoulder stand, wineglass stand, half-mast stand, cat leap, stag leap, split leap, ring jump,

	Confidently use the vault and bench to perform different jumps and balances.		Rhythmic using the equipment and apparatus to make a variety of formations and to perform a short sequence. Understand how to mount and dismount the bench and vault safety as well as using these to make a sequence.	point, high knee skipping, galloping, chasse, balance, posture, log roll, pencil roll, dish roll, egg roll, teddy bear roll, forward roll, cartwheel, tumble, unison, cannon, vault, bench.
Spring 1 – Badminton	Develop a wider range of shots including drop and smash. Begin to use more sophisticated tactics. Play with fluency with a partner in a double scenario.	Use different types of serves and shots within a game. Play with others to score and defend points in competitive games. Move confidently around the playing area using footwork techniques.	Smash shot technique and when to use it and how/when to use in a doubles match. Learn how to hit a drop shot to outwit your opponent. Develop reaction times when hitting shots close to the net. Communicate with a partner in a doubles match and position correctly. To use defensive formations in double games to stop opponents scoring points.	Smash shot, offensive, attacking, defending, rally, drop shot, net play.
Spring 1 – Games (Basketball)	To increase confidence using the key elements of basketball – dribbling, passing, shooting, tricks, defending, shooting within games. To know the rules and set up of a basketball game. Make decisions when playing a sport.	Confidently use key elements of basketball – dribbling, passing, shooting, tricks, defending, shooting within games. To start the make decisions when playing a sport.	Ball familiarisation – moving the ball in pairs, improve speed, power and reaction when throwing, ball skills and creativity. Dribbling – walking, running, with a partner and at speed keep control, perform a skill and protect the ball. Confidently pass and receive the ball and keeping the ball away from the defender. Confidently shoot the ball at the hoop from different distances accurately hitting the target. Learn how to defend an overload. Use the skills to play in a conditioned game using the rules.	Close to body, control, accuracy, height, dribbling, technique, bounce pass, chest pass, overhead pass, shot, target, accuracy, hoop, defend, opponent, body stance, overload.
Spring 2 – Gymnastics				
Spring 2 – Games (Netball)	To confident play a game of netball applying the skills of passing, defending, shooting, keeping possession. Understand the different positions of netball and the rules so that the game can be played.	To be able to play a game of netball knowing how to pass and defend. Know the different positions of netball and the rules so that the game can be played.	To be confident to make a variety of passes – bounce, chest, shoulder. Incorporate these into a game. To be able to intercept different types of passing. To know how to keep possession using advanced passing.	Bounce, chest, shoulder, pass, accuracy, defend, possession, lob pass, push pass, intercept, defence, goal shooter, goal attack, wing stack, centre, wing defence, goal defence, goal keeper.

			<p>To be able to pass and shoot accurately. Understand how to defend the different passes in a match. To know the 7 positions of netball. To be able to play a short game of netball and apply the rules.</p>	
Summer 1 – Tennis	<p>Develop back hand shots. Introduce the lob shot. Begin to use tennis full scoring system. Continue to develop doubles play and tactics to improve.</p>	<p>Introduce volley and overhead shots. Apply new shots into game situations. Play with others to score and defend points. Explore in more detail tennis service rules.</p>	<p>Communicate clearly with a partner to develop team work in doubles. Attempt a two handed back shot with control. To perform a lob shot to hit the ball over the opponent's heads. To play different formations at doubles. To understand the rules.</p>	<p>Lob shot, positioning, footwork, listening skills dispute, peers, attacking, defensive, improvements.</p>
Summer 1 – Athletics	<p>To increase confidence to use the correct technique in different sports which make up track and field – Javelin, Long Jump, Triple Jump, sprint and relay. To understand how to be competitive against peers.</p>	<p>To confidently use the correct technique in different sports which make up track and field – Javelin, Long Jump, Triple Jump, sprint, relay and long distance. To understand how to be competitive against peers.</p>	<p>Jumps – running long jump, triple jump (hop, skip, jump) Javelin – correct throwing technique from a 3 steps walk through. Sprint – correct technique to sprint and competing in races. Relay – correct position to hand over standing position, jogging and sprinting.</p>	<p>Javelin, face, shoulder, arm, standing, over, relay, running, stance, sprint, long distance, endurance, technique.</p>
Summer 2 – Game (Football)	<p>Choose and implement a range of strategies to attack and defend. Perform a wider range of more complex skills. Recognise and describe good performances. Suggest, plan, and lead simple drills for a given skill.</p>	<p>To start playing effectively in different positions and formations. Understand a greater number of attacking and defensive tactics. Become more skilful at moving at speed.</p>	<p>Set up shooting opportunity for a teammate. Restrict an opponent's space by defending. Perform a penalty kick with power and accuracy. Attack and shoot as a pair. Perform the role as cover defender to stop the opposition attack. To use close control to keep the ball under control when in possession.</p>	<p>Fair play, tackle, covering, supporting, strategy, set up, assist, deny, set play, covering, defending.</p>
Summer 2 – Games (Cricket)	<p>To increase confidence to use the key elements of cricket – throwing, catching, striking of the ball with a bat. To use the skills to take part in a game. Understand how to be a bats person, fielder and bowler.</p>	<p>Confidently use the key elements of cricket – throwing, catching, striking of the ball with a bat. To use the skills to take part in a game. Understand how to be a bats person, fielder and bowler.</p>	<p>To throw under and catch using an accurate underarm throwing technique. Use a range of throwing techniques to suit the situation. To bowl using an overarm technique. To be able to perform a straight drive using the 5 S's.</p>	<p>Scoop, moving ball, throwing, control, accuracy, bowl, bowler, overarm, technique, bounce, strike, target, fielders, feeder, back swing, bats person, cut the line, rock the baby, 3 C's (cup your hands, close</p>

			Know when to run as a bats person what to call and how to carry the bat. Play games using the rules of cricket and putting the new skills into practise.	hands over the ball, bring the ball into the chest), 5S's (stance, sideways, step, swing, strike).
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\*A combination of Sports Plus and PE Hub have supported the planning of this document.