

Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 5

Athletics



Vocabulary

Define the word and include etymology if useful.

Evaluate

Feedback

Cooperate

Fling

Olympics

Run up

Compare

Power



Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know the appropriate pace judgement for the running distance to be covered.

Children will know the appropriate throwing and jumping technique to achieve maximum distance.

Children will know how to share and discuss athletic techniques.

Children will know how to compare their performance with previous ones and demonstrate improvement.

Children will know the importance of being physically fit and explain how their body reacts when taking part in different activities.



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to select and apply skills that meet the needs of the situation, combing and performing each skill.

Children will understand how to work effectively as part as a team.

Children will understand how to successfully run, jump, and throw in isolation and in combination.



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to use a run up when jumping.

Children will be able to use the correct combination of jumps to complete the triple jump.

Children will be able to run with control and purpose over varied distances.

Children will be able to throw an object by overarm, underarm, pulling, pushing and slinging.

Children will be able to use a run up when throwing.

Children will be able to practise to improve throwing distance.

Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 6

Basketball



Vocabulary

Define the word and include etymology if useful.

Management

Decision making

Attack/defend

Principles

Positions

Performance

Plays



Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how to create short warm up routines that follow basic principles.

Children will know how to evaluate their own success as well as recognise part of a performance that could be improved.

Children will know how to improve in different physical activities and sport.



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to apply basic principles for attacking and defending.

Children will understand how to use different skills to keep possession of the ball.

Children will understand good awareness of others in game situations and work effectively as a team.

Children will understand the defending principles in game situations.



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to pass the ball and move in variety of different ways with confidence.

Children will be able to pass the ball and move in a variety of different ways at speed.

Children will be able to defend appropriately depending on the situation.

Children will be able to keep possession of the ball when faced with opponents.

Children will be able to apply basic principles for defending.

Children will be able to apply basic principles for attacking.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 6

Dance

Vocabulary

Define the word and include etymology if useful.

Imaginative

Emotive

Expressive

Rehearse

Choreography

Pace

Confidence

Experiment

Formation

Intensity


Knowledge

What children will know

Learning

Teaching

Assessment

Remembering

Telling

Testing

Children will know how to share ideas in small groups, working together to create a routine.

Children will know how to use imagination to develop dances to music.


Understanding

What children will understand

Learning

Teaching

Assessment

Practising

Coaching

Observing

Children will understand how to move in a way that reflects the music.

Children will understand how to perform dances in both canon and unison.

Children will understand how to explore and practice movement ideas.

Children will understand how to explore, improvise and combine movement.

Children will understand how to perform movements to an audience with rhythm and confidence.


Skills

What children will be able to do

Learning

Teaching

Assessment

Reflecting

Facilitating

Evaluating

Children will be able to move in way that reflects the music.

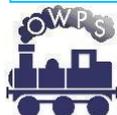
Children will be able to show ideas through dance.

Children will be able to combine movements fluently.

Children will be able to apply basic compositional principles when creating dances.

Children will be able to share ideas in groups to create a routine.

Children will be able to perform with rhythm and confidence.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 6

Dodgeball



Vocabulary

Define the word and include etymology if useful.

Communicate

Accelerate

Accurate

Strike

Agility

Balance

Coordinate

React



Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how physical activity can help contribute to a healthy lifestyle.

Children will know how to evaluate a performance, giving constructive feedback.



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to successfully catch a ball at different heights.

Children will understand how to demonstrate a variety of different throwing techniques with good accuracy.

Children will understand how to take part in competitive games.

Children will understand how to use different ways to dodge the ball.

Children will understand how to use appropriate tactics in games.



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to throw a ball with accuracy and pace.

Children will be able to use the most appropriate throwing technique for the situation.

Children will be able to catch a ball at different heights and speed.

Children will be able to dodge a ball by jumping, galloping and jockeying.

Children will be able to participate in competitive games.

Children will be able to discuss and apply tactics in games.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year : Year 6

Fitness


Vocabulary

Define the word and include etymology if useful.

Responsibility

Wellbeing**Encourage****Compare****Performance****Position****Ability****Recognise****Alternate**
Knowledge

What children will know

Learning
Teaching
Assessment

Remembering

Telling

Testing

Children will know how to take responsibility for their own warm up and know the importance of warming up.

Children will know how to compare their own and others performances to previous ones.

Children will know how physical activity and exercise can improve mental wellbeing.

Children will know why core strength is important.


Understanding

What children will understand

Learning
Teaching
Assessment

Practising

Coaching

Observing

Children will understand how to develop upper and lower body strength, speed, aerobic endurance and fitness.

Children will understand how to link actions and combine movements.

Children will understand how to complete circuit training to the best of their ability.


Skills

What children will be able to do

Learning
Teaching
Assessment

Reflecting

Facilitating

Evaluating

Children will be able to perform squat jumps with good technique

Children will be able to lunge jumps with good technique.

Children will be able to compete against others.

Children will be able to compete against themselves to improve.

Children will be able to perform plank walks with control.

Children will be able to perform physical tasks for longer periods.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 6

Football



Vocabulary

Define the word and include etymology if useful.

Tactics

Possession**Midfield****Cover****Support****Opposition****Marking****Closing down****Evaluate**

Knowledge

What children will know

Learning**Teaching****Assessment**

Remembering

Telling

Testing

Children will know the positions in a team and the roles they play. Picking the right formations.

Children will know how to identify parts of their game that they're performing well and parts that can be improved.

Children will know the exercises and activities that help strength, speed and stamina.



Understanding

What children will understand

Learning**Teaching****Assessment**

Practising

Coaching

Observing

Children will understand how to apply the attacking and defending principles in game situations.

Children will understand how to use different skills to keep possession of a ball as part of a team.

Children will understand how to develop control whilst performing skills at speed.

Children will understand how to adapt games and activities making sure everyone has a role to play.



Skills

What children will be able to do

Learning**Teaching****Assessment**

Reflecting

Facilitating

Evaluating

Children will be able to pass the ball to keep possession in game situations.

Children will be able to dribble the ball whilst under pressure.

Children will be able to apply defending principles in games.

Children will be able to compete in games.

Children will be able to apply attacking principles in games.

Children will be able to understand positions and roles of individuals in team games.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 6

Gymnastics



Vocabulary

Define the word and include etymology if useful.

Asymmetrical

Body Control

Creativity

Improve

Symmetrical

Observe

Fluency

Flow



Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how to work effectively as part of a team.

Children will know how to create a short warm up routine.



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to explore, improvise and combine movement ideas fluently.

Children will understand how to combine and perform gymnastic actions.

Children will understand how to use combinations using space effectively.

Children will understand how to develop their own gymnastic sequences.



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to show flexibility and technique when performing gymnastic elements.

Children will be able to show different combinations when travelling.

Children will be able to use space creativity when travelling.

Children will be able to perform high quality jumps, rolls and group balances.

Children will be able to show rhythm and creativity when working with others.

Children will be able to explain why a performance is good and how it can be improved.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year :

Year 6

Hockey



Vocabulary

Define the word and include etymology if useful.

Close down

Cover**Track****Slap Pass****Block****Possession****Decision Making****Indian Dribbling**

Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how to identify and evaluate parts of their own games.

Children will know how physical activity can contribute to a healthy lifestyle.

Children will know how the muscles work.

Children will know how to adapt games and activities making sure everyone has role.

Children will know how to create a short warm up routine.



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to develop control whilst performing skills at speed.

Children will understand how to apply attacking and defending principles into a game.

Children will understand how to use different skills to keep possession of a ball.

Children will understand how to choose different formations to suit the needs of the game.



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to pass the ball to keep possession in game situations.

Children will be able to dribble the ball whilst under pressure.

Children will be able to apply defending principles in games.

Children will be able to compete in games.

Children will be able to apply attacking principles in games.

Children will be able to understand positions and roles of each other in games.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 6

Netball

Vocabulary

Define the word and include etymology if useful.

Position

Evaluate

Direction

Power

Accuracy

Muscles

Technique

Opponent

Teamwork

Shoot


Knowledge

What children will know

Learning

Remembering

Teaching

Telling

Assessment

Testing

Children will know how to create short warm up routines.

Children will know how to evaluate performances giving constructive feedback.


Understanding

What children will understand

Learning

Practising

Teaching

Coaching

Assessment

Observing

Children will understand how to apply basic principles for attacking and defending.

Children will understand how to work effectively as a team.

Children will understand how to use a variety of tactics to keep possession

Children will understand how to use defending principles in a game.


Skills

What children will be able to do

Learning

Reflecting

Teaching

Facilitating

Assessment

Evaluating

Children will be able to pass the ball in a variety of ways with confidence.

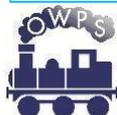
Children will be able to move with purpose when attacking.

Children will be able to choose when to mark a player and when to cover space.

Children will be able to apply basic principles for attacking

Children will be able to apply basic principles for defending.

Children will be able to apply basic principles of attacking and defending in game situations.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 6

Orienteering



Vocabulary

Define the word and include etymology if useful.



Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing



Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing



Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Teamwork

Map skills

Control plotting

Communication

Problem solving

Indoor mapping

Picture orienteering

Children will know how to use elements and scaling confidently.

Children will know what they have done well and adapt plans for future challenges.

Children will know how to plan strategies to complete tasks.

Children will understand how to build confidence during team activities.

Children will understand how to take part in orienteering events.

Children will understand how to use a map confidently orientating themselves around.

Children will understand how to develop map reading and map building skills.

Children will understand how to develop physical fitness.

Children will be able to show confidence in group activities.

Children will be able to plan effectively.

Children will be able to understand a complex map.

Children will be able to scale a map effectively.

Children will be able to choose successful approaches to tasks.

Children will be able to complete an adapted control event.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 6

Rounders

Vocabulary

Define the word and include etymology if useful.

Umpire
Tactics
Stance
Infield
Outfield
Run
Evaluate
Technique
Feedback
 Tournament


Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how to improve in different physical activities and sports.
 Children will know how to create short warm up routines.


Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to perform skills with accuracy.
 Children will understand how to participate in competitive games.
 Children will understand how to retrieve, intercept and stop a ball when fielding.
 Children will understand how to use skills and tactics to outwit opponents when fielding and batting.
 Children will understand how to work as part of a team and make it hard for the batter to score runs.


Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to retrieve, catch, intercept and stop the ball.
 Children will be able to play shots that allow the ball to be hit to different areas of the field.
 Children will be able to bowl effectively.
 Children will be able to use skills and tactics to outwit opponents when fielding.
 Children will be able to use skills and tactics to outwit opponents when batting.
 Children will be able to participate in competitive games.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 6

Tag Rugby

Vocabulary

Define the word and include etymology if useful.

Communicate

Effective
Accuracy
Attack
Defend
Tactics

Dummy


Knowledge

What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know the rules of the game and participate in full games.

Children will know the importance of keeping in a line in both attacking and defending plays.


Understanding

What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to incorporate the rules of the game into small sided games like passing backwards.

Children will understand how to pass and catch a ball whilst running at different speeds.

Children will understand how to carefully consider the best way to score a try and win the game.

Children will understand how to successfully remove tags.


Skills

What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to run and pass at speed.

Children will be able to dodge and fake pass when running with the ball.

Children will be able to catch the ball whilst under pressure.

Children will be able to watch and evaluate the professional game.

Children will be able to decide on ways to attack when playing games.

Children will be able to decide on the best ways to defend in games.



