

## Year 6 Skills and Vocabulary Progression

Year 6

Intent – aims and vocabulary

Implementation

Unit – Autumn 1	Unit Outcomes
<p><b>OAA– 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Use information given by others to complete tasks and work collaboratively.</li> <li>• Undertake more complex tasks. Take responsibility for a role.</li> <li>• Use knowledge of PE and physical activities to suggest design ideas &amp; amendments to games.</li> </ul>	<p>To be able to</p> <ul style="list-style-type: none"> <li>• Head – Use knowledge of games in PE to suggest adaptations and variations to activities.</li> <li>• Hand – Refine and adapt ideas in group tasks.</li> <li>• Heart – Takes responsibility for a role in a task.</li> </ul> <p><b>Vocabulary</b> Maps, diagrams, scale, symbols, orienteering, compass, challenges, design, instructions, extend, knot, orient.</p>
Unit – Autumn 2	Unit Outcomes
<p><b>Football Unit 1 – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Choose and implement a range of strategies to attack and defend.</li> <li>• Perform a wider range of more complex skills.</li> <li>• Recognise and describe good performances.</li> <li>• Suggest, plan and lead simple drills for given skills.</li> </ul>	<p>To know that:</p> <p><b>Head</b> – Devise a drill that develops a particular skill.</p> <p><b>Hand</b> – Apply correct body position when closing down a player to defend.</p> <p><b>Heart</b> – Collaborate with a partner to implement simple defensive techniques.</p> <p><b>Vocabulary</b> Fair play, tackle, covering, supporting, strategy, set up, assist, deny, set play, covering, defender.</p>

Unit – Autumn 1	Unit Outcomes
<p><b>Tennis – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Develop backhand shots. Introduce the lob shot.</li> <li>• Begin to use full tennis scoring systems.</li> <li>• Continue developing doubles play and tactics to improve.</li> </ul>	<p>To be able to</p> <p><b>Head</b> – Make good choices in games about the best shot to use.</p> <p><b>Hand</b> – Begin to use full scoring systems.</p> <p><b>Heart</b> – Use speaking and listening skills to umpire and play with peers without dispute.</p> <p><b>Vocabulary</b> Lob shot, positioning, footwork, listening skill, dispute, peers, attacking, defensive, improvement.</p>

Unit – Autumn 2	Unit Outcomes
<p><b>Netball – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Choose and implement a range of strategies to attack and defend.</li> <li>• Perform a wider range of more complex skills.</li> <li>• Recognise and describe good performances.</li> </ul>	<p>To be able to</p> <p><b>Head</b> – Umpire a game, explain decisions where necessary.</p> <p><b>Hand</b> – Anticipate, track and control a rebounding ball from a shot.</p> <p><b>Heart</b> – As a team, decide tactics to implement into the game.</p> <p><b>Vocabulary</b> Tactics, gameplay, blocking, free, metre, organisation, rebounds, prone, thirds, area, offside, intercepting.</p>

Unit – Spring 1	Unit Outcomes
<p><b>Dance Unit 1 – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Work collaboratively to include more complex compositional ideas.</li> <li>• Talk about different dance styles with understanding, using appropriate language &amp; terminology.</li> </ul>	<p>To know</p> <p><b>Head</b> – Interpret different stimuli with imagination and flair.</p> <p><b>Hand</b> – Use recognised dance actions and adapt them to create motifs and movement patterns.</p> <p><b>Heart</b> – Take the lead, suggesting ideas and refining actions of others.</p> <p><b>Vocabulary</b> Motif, street dance, composition, collaborate, stag leap, rebound, expression.</p>

Unit – Spring 2	Unit Outcomes
<p><b>Hockey – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Choose and implement a range of strategies and tactics.</li> <li>• Combine and perform more complex skills at great speed.</li> <li>• Recognise and describe good individual and team performances.</li> </ul>	<p>To be able to</p> <ul style="list-style-type: none"> <li>• <b>Head</b> – Choose and implement a range of strategies to attack and defend.</li> <li>• <b>Hand</b> – Shoot from close range.</li> <li>• <b>Heart</b> – Use and apply boundary rules such as corners, self pass and sideline.</li> </ul> <p><b>Vocabulary</b> Power, distance, perform, consistent, fair play, tackle, covering, supporting.</p>

<b>Unit – Spring 1</b>	<b>Unit Outcomes</b>
<p><b>Gymnastics Unit 1 – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Demonstrate accuracy, consistency, and clarity of movement.</li> <li>• Arrange own apparatus to enhance work and vary compositional ideas.</li> <li>• Experience flight on and off high apparatus.</li> </ul>	<p>To be able to</p> <ul style="list-style-type: none"> <li>• Head – Identify strengths and weaknesses of a performance.</li> <li>• Hand – Experience flight on and off apparatus.</li> <li>• Heart – Lead group warm up demonstrating the importance of strength and flexibility.</li> </ul> <p><b>Vocabulary</b></p> <p>Flight, consistent, vault, vaulting sequences, combinations, direction, dismount.</p>

<b>Unit – Spring 2</b>	<b>Unit Outcomes</b>
<p><b>KS2 Fitness Unit 1 – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Show determination to keep moving even when tired.</li> <li>• Challenge themselves to improve scores.</li> <li>• Develop strength in a range of exercises.</li> <li>• Understand how to target specific muscle groups when exercising.</li> </ul>	<p>To be able to</p> <ul style="list-style-type: none"> <li>• Head – Keep track of where you are in an exercise routine.</li> <li>• Hand – Take part in exercises to raise heart rate.</li> <li>• Heart – Show determination to keep moving even when tired</li> </ul> <p><b>Vocabulary</b></p> <p>Muscles, muscle groups, balance, control, relax, interval, max effort, tabata, rounds, reps, abdominals, calf, glutes, quadriceps, amrap, determination.</p>

<b>Unit – Summer 1</b>	<b>Unit Outcomes</b>
<p><b>Athletics – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Apply strength and flexibility to throwing, running and jumping.</li> <li>• Accurately and confidently judge across a variety of activities.</li> <li>• Work in collaboration to demonstrate improvement.</li> </ul>	<p>To be able to</p> <p><b>Head</b> – Accurately and confidently record multiple scores under pressure.</p> <p><b>Hand</b> – Combine different jumping skills to accurately replicate the triple jump technique.</p> <p><b>Heart</b> – Judge your strengths and weaknesses to fulfil your role in a running challenge.</p> <p><b>Vocabulary</b></p> <p>Safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, assess.</p>

<b>Unit - Summer 2</b>	<b>Unit Outcomes</b>
<p><b>Rounders – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Apply rounders rules consistently.</li> <li>• Play small-sided games using standard rounders pitch layout.</li> <li>• Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</li> </ul>	<p>To be able to</p> <ul style="list-style-type: none"> <li>• <b>Head</b> – Demonstrate urgency when in the field.</li> <li>• <b>Hand</b> – Play in a complete game of rounders with markings and four bases.</li> <li>• <b>Heart</b> – Understand teammate’s perspective and motivation when accumulating rounders.</li> </ul> <p><b>Vocabulary</b></p> <p>Shot, defensive, offensive, predict, place, select, tactics, stance, tracking.</p>

Unit – Summer 1	Unit Outcomes
<p><b>Gymnastics Unit 2 – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Perform increasingly complex sequences.</li> <li>• Combine own ideas with others to build sequences.</li> <li>• Compose and practise actions and relate to music.</li> <li>• Show a desire to improve competency across a broad range of gymnastics actions.</li> </ul>	<p>To be able to</p> <p><b>Head</b> – Compose a sequence that will achieve the highest score against the criteria.</p> <p><b>Hand</b> – Perform increasingly complex sequences.</p> <p><b>Heart</b> – Work independently and in small groups to make up sequences to perform to an audience.</p> <p><b>Vocabulary</b></p> <p>Half lever, box splits, bridge, broad jump, splits, dish, arch, bounce, competency, complex, stimuli, mirror, match.</p>

Unit – Summer 2	Unit Outcomes
<p><b>Cricket – 6 lessons</b></p> <ul style="list-style-type: none"> <li>• Apply cricket rules in a variety of styles of games.</li> <li>• Attempt a small range of recognised shots.</li> <li>• Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</li> </ul>	<p>To be able to</p> <p><b>Head</b> – Apply with consistency standard rules of (modified) games.</p> <p><b>Hand</b> – Attempt to track and catch high balls in isolation and gameplay.</p> <p><b>Heart</b> – Work as a pair to field long balls.</p> <p><b>Vocabulary</b></p> <p>Urgency, acquire, high ball, tracking, short delivery, long balls, on drive, off side, on side, slip, short leg, silly point, innings, retires, attack.</p>