



Year 6 PE KNOWLEDGE Subject Map



Fundamentals Target Games (Hockey)	Dance Fitness	Gymnastics Stretch and Movement	Invasion (Rugby) Ball skills (Basketball)	Athletics Outdoor Adventurous Activities	Net And Wall Striking and Fielding (Cricket)
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DRIVER WORDS						
Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Develop, Revise , Refine	Travel, Copy, Move, Run, Jump, Balance	Link movements, Perform sequences, Combine skills	Change speed effectively, Travel fluently, Keep possession, Maintain pace, Throw/Kick accurately	Plan, Show improvement	Combine strength and stamina, Compete, Identify risks, Embrace leadership	Set personal targets, Embrace and embody leadership

	KNOWLEDGE		KNOWLEDGE
ATHLETICS	<p>K1. Running: understand that I need to prepare my body for running and know the muscle groups I will need to use.</p> <p>K2. Jumping: understand that a run up builds speed and power and enables me to jump further.</p> <p>K3. Throwing: understand that I need to prepare my body for throwing and know the muscle groups I will need to use.</p> <p>K4. Rules: understand and apply rules in events that pose an increased risk.</p>	BALL SKILLS	<p>K5. Sending: understand and make quick decisions about when, how and who to pass to.</p> <p>K6. Catching: know how to catch a ball for different situations, considering trajectory, speed, height and size of the ball.</p> <p>K7. Tracking: know how to track a ball for different situations, considering trajectory, speed, height and size of the ball.</p> <p>K8. Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.</p>
DANCE	<p>K9. Actions: understand that actions can be improved with consideration to extension, shape and recognition of intent.</p> <p>K10. Dynamics: understand that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea.</p> <p>K11. Space and relationships: know that combining space and relationships with a prop can help me to express my dance idea.</p> <p>K12. Performance: understand how a leader can ensure our dance group performs together.</p> <p>K13. Strategy: know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.</p>	FITNESS	<p>K14. Agility: understand that agility requires speed, strength, good balance and co-ordination.</p> <p>K15. Balance: know where and when to apply force to maintain control and balance.</p> <p>K16. Co-ordination: understand that co-ordination also requires good balance and know how to achieve this.</p> <p>K17. Speed: know that speed can be improved by training and know which speed to select for the distance.</p> <p>K18. Strength: understand that I can build up my strength by practicing in my own time.</p> <p>K19. Stamina: know which exercises can develop stamina and understand that it can be improved by training over time.</p>
FUNDAMENTALS	<p>K20. Running: know that running develops stamina and speed and both can be improved by training over time.</p> <p>K21. Balancing: know that balance underpins many skills in PE and everyday life and this feels different in different situations.</p> <p>K22. Jumping and hopping: understand when to jump for height or jump for distance in different activities and what to do to achieve this.</p> <p>K23. Skipping: understand that skipping helps to develop co-ordination, stamina and balance</p>	GYMNASTIC	<p>K24. Shapes: know which shapes to use for each skill. Inverted movements: understand that spreading my weight across a base of support will help me to balance.</p> <p>K25. Balances: know where and when to apply force to maintain control and balance.</p> <p>K26. Rolls: understand that I can use momentum to help me to roll and know where that momentum from.</p> <p>K27. Jumps: understand that taking off from two feet will give me more height and therefore more time in the air.</p> <p>K28. Strategy: know that if I use changes in formation it will help to make my sequence look interesting.</p>
INVASION	<p>K29. Sending & receiving: understand and make quick decisions about when, how and who to pass to.</p> <p>K30. Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.</p> <p>K31. Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.</p> <p>K32. Tactics: know how to create and apply a tactic for a specific situation or outcome.</p> <p>K33. Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.</p>	NET AND WALL	<p>K34. Shots: understand the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court.</p> <p>K35. Serving: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</p> <p>K36. Rallying: understand how to play different shots depending on if a rally is co-operative or competitive.</p> <p>K37. Footwork: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</p> <p>K38. Tactics: understand when to apply some tactics for attacking and/or defending.</p> <p>K39. Rules: understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.</p>
OUTDOOR ADVENTUROUS ACTIVITIES	<p>K40. Problem solving: understand that being able to solve problems is an important life skill.</p> <p>K41. Navigational skills: understand why having good navigational skills are important.</p> <p>K42. Communication: know that good communication skills are key to solving problems and working effectively as a team.</p> <p>K43. Reflection: with increasing accuracy, reflect on when and how I am successful at solving challenges and alter my methods in order to improve.</p> <p>K44. Rules: understand the rules and think creatively to solve the challenge whilst abiding by the rules</p>	STRIKING AND FIELDING	<p>K45. Striking: understand that the momentum and power for striking a ball comes from legs as well as arms.</p> <p>K46. Fielding: know which fielding action to apply for the situation.</p> <p>K47. Throwing and catching: consistently make good decisions on who to throw to and when to throw in order to get batters out.</p> <p>K48. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p> <p>K49. Tactics: understand and apply some tactics in the game as a batter, bowler and fielder.</p> <p>K50. Rules: understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.</p>
TARGET GAMES	<p>K51. Throwing: know who to throw at and when to throw in order to get opponents out.</p> <p>K52. Catching (dodgeball): know that I need to make quick decisions on if to catch or if to dodge the ball.</p> <p>K53. Striking: know which skill to select for the situation.</p> <p>K54. Tactics: know how to create and apply a tactic for a specific situation or outcome.</p> <p>K55. Rules: understand, apply and use rules consistently in a variety of target games whilst playing and officiating.</p>		



Year 6 PE SKILLS Subject Map



	SKILLS		SKILLS
ATHLETICS	<p>S1. Running: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</p> <p>S2. Jumping: develop power, control and technique in the triple jump.</p> <p>S3. Throwing: develop power, control and technique when throwing discus and shot put</p>	BALL SKILLS	<p>S4. Sending: show good technique when sending a ball with increasing control, accuracy and consistency under pressure.</p> <p>S5. Catching: demonstrate increasing consistency of catching under pressure in a variety of game situations.</p> <p>S6. Tracking: demonstrate a wider range of techniques when tracking a ball under pressure</p> <p>S7. Dribbling: dribble consistently using a range of techniques with increasing control under pressure.</p>
DANCE	<p>S8. Actions: show controlled movements which express emotion and feeling.</p> <p>S9. Dynamics: explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group.</p> <p>S10. Space and relationships: use a variety of compositional principles when creating my own dances.</p> <p>S11. Performance: demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.</p>	FITNESS	<p>S12. Agility: change direction with a fluent action and transition smoothly between varying speeds.</p> <p>S13. Balance: show fluency and control when travelling, landing, stopping and changing direction.</p> <p>S14. Co-ordination: co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p> <p>S15. Speed: adapt running technique to meet the needs of the distance.</p> <p>S16. Strength: complete body weight exercises for increased repetitions with control and fluency.</p> <p>S17. Stamina: use my breath to increase my ability to move for sustained periods of time.</p>
FUNDAMENTALS	<p>S18. Running: change direction with a fluent action.</p> <p>S19. Transition smoothly between varying speeds. Balancing: show fluency and control when travelling, landing, stopping and changing direction.</p> <p>S19. Jumping and hopping: demonstrate good technique when jumping and hopping for distance and height.</p> <p>S20. Fluently link jumps together. Skipping: consistently show a range of skills when skipping in a rope.</p>	GYMNASTIC	<p>S21. Shapes: combine and perform gymnastic shapes more fluently and effectively.</p> <p>S22. Inverted movements: develop control in progressions of a cartwheel and a headstand.</p> <p>S23. Balances: explore counter balance and counter tension.</p> <p>S24. Rolls: develop fluency and consistency in the straddle, forward and backward roll.</p> <p>S25. Jumps: combine and perform a range of gymnastic jumps more fluently and effectively.</p>
INVASION	<p>S26. Sending & receiving : s&r consistently using a range of techniques with increasing control under pressure.</p> <p>S27. Dribbling: dribble consistently using a range of techniques with increasing control under pressure.</p> <p>S28. Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.</p> <p>S29. Attacking: confidently change direction to lose an opponent</p> <p>S30. Defending: use a variety of defending skills (tracking, interception, jockeying) in game situations.</p>	NET AND WALL	<p>S31. Shots: demonstrate increased success and technique in a variety of shots.</p> <p>S32. Serving: serve accurately and consistently.</p> <p>S33. Rallying: successfully apply a variety of shots to keep a continuous rally.</p> <p>S34. Footwork: demonstrate a variety of footwork patterns relevant to the game I am playing.</p>
OUTDOOR ADVENTUROUS ACTIVITIES	<p>S35. Problem solving: pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>S36. Navigational skills: orientate a map efficiently to navigate around a course with multiple points.</p> <p>S37. Communication: inclusively communicate with others, share job roles and lead when necessary</p>	STRIKING AND FIELDING	<p>S38. Striking: strike a bowled ball with increasing accuracy and consistency.</p> <p>S39. Fielding: use a wider range of fielding skills with increasing control under pressure.</p> <p>S40. Throwing: consistently demonstrate good technique in throwing skills under pressure.</p> <p>S41. Catching: consistently demonstrate good technique in catching skills under pressure.</p>
TARGET GAMES	<p>S42. Throwing: throw with increasing control under pressure.</p> <p>S43. Catching (dodgeball): catch with increasing control under pressure.</p> <p>S44. Striking: use a variety of striking techniques with control and under pressure.</p>		

PE VOCABULARY

accelerate, **agility**, attack, balance, catch, communicate, control, co-ordination, decelerate, defend, dribble, **dynamics**, exercise, **evaluate**, fielding, fine motor, fitness, flexibility, **fluent**, footwork, games, gross motor, health, healthy, heart rate, hop, jump, **leadership**, movement, move, **navigate**, participate, perform, **review**, rules, running, roll, sending, shape, skill, skip, space, speed, stamina, strength, striking, tactics, team, teamwork, throw, tracking, transition, travel