



PE Y6 Champions Year Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Invaders</p> <p>Lesson 1 - Understand the basic rules of tag rugby.</p> <p>Lesson 2 - Work as a team, using ball-handling skills.</p> <p>Lesson 3 - To pass and carry the ball using balance and coordination.</p> <p>Lesson 4 - Use skills learned to play a game of tag rugby.</p>	<p>Dynamic Dance</p> <p>Lesson 1 - Identify and practise the patterns and actions in a street dance style.</p> <p>Lesson 2 - Demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>Lesson 3 - Create a dance that represents a street dance style.</p>	<p>Gym Sequences</p> <p>Lesson 1 - Identify and practise gymnastic shapes and balances.</p> <p>Lesson 2 - Identify and practise symmetrical and asymmetrical body shapes.</p> <p>Lesson 3 - Construct sequences using balancing and linking movements.</p>	<p>Active Adventure</p> <p>Lesson 1 - To throw and catch under pressure.</p> <p>Lesson 2 - To use skills to stop the ball effectively.</p> <p>Lesson 3 - To learn batting control. Practise batting technique.</p> <p>Lesson 4 - Learn the role of backstop. Understand how to play as a backstop in a game.</p>	<p>Nimble Nets</p> <p>Lesson 1 - Demonstrate and use the correct grip of the racket and understand how to get into the ready position. Use good hand/eye coordination.</p> <p>Lesson 2 - Understand how to serve the shuttle in order to start the game. Recognise the difference between the low</p>	<p>Young Olympians</p> <p>Lesson 1 - To investigate running styles and changes of speed.</p> <p>Lesson 2 - To practise throwing with power and accuracy.</p> <p>Lesson 3 - To throw safely and with understanding.</p> <p>Lesson 4 - Demonstrate good running technique in a competitive</p>

<p>Lesson 5 - To apply rules and skills learned to a game.</p> <p>Lesson 6 - To play a mini tag rugby tournament.</p>	<p>Lesson 4 - Create a dance as a group, using any street dance moves.</p> <p>Lesson 5 - Work as a group to cooperate to adapt two dance routines and put them together.</p> <p>Lesson 6 - Perform and analyse own and others performances.</p>	<p>Lesson 4 - Use counterbalances and incorporate them into a sequence of movements.</p> <p>Lesson 5 - Perform movements in canon and in unison.</p> <p>Lesson 6 - Perform and evaluate own and others sequences.</p>	<p>Lesson 5 - Play in a tournament and work as a team, using tactics in order to beat the other team.</p> <p>Lesson 6 - To assess and analyse others strengths. Play in a mini tournament and understand the rules of the game.</p>	<p>serve and the high serve.</p> <p>Lesson 3 - Develop children's ability to perform and understand the 'overhead clear' shot and how it can have an impact on winning a point.</p> <p>Lesson 4 - Understand that the drop shot is an attacking shot and why. To know where the drop shot should be aimed for.</p> <p>Lesson 5 - Understand how to use different shots to outwit an opponent in a game.</p> <p>Lesson 6 - Develop knowledge,</p>	<p>situation.</p> <p>Lesson 5 - To explore different footwork patterns. Understand which technique is most effective when jumping for distance.</p> <p>Lesson 6 - To utilise all the skills learned in this unit in a competitive situation.</p>
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				understanding and principles within a doubles game, including strategies and tactics.	
<p>Boot camp</p> <p>Lesson 1 - Understand how to prepare the body for exercise. Understand what fitness means.</p> <p>Lesson 2 - Complete a range of circuit-based activities and understand the reason for doing them. Understand what happens to the heart rate during exercise.</p> <p>Lesson 3 -</p>	<p>Mighty movers</p> <p>Lesson 1 - To know and understand the basic principles of a good warm up.</p> <p>Lesson 2 - Understand how moves can be linked together to perform more complex/challenging moves.</p> <p>Lesson 3 - Demonstrate fluency of moves. Perform complex moves to music.</p> <p>Lesson 4 -</p>	<p>Step to the beat!</p> <p>Lesson 1 - Understand the value of aerobic exercise. Learn how to measure heart rate and note any changes.</p> <p>Lesson 2 - Perform aerobic activity to music. Understand the value of aerobic exercise.</p> <p>Lesson 3 - Practise and apply a sequence of step moves to the beat of the music.</p>	<p>Gym circuits</p> <p>Lesson 1 - To plan a personal circuit programme.</p> <p>Lesson 2 - Share ideas with group to get ideas.</p> <p>Lesson 3 - Trial and error personal circuit programme.</p> <p>Lesson 4 - Adapt personal circuit programme from trial and error.</p> <p>Lesson 5 - Finalise and test</p>	<p>Cool core</p> <p>Lesson 1 - Identify exercises that will improve core strength and stability.</p> <p>Lesson 2 - Apply balance techniques when performing cool core exercises.</p> <p>Lesson 3 - Perform cool core exercises of increased difficulty with balance.</p> <p>Lesson 4 - Create original cool</p>	<p>Multi-fitness</p> <p>Lesson 1 - Complete a circuit that includes different aerobic activities.</p> <p>Lesson 2 - Perform and devise a sequence of movements to music.</p> <p>Lesson 3 - Understand the value of aerobic exercise. Devise a sequence of step-based activities to music.</p>

<p>Complete a circuit that includes activities practised from lessons 1 & 2.</p> <p>Lesson 4 - Complete a circuit that includes activities practised in lessons 1-3 with balance and coordination.</p> <p>Lesson 5 - Develop agility and coordination. Perform more complex patterns of movement.</p> <p>Lesson 6 - Complete a circuit that includes all activities practised.</p>	<p>Perform and devise a sequence of movements to music.</p> <p>Lesson 5 - Demonstrate understanding of boxercise moves and how they can be linked together to make a routine.</p> <p>Lesson 6 - Perform and devise a sequence of movements to music.</p>	<p>Understand the value of step-based exercise.</p> <p>Lesson 4 - Understand the value of aerobic exercise. Devise a sequence of step-based activities to music.</p> <p>Lesson 5 - Use a wide range of compositional ideas and skills to create a routine.</p> <p>Lesson 6 - Be able to suggest ways to improve performance showing sound knowledge and understanding.</p>	<p>your personal circuit programme.</p> <p>Lesson 6 - Evaluate and analyse own and others plans.</p>	<p>core moves.</p> <p>Lesson 5 - Demonstrate balance and coordination.</p> <p>Lesson 6 - Perform others sequences with control and balance.</p>	<p>Lesson 4 - To plan a personal fitness frenzy programme.</p> <p>Lesson 5 - Perform others sequences with control and balance.</p> <p>Lesson 6 - Perform a sequence of moves at each station within a circuit with increased accuracy.</p>
Yoga	Yoga	Yoga	Yoga	Yoga	Yoga

Swimming will be 4x 1 hour session tbc.