



*The Best That You Can Be*  
**Devonshire Primary Academy**  
**PE Long Term Plan**



Year 6						
Week	Autumn		Spring		Summer	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
<b>1</b>	<p style="text-align: center;"><b><u>Mexican Hat Dance</u></b></p> <p>Appreciate Mexican folk dances and explore movements.</p> <p>Master a range of actions, such as; travelling, turning, elevation, falling stillness and gesture.</p>	<p style="text-align: center;"><b><u>Invasion Games-hockey</u></b></p> <p>Correctly hold/grip the hockey stick.</p> <p>Continue to develop skills of communication and listening skills.</p>	<p style="text-align: center;"><b><u>WW2 Tea Dance</u></b></p> <p>Appreciate WW2 tea dances and explore movements.</p>	<p style="text-align: center;"><b><u>Invasion Games- Tag Rugby</u></b></p> <p>Be able to run, find a space and hold a rugby ball.</p> <p>Continue to develop skills of communication and listening skills.</p>	<p style="text-align: center;"><b><u>Health Related Fitness</u></b></p> <p>Further refine stamina and endurance through games, exercises or activities.</p> <p>Understand the importance of being physically fit and be able to suggest how to improve their own health and fitness through exercise.</p>	<p style="text-align: center;"><b><u>Orienteering/Survival Skills</u></b></p> <p>Participate in an OAA residential visit.</p>

<p><b>2</b></p>	<p><b><u>Mexican Hat Dance</u></b></p> <p>Master a wide range of movements performing them accurately and confidently.</p>	<p><b><u>Invasion Games- hockey</u></b></p> <p>Push pass and dribble with the ball accurately.</p> <p>Work alongside and against others when defending and attacking.</p>	<p><b><u>WW2 Tea Dance</u></b></p> <p>Master a range of actions, such as; travelling, turning, elevation, falling stillness and gesture.</p> <p>Learn how to dance the 'Lambeth Walk.'</p> <p>Reflect the style and mood of the Lambeth Walk when dancing.</p>	<p><b><u>Invasion Games- Tag Rugby</u></b></p> <p>Be able to run with a ball and pass successfully.</p> <p>Work alongside and against others when defending and attacking in rugby.</p>	<p><b><u>Health Related Fitness</u></b></p> <p>Refine agility through games, exercises or activities.</p> <p>Understand the importance of being physically fit and test their own fitness abilities.</p>	<p><b><u>Orienteering/Survival Skills</u></b></p> <p>Take part in a range of challenging outdoor and adventurous activity challenges both individually and within a team.</p>
<p><b>3</b></p>	<p><b><u>Mexican Hat Dance</u></b></p> <p>Master and use a range of physical skills, such as; posture, alignment, balance, coordination, control, flexibility,</p>	<p><b><u>Invasion Games- hockey</u></b></p> <p>Tackle and win possession of the ball with confidence.</p> <p>Master prior knowledge of tactical awareness.</p>	<p><b><u>WW2 Tea Dance</u></b></p> <p>Master a wide range of movements performing them accurately and confidently.</p> <p>Perform in unison and in time to the music.</p>	<p><b><u>Invasion Games- Tag Rugby</u></b></p> <p>Make decisions in game, both defensively and whilst attacking.</p>	<p><b><u>Health related Fitness</u></b></p> <p>Refine strength through games, exercises or activities.</p> <p>Understand the importance of being physically fit and test their own fitness abilities.</p>	<p><b><u>Orienteering/Survival Skills</u></b></p> <p>Experience and use a range of devices in order to orientate themselves.</p>

	strength and stamina.					
<b>4</b>	<p><b><u>Mexican Hat Dance</u></b></p> <p>Choreograph a more imaginative/ original dance sequence including unison and canon.</p>	<p><b><u>Invasion Games-hockey</u></b></p> <p>Reflect and recognise success within others and myself.</p>	<p><b><u>WW2 Tea Dance</u></b></p> <p>Master and use a range of physical skills, such as; posture, alignment, balance, coordination, control, flexibility, strength and stamina.</p> <p>Choreograph a more imaginative/ original dance sequence including unison and canon.</p>	<p><b><u>Invasion Games- Tag Rugby</u></b></p> <p>Use the space on a rugby pitch and be spatially aware.</p> <p>Reflect and recognise success within others and myself.</p>	<p><b><u>Health Related Fitness</u></b></p> <p>Refine strength, stamina and agility through participating in circuit training.</p> <p>Understand the importance of being physically fit and test their own fitness abilities.</p>	<p><b><u>Orienteering/ Survival Skills</u></b></p> <p>Efficiently assess changing conditions and adapt plans to ensure safety of all is not compromised.</p>
<b>5</b>	<p><b><u>Mexican Hat Dance</u></b></p> <p>Perform expressively demonstrating a range of performance</p>	<p><b><u>Invasion Games-hockey</u></b></p> <p>Encourage self-reflection and compare performances</p>	<p><b><u>WW2 Tea Dance</u></b></p> <p>Perform expressively demonstrating a range of performance</p>	<p><b><u>Invasion Games- Tag Rugby</u></b></p> <p>Master the use of skills and techniques learnt</p>	<p><b><u>Health Related Fitness</u></b></p> <p>Participate in circuit training, setting personal targets for achieving own goal/s and trying to achieve a PB.</p>	<p><b><u>Orienteering/ Survival Skills</u></b></p> <p>Remain positive even in the most challenging circumstances, rallying others if need be.</p>

	skills in front of a live audience.	to demonstrate improvement.  Have experience of watching sport at an elite level.	skills in front of a live audience.	in a game situation.  Encourage self-reflection and compare performances to demonstrate improvement.		Embrace both leadership and team roles and gain the commitment and respect of a team.
<b>6</b>	<p><b><u>Badminton</u></b></p> <p>Set up and remove equipment safely.</p> <p>Master the use of correct grip and of basic shots.</p> <p>Continue to develop skills of communication and listening skills.</p>	<p><b><u>Invasion Games-football</u></b></p> <p>Perform <i>dribbling</i> skills with accuracy, confidence and control.</p> <p>Continue to develop skills of communication and listening skills.</p>	<p><b><u>Gymnastics</u></b></p> <p>Create complex and well-executed sequences that have linking actions that include a full range of movements e.g.-</p> <ul style="list-style-type: none"> <li>• Travelling</li> <li>• Balances</li> <li>• Swinging</li> <li>• Springing</li> <li>• Flight</li> <li>• Vaults</li> <li>• Rotations</li> <li>• Bending</li> <li>• gestures</li> </ul>	<p><b><u>Invasion Games-Basketball</u></b></p> <p>Control the ball when dribbling using shoulder and wrist movements.</p> <p>Continue to develop skills of communication and listening skills.</p>	<p><b><u>Health Related Fitness/Activities (alternative/sustainable)</u></b></p> <p>Experience a range of alternative health/fitness related activities. e.g.-</p> <ul style="list-style-type: none"> <li>• golf/tri-golf</li> <li>• archery</li> <li>• New Age Kurling</li> <li>• Table tennis</li> <li>• Ultimate Frisbee</li> <li>• aerobics</li> <li>• fencing</li> <li>• Handball</li> <li>• climbing</li> <li>• Foot Golf</li> <li>• trampolining</li> <li>• low/high ropes, mole hill, climbing/bouldering, crate stacking, water sports-</li> </ul>	<p><b><u>Athletics</u></b></p> <p>Running: Choose the best pace and technique for running over a variety of distances in competition.</p> <p>Refine and master ways of starting a running race.</p>

					kayaking, raft building (Stanley Park) <ul style="list-style-type: none"> <li>• yoga</li> <li>• dance</li> <li>• self-defence</li> <li>• karate/jiu jitsu/taekwondo</li> <li>• mountain biking</li> </ul>	
<b>7</b>	<p><b><u>Badminton</u></b></p> <p>Perform the forehand serve in isolation and within a game situation.</p> <p>Develop knowledge and understanding of some basic badminton rules.</p> <p>Master prior knowledge of tactical awareness.</p>	<p><b><u>Invasion Games-football</u></b></p> <p>Perform <i>passing</i> skills with accuracy, confidence and control.</p>	<p><b><u>Gymnastics</u></b></p> <p>Create complex and well-executed sequences that have linking actions that include a full range of movements e.g.-</p> <ul style="list-style-type: none"> <li>• Travelling</li> <li>• Balances</li> <li>• Swinging</li> <li>• Springing</li> <li>• Flight</li> <li>• Vaults</li> <li>• Rotations</li> <li>• Bending</li> <li>• gestures</li> </ul>	<p><b><u>Invasion Games-Basketball</u></b></p> <p>Chest pass – pass the ball with two hands from the chest, pushing the ball away from their body.</p> <p>Bounce pass confidently, pass the ball with one bounce between the passer and the receiver. Judge the distance between the two and aim</p>	<p><b><u>Exercise/Health and Fitness (alternative/sustainable)</u></b></p>	<p><b><u>Athletics</u></b></p> <p>Jumping: Master control and balance in take offs and landings.</p>

				<p>accordingly. Encourage trial and error.</p> <p>Shoulder pass accurately for longer distances. Using one hand overhead.</p>		
<b>8</b>	<p><b><u>Badminton</u></b></p> <p>Develop pupils attacking and defending positions in a doubles game of badminton.</p>	<p><b><u>Invasion Games-football</u></b></p> <p>Develop a broader range of techniques for <b><i>attacking</i></b> and <b><i>defending</i></b>.</p> <p>Master prior knowledge of tactical awareness.</p>	<p><b><u>Gymnastics</u></b></p> <p>Hold shapes that are strong, show flexibility, control and balance and understand the terms.</p>	<p><b><u>Invasion Games-Basketball</u></b></p> <p>Use different types of passing learnt in previous weeks to get into shooting positions.</p> <p>Develop shooting skills from different ranges and angles.</p>	<p><b><u>Exercise/Health and Fitness</u></b> <b><u>(alternative/sustainable)</u></b></p>	<p><b><u>Athletics</u></b></p> <p>Throwing: Throw accurately and refine performance by analysing technique and body shape.</p>
<b>9</b>	<p><b><u>Badminton</u></b></p> <p>Reflect and recognise</p>	<p><b><u>Invasion Games-football</u></b></p>	<p><b><u>Gymnastics</u></b></p> <p>Vary speed, direction, level</p>	<p><b><u>Invasion Games-Basketball</u></b></p>	<p><b><u>Exercise/Health and Fitness</u></b> <b><u>(alternative/sustainable)</u></b></p>	<p><b><u>Athletics</u></b></p> <p>Compete and compare with others and keep</p>

	success within others and myself.	<b>Apply skills</b> learnt (dribbling, passing, attacking and defending) to game situations.  Reflect and recognise success within others and myself.	and body rotation on floor and on equipment performances.	Combine dribbling, passing and shooting skills and incorporate them into a game situation.  Master prior knowledge of tactical awareness.  Reflect and recognise success within others and myself.		track of personal best performances, demonstrating improvement to achieve a PB- evaluate and set targets for improvement.
<b>10</b>	<b><u>Badminton</u></b>  Encourage self-reflection and compare performances to demonstrate improvement.  Have experience of watching sport at an elite level.	<b><u>Invasion Games-football</u></b>  Encourage self-reflection and compare performances to demonstrate improvement.  Have experience of watching sport at an elite level.	<b><u>Gymnastics</u></b>  Analyse and compare performances and make changes to improve their own action/routine.	<b><u>Invasion Games-Basketball</u></b>  Work together as a team towards scoring a basket and defending your own basket.  Encourage self-reflection and compare performances to demonstrate improvement.	<b><u>Exercise/Health and Fitness</u></b> <b><u>(alternative/sustainable)</u></b>	<b><u>Athletics</u></b>  Compete and compare with others and keep track of personal best performances, demonstrating improvement to achieve a PB- evaluate and set targets for improvement.

				Have experience of watching sport at an elite level.		
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(PB) Personal Best

**All Year 6 children should-**

- Understand the importance of wearing PE kit, removing jewellery and tying hair up and know how it keeps them safe.
- Show an awareness of safety e.g.- bare feet in gymnastics and dance, carrying/handling equipment safely etc.
- Know that to improve their fitness and stamina they should participate in regular physical exercise.
- Know that to avoid an injury they should warm-up and cool-down.
- Know the benefits of a balanced healthy diet can contribute to improved memory, weight loss, strong bones and teeth.
- Work cooperatively and demonstrate good sport'person'ship qualities by managing their feelings and behaviour and understand that their team will not always win.
- Be taught how to share resources and equipment.
- Demonstrate resilience and a growth mindset.
- Know how to work as part of a team managing their own feelings and behaviour.
- Know that in PE we cooperate with others and play by the rules of the game/activity.
- Recognise the strengths in others, supporting and including everyone.
- Inspire others through setting a good example and being a good role-model.
- Work with fairness, honesty, integrity and show respect for our teammates, opponents and officials.
- Take ownership and responsibility for own learning through effective decision making skills.
- Represent the school with pride, integrity, determination and excellence at festivals and competitions.