# Phase 3 Physical Education– Learning Journey

## Y6

### Golf
In this unit the pupils will explore and develop their accuracy of aiming at a target. Pupils will develop their understanding of techniques to use over long and short distances. They will have opportunities to apply their skills and knowledge in a range of challenges working individually and with others in both co-operative and competitive environments.

- I can design a course and select the appropriate shot for the situation
- I can select the appropriate shot for the situation
- I can select and apply skills for a short game
- I can develop technique for hitting accurately over a short distance
- I can develop the technique for a long game
- I can develop technique for hitting over a short distance

### Athletics
In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. They think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. They will learn; long and short distance running, triple jump, discus and shot put.

- I can develop my own and others sprinting technique
- I can develop power, control and technique for the triple jump
- I can work collaboratively in a team to develop the officiating skills of measuring, timing and recording
- I can identify a suitable pace for the event
- I can develop power, control and technique when throwing for distance
- I can develop throwing with force and accuracy for longer distances

### Badminton
In this unit, pupils will develop their understanding of the principles of net and wall games. In games they will think about how they use skills, strategies and tactics to outwit the opposition. They will be given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.

- I can employ tactics to play against and opponent and with a partner
- I can develop the serve and understand the rules of serving
- I can use a variety of shots to keep a continuous rally going
- I can return the shuttlecock using an underarm clear
- I can return the shuttlecock using an overhead clear
- I can apply rules, skills and principles to play against an opponent

### Gymnastics
In this unit, pupils use their knowledge of compositional principles such as using variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus when developing sequences. They will develop performance skills considering the quality and control of their actions.

- I can create a contrasting group sequence using formations and apparatus
- I can develop counter balance and counter tension
- I can develop the straddle, forward and backward roll
- I can use flight from hands to travel over apparatus
- I can develop inverted movements with control
- I can develop jumps and explore the effect of height
- I can use shapes to create balances

### Dance
In this unit, the children focus on different characters and visual images as the starting point for composing, performing and watching dance. In dance as a whole, children should think about how they use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances.

- I can perform a 1960s dance sequence combining both given and devise movements. I can evaluate a performance, providing constructive feedback
- I can link the key movements to form a 1960s dance. I can create a 1960s sequence from auditory stimuli
- I can perform a dance, using expression for comic effect
- I can learn the key movements of a 1960s dance, demonstrating clear dynamics
- I can link the key movements to form a dance. I can use expression and scale of movement to show character
- I can learn the key movements of the dance, demonstrating clear dynamics

### Swimming
In Y5 and Y6, children will attend Swimming lessons which will focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water.

### Basketball
In this unit, pupils develop their understanding of the attacking and defending principles of invasion games. They will think about how they use skills, strategies and tactics to outwit the opposition.

- I can move into and create space to support a teammate
- I can choose when to pass and when to dribble
- I can apply principles, rules and tactics to a tournament
- I can dribble with control under pressure
- I can use the appropriate defensive technique for the situation
- I can develop shooting technique and make decisions about when to pass, dribble or shoot

## Y5

### Cricket
In this unit, the children will explore their understanding of the principles of striking and fielding. They expand on their knowledge of the different roles of bowler, wicket keeper, fielder and batter. They are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play against and with.

- I can apply skills and knowledge to compete in a tournament using tactics identified throughout the unit
- I can develop bowling accuracy and perform the skill within rules of the game
- I can develop throwing and catching skills and I can apply them relevantly to the situation
- I understand the need for tactics and identify when to use them
- I can develop fielding techniques and begin to use these under pressure
- I can develop batting skills, identifying when I am successful and what I need to do to improve

### Tennis
In this unit, pupils will develop their understanding of the principles of net and wall games. In all games activities, pupils will think about how they use skills, strategies and tactics to outwit the opposition

- I can return the ball using a forehand groundstroke under pressure
- I can develop the underarm serve and understand the rules of serving
- I can apply rules, skills and principles to play against an opponent

### Athletics
In this topic, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. They will think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best.

- I can develop throwing with greater control and technique
- I can develop throwing with force for longer distances
- I can build momentum and power in the triple jump
- I can develop technique in relay changeovers
- I can develop fluency and co-ordination when running for speed
- I understand pace and apply different speeds over varying distances

### Gymnastics
In this topic, the children will develop balancing, rolling, jumping and inverted movements. They explore partner relationships such as canon and synchronisation and matching and mirroring. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions

- I can perform progressions of inverted movements
- I can explore matching and mirroring in sequence work
- I can explore different travelling actions using both canon and synchronisation
- I can develop the straight, forward, straddle and backward roll
- I can perform symmetrical and asymmetrical balances
- I can create a group sequence using apparatus
- I can perform a sequence combining both given and devised movements. I can evaluate a performance, providing constructive feedback
- I can link movements to form the dance. I can create my own hand jive sequence
- I can learn the key movements of the dance, demonstrating clear dynamics
- I can create a dance phrase that can be combined and linked with a line dance. Work constructively with a partner or group

### Basketball
In this unit the children will develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils will think about how they use skills, strategies and tactics to outwit the opposition

- I can return the ball using a backhand groundstroke under pressure
- I can use a variety of shots to keep a continuous rally going
- I can develop the volley and understand when to use it
- I can develop shooting and explore when to pass, dribble or shoot
- I can defend an opponent and know when to try to intercept
- I can develop movement skills to lose a defender in different situations
- I can use and apply skills, principles and tactics to a game situation
- I communicate with my team, move into space and take the ball towards the goal
- I can develop ways to move the ball and apply them to different situations

### Dance
In this unit, children learn different styles of dance and focus on dancing with other people. They create, perform and watch dances in a range of styles, working with partners and groups. As they work, they develop an awareness of the historical and cultural origins of different dances.

- I can identify and demonstrate the use of dynamics, formation and unison
- I can link key movements, exploring mirroring movements and dancing in unison

Celebrating uniqueness, aiming high, learning together