



Physical Education

Dance: Titanic

Unit Purpose

The unit of work will challenge pupils to recreate the story of The Titanic through controlled movements and balances.

Pupils will perform **choreographed** movements and balances that incorporate **emotion, expression** and **characterisation**.

Inspire Me

Did you know... The Titanic sank on 15 April 1912 in the North Atlantic Ocean, four days into her maiden voyage from Southampton to New York City. The Titanic had an estimated 2,224 people on board only 706 survived.



Key Success Criteria

- P** Pupils will perform with clarity, fluency, accuracy and consistency. Pupils will execute movements and balances with accurate expression and emotion.
- C** Pupils will make effective evaluations of an individual, pairs' or groups strengths and weaknesses. Pupils will reflect on their own performances.
- S** Pupils will consistently apply life skills such as respect and trust as they work successfully with others to execute their sequences and group performance.
- W** Pupils will demonstrate effective responsibility as they work with less able pupils and create movement ideas to improve the quality of their work.

Vocabulary for Learning

Excellent Dancers: Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

Creativity: refers to pupils using their imagination or original ideas when performing their dance actions.

Emotion: refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.



Sport Specific Vocabulary

Motif: is a series of movements that are repeated.

Rhythm: is a repeated pattern of movements or sounds.

Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.





Physical Education

Dodgeball Year 6

Unit Purpose

Pupils will refine their understanding of **attacking** and **defending**, applying skills and creating **tactics** during a game.

Pupils will take responsibility for officiating and managing their own games.

Inspire Me

There are lots of variations of dodgeball played across the world. In India the variation of Dodgeball is called '**Sekan-tadi**' and in China, a variation of dodgeball is known as '**Diu Sha Bao**'.



Key Success Criteria

- P** Pupils will refine their application of dodging, throwing, jumping, ducking and catching. Pupils will be able to switch fluidly between attacking and defending.
- C** Pupils will demonstrate resourcefulness and reflective skills by creating a range of attacking and defending tactics and adapting these when necessary.
- S** Pupils will refine their communication skills as they support their team mates in games and suggesting ways to improve their performances.
- W** Pupils will consistently apply life skills such as integrity and self discipline by playing by the rules and leading others by example.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Referee: is an official who watches the game and enforces the rules. The referee is responsible for making sure that the game is played fairly. The referee will resolve any disagreements and their decision is final and should be respected.



Sport Specific Vocabulary

Back/End Line: Is the boundary line at the back of the court. At the beginning of the game players from both teams start on their back/end line and on the referee's command run to the centre line to collect a ball.

Centre Line: Is the line marked across the court at exactly halfway between the back lines. Players are eliminated if they cross the centre line.

Retrievers: Are designated players that are allowed to retrieve balls that go out of play. Active players are not allowed to go out of bounds during a game.





Physical Education

Basketball Year 6

Unit Purpose

Pupils will learn to consistently apply effective attacking skills, applying **decision making** in order to keep possession and score.

Pupils will in turn apply pressure when **defending** to regain **possession** effectively.

Inspire Me

James Naismith was a Canadian-American physical educator/physician and the inventor of the game of basketball. Naismith designed the game of basketball while he was teaching at the Springfield College in America.



Key Success Criteria

- P** Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games.
- S** Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Counter Attack: A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.

High Press: A high press is a tactic applied by the defending team that defends high up the court and inside the opposition's half in an attempt to regain possession quickly.



Sport Specific Vocabulary

Backcourt Violation: A foul is called when the team in possession of the ball cross into the opposition's half of the court and then, pass or dribble the ball back into their half of the court. When a team commits a backcourt violation possession changes.

Man-to-Man Marking: is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.





Physical Education

Gymnastics Year 6

Unit Purpose

The unit of work will focus on applying "excellent gymnastics" through **matching** and **mirroring** movements.

Pupils will create a **sequence** of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.

Inspire Me

Vitaly Scherbo is a former Belarusian gymnast and one of the most successful gymnasts of all time. Vitaly is the only male gymnast to have ever won a world title in all eight gymnastic exercises.



Key Success Criteria

- P** Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.
- C** Pupils will effectively apply life skills such as evaluation and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.
- S** Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.
- W** Pupils will consistently apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will strive to improve their sequences.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance are able to hold it still for at least 4 seconds.

Flow: This is when a gymnast moves from one action to another without stopping.

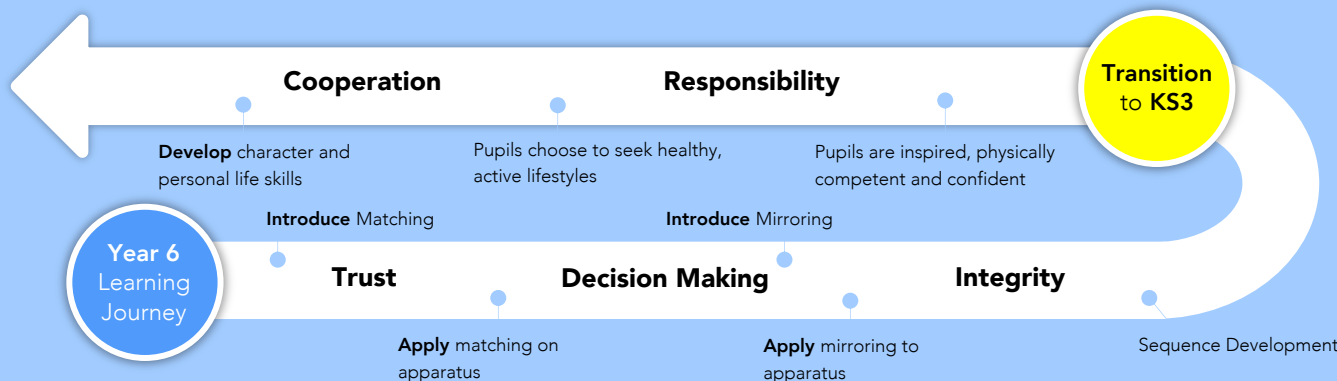
Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Matching: Matching is where pupils perform exactly the same movements at the same time.

Mirroring: Mirroring is where pupils perform their movements creating a mirror image of each other.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.





Physical Education

Netball Year 6

Unit Purpose

Pupils will consistently apply effective attacking and defensive skills and be able to apply these in a variety of game-based scenarios.

Pupils will create and apply **tactics** in games, adapting them as the game situation changes, in order to beat the opposition. Pupils will refine their understanding of the positions and rules of the game.

Inspire Me

Irene van Dyk is a New Zealand netball player who is regarded as one best-known netballers in the world. Irene is the most capped player having played 72 times for her country, where she also captained her team!



Key Success Criteria

- P** Pupils will apply a refined understanding of attacking skills and defensive skills, that will be executed accurately and consistently.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating, applying and then adapting a range of attacking and defending tactics.
- S** Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.

Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Umpire: is an official who watches the game or match closely enforcing the rules and who is responsible for making sure that the game is played fairly. The umpire will resolve any disagreements and their decision is final and should be respected.



Sport Specific Vocabulary

Netball Positions: The Goal Keeper (GK) and Goal Defence (GD) can move anywhere in the defending two thirds. The Centre (C), can move anywhere on the court apart from the two semi circles. The Goal Attack (GA) and Goal Shooter (GS), can move anywhere in the two attacking thirds.

Marking: When marking the player with the ball we must stand at least 3 steps away. If a defender invades the attackers space or makes contact with the attacker, a free pass is awarded to the attacking team.

