



Shadsworth Junior School



Curriculum

Year 6 Scheme of Work for PE

Term: Spring 1

Topic: PE athletics

Key Skills and Knowledge:

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| <ul style="list-style-type: none"> • Perform a jump for distance varying techniques to improve performance. • Accelerate quickly with speed and control in movement – timed/competitive races. • Develop long distance running- learning to pace and show good technique • Pass a relay baton in competitive situations (timed) • Perform a variety of throws safely with accuracy and power. • In a competitive game and begin to hit/place a ball into a space. • Can use equipment safely and with good control. • Record peers performances, and evaluate these. | <p style="text-align: right;"><u>Key knowledge</u></p> <ul style="list-style-type: none"> • To use the correct running techniques at different speeds. Bend the elbows and swings arms from the shoulders, lift knees high, land on balls of the feet, take long strides and lean forward slightly. • To know where to place your body and move your arm whilst throwing. • To know the importance of warm ups and cool downs. <p style="text-align: right;"><u>Character Development</u></p> <ul style="list-style-type: none"> • Set a goal and commit to practise to improve their performance. • Show willpower when performing skills they find difficult and keep trying. |
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Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

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| <ul style="list-style-type: none"> Newspaper article about an event. Fact file of an Olympian. Articles and newspaper clippings to read. Explanation text about the importance of the Olympics. Diary entry as a professional sports person. Recount of sports day. | <ul style="list-style-type: none"> Videos clips of professional athletes. |
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Links to PSHCE, Equality and British Values Work

- STEPS for differentiation
- Group work majority votes
- Following rules
- Independence
- British success
- Promoting gender equality in sport
- Right to be heard

Key Vocabulary:

Running, jumping, throwing, speed, acceleration, technique, consistency, sustain, fluency, force, approach, take off, flight, landing, power, relay, measure, performance, personal challenge, track, field.

Resources Available / Visits/Visitors

Hurdles
Foam javelins
Running track
Speed bounce boards
Reversa boards
Blackburn Harriers
Witton Park athletics track
Potential visits from Olympians

Useful Websites:

<http://www.esaa.net/handbook/keystage2.html>

PE Passport

Previous Knowledge

Perform a variety of jumps (Long jump and triple jump) and measure for distance.
React quickly and accelerate over short distances.
Develop pace when running longer distance.
Pass a relay baton with control and timing in a pairs change over.