



SCHEME OF WORK

Year 6

Unit Overview:

Children will continue to refine running (FAST technique), while focusing on their reaction times and acceleration. They will adapt their running techniques appropriately across different race distances and apply these skills in competitive situations. They will further develop their javelin/vortex throwing technique by demonstrating a run-up, side-on positioning. Children will continue to refine the standing long jump and standing triple jump. They will revisit the shot put technique practising effective weight transfer, accurate directional release. Throughout the unit, children will compete confidently in a range of athletic events, setting personal targets and striving to consistently improve their Personal Bests. They will independently evaluate their own and others' performances, providing constructive feedback and making informed adjustments to improve outcomes. Children will demonstrate effective communication and leadership within team events, particularly during relay changeovers, while supporting and motivating their peers.

Learning Intentions:

Lesson 1	How can you run "FAST"?
Lesson 2	How can you throw a javelin/vortex?
Lesson 3	How can you perform different jumps?
Lesson 4	How can you pace yourself at longer distances?
Lesson 5	How can you throw a shot put?
Lesson 6	How can you work as a team to pass and receive the baton?

Unit End Points:



Physical Me

- Can accelerate quickly with speed and control when running
- Can throw a javelin/vortex with height and distance
- Can increase momentum when jumping with arm swing and leg drive to increase distance
- Can increase momentum by transferring body weight and rotating hips when throwing
- Can pace myself when running at longer distances.



Thinking Me

- Can give constructive feedback, encouraging their peers, evaluating and helping to improve their own and others performance.
- Can recall key knowledge from across units and use to improve performance.
- Can apply Rules, Strategies and Tactics (RST) across units.



Social Me

- Can collaborate in a group, encouraging everyone to perform the best they can by using evaluation and feedback.
- Can lead effectively as a mini coach in different elements of the lesson e.g. lead, officiate or choreograph.



Value Me

- Demonstrate Key Values.



Healthy Me

- Can explain how exercise affects the heart, lungs, muscles and bones.
- Can explain how regular exercise supports my physical and mental health.
- Can begin to identify some components of fitness and explain how they are used in different sports.

End of KS2 Attainment Target:

- Can use running, jumping, throwing and catching in isolation and in combination
- Has developed flexibility, strength, technique, control and balance
- Can communicate and collaborate with others in a variety of activities
- Can compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Can evaluate performance and recognise their own success
- Children understand the effect regular exercise has on key organs, such as the heart, lungs and muscles, and how this helps keep their body healthy and strong

Physical Me



- AGILITY
- BALANCE
- COORDINATION
- JUMPING
- HOPPING
- LEAPING
- SKIPPING
- FLEXIBILITY
- SPEED
- STRENGTH
- POWER

Social Me



- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- UNDERSTANDING CONSTRUCTIVE "HELPFUL" FEEDBACK
- PERFORMING IN FRONT OF A GROUP

Thinking Me

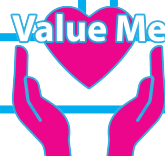


- SELECT AND APPLY SKILLS
- USE TECHNICAL TERMS FOR MOVEMENTS
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- REMEMBERING SEQUENCES AND MOVEMENTS
- UNDERSTANDING HOW TO CONTROL MY BODY (TENSING CERTAIN MUSCLES)

Healthy Me



- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTAND WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE



Throughout the PE lesson, teachers should highlight and reward any key values shown in individual, paired, or group activities. Use short reflections or "Value Me" shout-outs to celebrate pupils who show effort, cooperation, and self-improvement, connecting their physical progress with personal growth.



Health & Safety:

- Children to stay hydrated
- Warm up and down before and after the lesson
 - Children to wear appropriate footwear