PE department – Year 6 scheme of work

National curriculum:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf

Term	Title	Unit content	Key vocabulary	Resource links:
Autumn 1	Hockey	- Introducing stick handling / safety - Introducing passing: push pass and slap pass - Introducing dribbling and ball control: forehand control - Introducing shooting	- Push pass - Slap pass - Dribbling - Control - Shooting	https://www.bbc.co.uk/bitesize/topics/zyth6fr
Autumn 2	Football	- Introducing passing: short pass, long pass, instep pass - Introducing dribbling and ball control - Introducing shooting: instep, laces	- Passing - Tackling - Shooting - Crossing	https://www.bbc.co.uk/bitesize/guides/zwfnycw/revision/1
Assessment point 1 (Year 7 upwards)				
Spring 1	Volleyball	- Introducing ball familiarisation - Introducing serving: underarm, overarm and jump serve - Introducing striking: Bump/dig shot, set shot, spike/smash shot and block shot	- Underarm - Overarm - Serve	https://www.bbc.co.uk/bitesize/topics/zqk89qt
Spring 2	Table Tennis	- Introducing serving - Introducing striking: forehand / backhand push, forehand / backhand drive Introducing communication / teamwork (doubles) - Introducing rules, strategies and tactics	- Forehand - Backhand - Serve - Drive	**https://www.bbc.co.uk/bitesize/guides/z9m7**

Assessment point 2 (Year 7 upwards)

Summer 1	Object control skills – mastery within small-sided games	- Introducing throwing - Introducing catching - Introducing kicking - Introducing striking - Introducing rolling - Introducing dribbling	- Focus - Alert - Set position - Target	https://www.movementheroes.com/manipulative-skills
Summer 2	Athletics – Throwing events	- Introducing throwing events: discus, shot putt, hammer and javelin - Introducing throwing safety - Introducing teaching points – grip of object, body position, stance, swing - Introducing rules	- Discus - Shot putt - Hammer - Javelin - Throwing - Pushing	https://www.dlgsc.wa.gov.au/sport-and-recreation/sports-dimensions-guide/athletics-throwing-events

Assessment point 3 (Year 7 upwards)