

Medium Term Plan – PE - Year 6 Autumn 1 coordination (ball skills) and Agility (reaction/response)

Length of unit - 6 Sessions

Previous learning (Year 5)	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Lessons 1-3 (Coordination) Stand with legs apart and move ball in figure of 8 around both legs 12 times. Move ball around waist into figure of 8 around both legs 10 times. Move ball around waist and then around alternate legs 12 times with: Smooth movements with the ball. Ability to complete challenges in both directions consistently and smoothly. Fluidity when changing hands.	Lessons 1-3 In 20 seconds or less: Stand with legs apart and perform 24 criss-crosses, with and then without a bounce with: Smooth movements with the ball. Ability to complete challenges in both directions consistently and smoothly. Fluidity when changing hands	Lessons 1-3 Keep ball moving and away from body. Keep head up, looking forward. Concentrate on performing the movements smoothly to begin with and then gradually increase their speed. Lessons 4-6 In the ready position, start quickly and accelerate by pushing off hard with feet. React and move early to give you time to get balanced. Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position.	Lessons 1-3 Waist Criss-cross catches bounce Direction Figure of 8 Complete Fluidity Lessons 4-6 Pushing off hard Extend React	Warm up (all change) Game (endball) Skill (ball skills) Review method (secret stats) Warm up (all change) Game (endball) Skill (reaction/response) Review method (secret stats) Warm up (all change) Game (endball) Skill (ball skills) Review method (secret stats) Warm up (Gate masters) Game (endball) Skill (reaction/response) Review method (secret stats) Warm up (Gate masters) Game (endball) Skill (ball skills) Review method (secret stats) Warm up (Gate masters) Game (endball) Competition (round robin) Review method (secret stats)
	Lessons 4-6 From 1, 2 and 3 metres: React and step across body, bring hand across body and catch tennis ball after 1 bounce using weaker hand with: Quick reaction and good acceleration. Quick, controlled movement. Balance and control after catch			
Lessons 4-6 (Agility) React and step across body, bring hand across body and catch tennis ball after 1 bounce with: Quick reaction and good acceleration. Quick, controlled movement. Balance and control after catch				

Medium Term Plan – PE - Year 6 Autumn 2 Dynamic balance (on a line) and Counter balance (with a partner)

Length of unit - 6 Sessions

Previous learning (Year 5)	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Dynamic balance)	Lessons 1-3	Lessons 1-3	Warm up (shape up) Game (steal the treasure) Skill (on a line) Review method (roles on a bus)
Lessons 1-3 (Dynamic balance)	Lunge walk forwards, bringing opposite elbow up to a 90° angle.	Keep head still and back straight.	Heel to bottom	
Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.	Complete all red challenges with eyes closed with:	Use arms to help you move and balance as you walk, bringing them from 'hips to lips'.	Extend	Warm up (shape up) Game (steal the treasure) Skill (on a line) Review method (roles on a bus)
Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing) with:	balance maintained on the line.	Practise the movement slowly at first movements	Lunge	Warm up (shape up) Game (steal the treasure) Skill (with a partner) Review method (roles on a bus)
Balance maintained on the line.	opposite arm and leg driving forwards.	Lessons 4-6	90° angle	Warm up (shape up) Game (steal the treasure) Skill (on a line) Review method (roles on a bus)
Opposite arm and leg driving forwards.	fluidity and minimum wobble.	Keep core muscles tight.	Sink hips	Warm up (shadow play) Game (steal the treasure) Skill (with a partner) Review method (roles on a bus)
Fluidity and minimum wobble.	Lessons 4-6 (Counter balance)	Keep body straight, looking at partner throughout, and hold balance.	Driving	Warm up (shadow play) Game (steal the treasure) Skill (with a partner) Review method (roles on a bus)
Lessons 4-6 (Counter balance)	Stand on 1 leg while holding on to partner's opposite foot with:	Start by leaning in and then slowly lean back using smooth, controlled movements.	Lessons 4-6	Warm up (shadow play) Game (steal the treasure) Skill (on a line) Review method (roles on a bus)
Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together with:	balance maintained throughout.		Controlled	
Balance maintained throughout.	smooth, controlled movements.		Counterbalance	
Smooth, controlled movements.	coordinated movements with partner.		Movements	

Coordinated movements with partner.				Warm up (shadow play) Game (steal the treasure) Competition (round robins) Review method (roles on a bus)
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Medium Term Plan – PE - Year 6 Spring 1 Static balance (stance) Coordination (footwork)

Length of unit - 6 Sessions

Previous learning (Year 5)	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Static balance)	Lessons 1-3	Lessons 1-3	Warm up (High baby) Game (Dodgeball) Skill (Stance) Review Method (Badge of honour)
Lessons 1-3 (Static balance)	Catch large ball thrown away from body.	Keep feet a shoulder width apart and bend knees.	Opposite	
Raise alternate knees to opposite elbow 5 times.	Catch small ball thrown close to and away from body with:	Keep head up looking forward.	Thrown	
Catch large ball thrown at knee height and above head with:	Balance maintained throughout.	Use smooth, controlled movements by twisting body to catch the ball.	Knee height	
Balance maintained throughout.	Minimum wobble (control).		Posture	
Minimum wobble (control).	Good posture (head up/back straight).	Lessons 4-6	Lessons 4-6	Warm up (High baby) Game (Dodgeball) Skill (Stance) Review Method (Badge of honour)
Good posture (head up/back straight).	Lessons 4-6 (Coordination)	Keep head up and back straight throughout.	Knee raise	
Lessons 4-6 (Coordination)	Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction with:	Keep feet close to the ground as you move.	Fluent	Warm up (High baby) Game (Dodgeball) Skill (Footwork) Review Method (Badge of honour)
Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg with:	Smooth, controlled movements.	Bend knees and use arms to help you balance.	Consistent	
	Fluency and rhythm.		Maximum speed	
			Rhythm	Warm up (Pass it on) Game (Dodgeball) Skill (Stance)

Smooth, controlled movements. Fluency and rhythm. Movements performed in both directions/on both sides.	Movements performed in both directions/on both sides.		Perform	Review Method (Badge of honour)
			Across	Warm up (Pass it on) Game (Dodgeball) Skill (Stance) Review Method (Badge of honour)
				Warm up (Pass it on) Game (Dodgeball) Competition (Bump ladder/ladder) Review Method (Badge of honour)

Medium Term Plan – PE - Year 6 Spring 2 Static balance (seated) and Static balance (floorwork)

Length of unit - 6 Sessions

Previous learning (Year 5)	Knowledge	Procedural	Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:			
Pre-learning	Lessons 1-3 (Static balance/seated)	Lessons 1-3	Lessons 1-3	Warm up (Like clockwork) Game (Seated Volleyball) Skill (Seated) Review Method (comfort, stretch, panic)
Lessons 1-3 (Static balance/seated) Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions). Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions) with:	Hold a V-shape with straight arms and legs for 10 seconds. feet and hands off the floor throughout with: minimum wobble. balance held without strain.	Keep legs, back and arms straight. Use smooth, controlled movements. Keep core muscles tight.	Arm's distance Stability Performance V-shape Repeatable	Warm up (Like clockwork) Game (Seated Volleyball) Skill (Floor work) Review Method (comfort, stretch, panic)
	Lessons 4-6 (Static balance/floorwork)	Lessons 4-6		Warm up (Like clockwork) Game (Seated Volleyball) Skill (Seated)

Feet and hands off the floor throughout. Minimum wobble. Balance held without strain. Lessons 4-6 (Static balance/floorwork) Transfer tennis ball on and off back in a front support with: Good posture straight back. Balance held without strain. Control while transferring objects.	Transfer cone on and off tummy in back support.	Keep back straight and flat/ tummy up	Strain	Review Method (comfort, stretch, panic)
	Transfer tennis ball on and off tummy in back support with:	Keep legs straight and stretched out and breathe slowly.	Lessons 4-6	Warm up (Balance dice frenzy)
	good posture straight back.	Keep core muscles tight and posture aligned.	Back support	Game (Seated Volleyball)
	balance held without strain.		Strain	Skill (Floor work)
	control while transferring objects.		Control	Review Method (comfort, stretch, panic)
			Posture	Warm up (Balance dice frenzy)
			Stretched	Game (Seated Volleyball)
				Skill (Seated)
				Review Method (comfort, stretch, panic)
				Warm up (Balance dice frenzy)
			Game (Seated Volleyball)	
			Competition (Bump/Ladder)	
			Review Method (comfort, stretch, panic)	

Medium Term Plan – PE - Year 6 Summer 1 Dynamic balance to agility (Jumping and landing and Static balance (one leg))

Length of unit - 6 Sessions

Previous learning (Year 5)	Knowledge	Procedural	Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:			
Pre-learning	Lessons 1-3 (Dynamic balance)	Lessons 1-3	Lessons 1-3	Warm up (Continuous throwing relay)
Lessons 1-3 (Dynamic balance)	Hop sideways, raising knee and freezing on landing.		Maintain	Game (Jumpball)
				Skill (Jumping and landing)
				Review Method (Gift cards)

Jump 2 feet to 2 feet forwards, backwards and side-to-side.	Jump 1 foot to other sideways, raising knee and freeze on landing with:	Swing arms to help gain height and use them to help balance on landing.	Forwards	Warm up (Continuous throwing relay)
Hop forward and backwards, freezing on landing.	good take off and height.	Bend knees on take-off and landing.	Freeze	Game (Jumpball)
Jump 1 foot to other forwards and backwards, freezing on landing with:	balance and control on landing.	Land softly on balls of feet without noise, facing forward.	Backwards	Skill (one leg)
Good take off and height.	soft and controlled landings.	Lessons 4-6	Side-to-side	Review Method (Gift cards)
Balance and control on landing.	Lessons 4-6 (Static balance)	Keep your tummy (core muscles) tight.	Lessons 4-6	Warm up (Continuous throwing relay)
Soft and controlled landings.	Complete 10 squats into ankle extensions.	Smooth, controlled movements.	movement	Game (Jumpball)
Lessons 4-6 (Static balance)	Complete 5 squats with eyes closed with:	Use your arms to help you balance.	repeatable	Skill (Jumping and landing)
Stand still on uneven surface for 30 seconds.	stability.	Use smooth, controlled movements.	smooth	Review Method (Gift cards)
Stand still on uneven surface for 30 seconds with:	smooth, controlled movements.		uneven	Warm up (Ball champs)
eyes closed.	consistent performance		maintain	Game (Jumpball)
			ankle extension	Skill (Jumping and landing)
			controlled	Review Method (Gift cards)

Medium Term Plan – PE - Year 6 Summer 2 coordination (Sending and receiving) and Agility (ball chasing)

Length of unit - 6 Sessions

Previous learning (Year 5)	Knowledge		Vocabulary	Learning Sequence (See REAL PE platform)
	Declarative To know how to:	Procedural		
Pre-learning	Lessons 1-3 (Coordination)	Lessons 1-3	Lessons 1-3	Warm up (Team juggling)
Lessons 1-3 (Coordination)	Throw 2 tennis balls against a wall in a circuit, in both directions with:		Cross-over	Game (Throlf)
				Skill (Sending and receiving)
				Review Method (Always, sometimes, rarely)

Alternately throw and catch 2 tennis balls against a wall Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over) with: accuracy and weight of throws. fluency/rhythm throughout. a good position when receiving. Lessons 4-6 (Agility) Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. Perform above challenge with tennis ball with: Ability to turn over either shoulder. Timing to get in the right position. Balance/control when collecting the ball.	accuracy and weight of throws. fluency/rhythm throughout. a good position when receiving. Lessons 4-6 (Agility) Roll and chase large ball, stopping it with head in front support position facing opposite direction with: ability to turn over either shoulder. I timing to get in the right position. I balance/control when collecting the ball.	Explore the strength of your throw to work out how much force is needed. Take up a balanced position, making sure hands are in a good ready position. Try repeating several times. movements. Lessons 4-6 Start quickly by pushing off hard with feet and by driving arms ('hips to lips'). Slow down to get into position. Run well past the ball to give you more time. Get into a stable position as early as you can. Move feet quickly to get into the collecting position.	Opposite Consistency Circuit Fluency Repeatable Lessons 4-6 Long barrier Topping Knee sideways	Warm up (Team juggling) Game (Throlf) Skill (Ball chasing) Review Method (Always, sometimes, rarely) Warm up (Team juggling) Game (Throlf) Skill (Sending and receiving) Review Method (Always, sometimes, rarely) Warm up (Inside out) Game (Throlf) Skill (Ball chasing) Review Method (Always, sometimes, rarely) Warm up (Team juggling) Game (Throlf) Skill (Sending and receiving) Review Method (Always, sometimes, rarely) Warm up (Team juggling) Game (Throlf) Competition (Levelling the playing field) Review Method (Always, sometimes, rarely)
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