

Concepts	Resilience	Be able to accept defeat, congratulate others and evaluate own performance	
	Cooperation and Courtesy	Reassure, celebrate and show respect towards teammates during matches and competitive sports	
	Health (mental and physical)	Use and explain the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness	
	Competition	Achieve personal bests in sports and show determination to win in competitive sports.	
Gymnastics	NC: Develop flexibility, strength, technique, control and balance		
Skills	<ul style="list-style-type: none"> • Create complex and well-executed sequences that include a full range of movements. • Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright). • Practise and refine the gymnastic techniques used in performances (See Year 5). 		
Vocabulary	balance, shape, roll, turns, jumps, travel, expression, fluidity, flexibility, linking movements, sequence, perform, strength, vault, alignment, refine		
Opportunities for recap	<ul style="list-style-type: none"> • Create complex and well-executed sequences that include a full range of movements. • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements. • Vary speed, direction, level and body rotation during floor performances. 		
Dance	NC: Perform dances using a range of movement patterns		
Skills	<ul style="list-style-type: none"> • Plan, perform and repeat complex sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Express an idea in original and imaginative ways. • Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). 		
Vocabulary	performance, sequence, movements, speed, levels, strength, balance, dynamics, rhythm, refine, unison, canon, posture, stamina		
Opportunities for recap	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching. • Perform expressively and hold a precise and strong body posture. 		

Competitive Games	NC: Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	
Skills	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. 	
Vocabulary	throw, catch, rally, control, rules, teamwork, balance, accuracy, tactics, possession, fair play, competition	
Opportunities for recap	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates • Strike a bowled or volleyed ball sometimes with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically • Choose tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Act as a good role model within a team. 	
Athletics	NC: Use running, jumping, throwing and catching in isolation and in combination	
Skills	<ul style="list-style-type: none"> • Combine sprinting with low hurdles over 60 metres. • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show consistent control in take-off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement. <ul style="list-style-type: none"> • Reflect and evaluate own skills. 	
Vocabulary	run, sprint, throw, accuracy, jump, aim, distance, personal best, compete, reflect	
Opportunities for recap	<ul style="list-style-type: none"> • Combine sprinting with low hurdles • Choose the best place for running over a variety of distances. • Throw accurately and refine performance • Show some control in take-off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement. 	
Outdoor and Adventurous Activity	NC: Take part in outdoor and adventurous activity challenges both individually and within a team	
Skills	<ul style="list-style-type: none"> • Select appropriate equipment for outdoor and adventurous activity. • Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. • Embrace both leadership and team roles and gain the commitment and respect of a team. 	

	<ul style="list-style-type: none"> • Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. • Remain positive even in the most challenging circumstances, rallying others if need be. • Use a range of devices in order to orientate themselves. • Quickly assess changing conditions and adapt plans to ensure safety comes first. 	
Activity	Year 6 visit PGL and complete orienteering and team building activities outdoors (zip lining etc.)	
Opportunities for Recap	<ul style="list-style-type: none"> • Arrive properly equipped for outdoor and adventurous activity. • Understand the need to show accomplishment in managing risks. • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. • Show resilience when plans do not work and initiative to try new ways of working. • Use maps, compasses and digital devices to orientate themselves. • Remain aware of changing conditions and change plans if necessary. 	