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| Year Group: 6 | Gymnastics | Dance | Invasion games | Striking and fielding | Athletics | Swimming |
|  | • To identify and practise gymnastic shapes and balances.  • To identify and practise symmetrical and asymmetrical body shapes.  • To construct sequences using balancing and linking movements  • To use counterbalances and incorporate them into a sequence of movements.  • To perform movements in canon and in unison.  • To perform and evaluate own and others’ sequences.  WTS GDS | • To identify and practise the patterns and actions in a dance style.  • To demonstrate an awareness of the music’s rhythm and phrasing when improvising.  • To create a dance that represents a dance style.  • To create a dance a group, using any dance moves.  • To create a dance as a group, using any dance moves.  • To perform and analyse own and others’ performance.  WTS GDS | WTS GDS | • To throw and catch under pressure.  • To use fielding skills to stop the ball effectively.  •To learn batting control.  • To learn the role of backstop.  • To play in a tournament and work as team, using tactics in order to beat another team.  • To play in a tournament and work as team, using tactics in order to beat another team.    WTS GDS | . • To investigate running styles and changes of speed.  • To practise throwing with power and accuracy.  • To throw safely and with understanding.  • To demonstrate good running technique in a competitive situation.  • To explore different footwork patterns.  • To understand which technique is most effective when jumping for distance.  • To utilise all the skills learned in this unit in a competitive situation.  WTS GDS | To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats. To develop push and glides, any kick action on front and back with or without support aids. To develop entry and exit, travel further, float and submerge. To develop balance, link activities and travel further on whole stroke. To show breath control. Introduction to deeper water. Treading water.  WTS GDS |