



Subject- Physical Education



Threshold Concepts and Milestones

Threshold Concept		Year 6	Content
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Games</p>	<ul style="list-style-type: none"> • 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. • Strike a bowled or volleyed ball with accuracy. • Field, defend and attack tactically by anticipating the direction of play. 	<p>Autumn 1 and 2 Cricket Sport Education Spring 1 and 2 Basketball Sport Education</p> <p>In the Autumn term, children will be playing cricket. This should have developed through the school and the children should have the skills to play a full version of the Kwik Cricket game. The planning is used and adapted from the Chance to Shine programme. There should be lots of opportunities for children to make leading and captaining decisions.</p> <p>In the Spring term, the children will look at Basketball and the place of American sports in our curriculum. This should build on the various invasion games the children have played through school. This is a key block for evaluating performance and using</p>

			technology to improve performance. In the classroom, the debates look at challenging themes and key aspects of history.
	Dance	<ul style="list-style-type: none"> • Perform and create complex sequences. • 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). 	<p>Summer 1 and 2 Dance</p> <p>At this point, the children should be leading their own choreography and performances across a range of disciplines. They should be able to analyse their own performance and that of others, leading to debates about ways of improving.</p>
	Gymnastics	<ul style="list-style-type: none"> • Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> • vaults • inversions • gestures 	<p>Summer 1 and 2 Gymnastics</p> <p>At this point, the children should be leading their own choreography and performances across a range of disciplines. They should be able to analyse their own performance and that of others, leading to debates about ways of improving.</p>

		<ul style="list-style-type: none"> • flight • linking skills. • swinging <ul style="list-style-type: none"> • Demonstrate good kinesthetic 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). 	
	Swimming		N/A as swimming covered in Year 2
	Athletics	<ul style="list-style-type: none"> • Combine sprinting with low hurdles over 60 metres. 	Summer 1 and 2 Athletics Sport Education In the Summer term, the children will be doing athletics. They will learn the skills in order to

		<ul style="list-style-type: none"> • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement. 	<p>successfully run their own sports day. They will also be leading sports day for the younger children.</p>
	<p>Outdoor and adventurous activities</p>		<p>N/A as these milestones are covered in Year 5.</p>