**Year 6 - Physical Education Curriculum Overview 2025/26**

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| **YR****6** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | **Invasion Games***(suggested activities)** Football
* Basketball
* Tag Rugby
* Netball
* Hockey
* Handball
 | **Net / Wall Games***(suggested activities)** Badminton
* Pickleball
* Tennis
* Volleyball
 | **Movement Patterns***(suggested activities)** Gymnastics
* Dance
* Yoga
 | **Targeting Games***(suggested activities)** Golf
* Dodgeball
 | **Performance Skills***(suggested activities)** Track & Field
* Fitness
 | **Striking & Fielding***(suggested activities)** Rounders
* Cricket
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| **Key new knowledge** | Dribbling with control while looking for passing opportunitiesCombining passing and movement to build simple attacking playsUnderstanding and applying basic team tactics, such as switching playEvaluating positioning during defence to improve marking or intercepting | Refining forehand and backhand strokes to make returns more consistentMaintaining longer rallies with a partner using a variety of strokesExploring tactics, such as targeting open spaces on the courtPerforming a controlled underarm serve to begin rallies | Demonstrating advanced balances and movement sequences with body tension and confidenceAdapting movements and yoga poses to improve coordination, strength, and flexibilityRefining and evaluating sequences to improve fluidity and performance | Performing advanced throwing techniques with control, like underarm and overarm throwsAnticipating and reacting quickly during gameplay to avoid being caught or hitEvaluating performance and providing constructive feedback to others | Refining running technique, focusing on consistent speed and stamina over different distancesPerforming more advanced jumping combinations with fluid movements and balanced landingsDeveloping throwing techniques that combine controlled power and accuracy | Adjusting batting stance and grip to control the direction of shotsAnticipating the ball's trajectory to position effectively for fieldingBacking up throws and cutting off runs to prevent scoring during gameplayApplying basic fielding strategies, like marking key players and guarding zones |
| **Assessments** |  |  |  |  |  |  |