**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 |
| **Key new knowledge** | Dribbling with control while looking for passing opportunities  Combining passing and movement to build simple attacking plays  Understanding and applying basic team tactics, such as switching play  Evaluating positioning during defence to improve marking or intercepting | Refining forehand and backhand strokes to make returns more consistent  Maintaining longer rallies with a partner using a variety of strokes  Exploring tactics, such as targeting open spaces on the court  Performing a controlled underarm serve to begin rallies | Demonstrating advanced balances and movement sequences with body tension and confidence  Adapting movements and yoga poses to improve coordination, strength, and flexibility  Refining and evaluating sequences to improve fluidity and performance | Performing advanced throwing techniques with control, like underarm and overarm throws  Anticipating and reacting quickly during gameplay to avoid being caught or hit  Evaluating performance and providing constructive feedback to others | Refining running technique, focusing on consistent speed and stamina over different distances  Performing more advanced jumping combinations with fluid movements and balanced landings  Developing throwing techniques that combine controlled power and accuracy | Adjusting batting stance and grip to control the direction of shots  Anticipating the ball's trajectory to position effectively for fielding  Backing up throws and cutting off runs to prevent scoring during gameplay  Applying basic fielding strategies, like marking key players and guarding zones |
| **Assessments** |  |  |  |  |  |  |