

Physical Education Vision Map

Year 6 – Fitness

Crucial Knowledge	Intent
<ul style="list-style-type: none">• My heart is on the left side of the chest• I can control oxygen better by inhaling (breathe in) a large breath and exhaling (breathe out) slower• To have pace over a longer distance means to start slower and get faster• Warming up muscles before I run and cooling them down after is important to avoid injury• I 'warm up' and 'cool down' muscles up by stretching	<ul style="list-style-type: none">• Increasing heart rate• Improving my fitness• Looking after muscles• Controlling breathing whilst running over a longer distance• Cross country running - maintaining pace

Year 6 – Team Building

Crucial Knowledge	Intent
<ul style="list-style-type: none">• Everyone's job is important to help the team to be successful	<ul style="list-style-type: none">• Leading team activities• Taking on a range of different responsibilities• Giving and following instructions from team-mates accurately

<ul style="list-style-type: none"> • For the team to be successful, everyone must listen and follow instructions accurately especially listening to the team leader • It is important to talk about how things have worked and how things could be better 	<ul style="list-style-type: none"> • Team work: sharing, implementing, evaluating and improving ideas
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Year 6 – Movement

<p style="text-align: center;">Crucial Knowledge</p> <ul style="list-style-type: none"> • Rhythm is a repeated move or sound. Rhythm can change • Sequence means in an order • Emotion is showing feelings • Talking about how things have worked and how things could be better is important to making improvements 	<p style="text-align: center;">Intent</p> <ul style="list-style-type: none"> • Moving my body to different rhythms and sequences • Making shapes with our body and using them for a roll, jump, balance to a piece of music whilst using apparatus • Conveying emotion through movement • Evaluating and improving performance • Performing for a purpose
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Year 6 – Attacking and defending

<p style="text-align: center;">Crucial Knowledge</p> <ul style="list-style-type: none"> • Tactics are a plan, of a way to do something better 	<p style="text-align: center;">Intent</p> <ul style="list-style-type: none"> • Tactical scoring for a competitive purpose
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<ul style="list-style-type: none"> • Attacking means trying to score (win a point) • Defending is trying to stop another team from scoring a point • Fair play is important as it means everyone follows the rules and treats each other well • Being respectful in sports means considering people's feeling on and off the pitch (game) 	<ul style="list-style-type: none"> • Attacking: implementing discussed tactics in play • Defending: teamwork of tactics and effective communication • Understanding tactics of the game • Fair play - showing respect
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Year 6 – Ball Skills

<p style="text-align: center;">Crucial Knowledge</p> <ul style="list-style-type: none"> • A cricket bat starts on the ground • A rounders bat is held in the air • Accuracy of throwing and striking is important to attacking and defending during these games • Fielding is everyone working together to get the ball back to where it is needed 	<p style="text-align: center;">Intent</p> <ul style="list-style-type: none"> • Controlling an object with a bat (cricket / rounders) • Passing a ball with control by throwing and striking with a bat • Aiming a ball towards a target by throwing and striking with a bat
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<ul style="list-style-type: none">• Look at the target whilst aiming• The part of my foot that touches the ball must be facing the way I want the ball to travel	
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Year 5 – Athletics

Crucial Knowledge	Intent
<ul style="list-style-type: none">• A sprint is running as fast as you can• A relay is a team (made up of four members) taking it in turns to sprint• The shot put must be thrown over-arm from within the shoulder and neck area• A discus is placed underneath the palm of a hand and the arm is kept straight• One leg goes first when jumping over a hurdle• A long jump begins with a sprint to a line and then a leap from one foot	<ul style="list-style-type: none">• Sprint, relay and distance running• Distance throwing: shot put, discus and javelin• Jumping: mini hurdles, long jump and triple

- A triple jump begins with a sprint, a hop, a skip (change of foot) and then a leap