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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **6** | **Fitness: circuit training**  Teach/practise different core muscular group exercise, week 1- legs, week 2- arms, week 3- endurance week 4- aerobic week 5- anaerobic. Week 6- children design own stations and deliver. | **Gymnastics:**  practise shapes and balances, practise symmetrical and asymmetrical body shapes, make sequences using balancing and linking movements, counterbalances and put into a sequences. Learn union and canon movements. | **Dance: Street Dance focus** Practise actions and patterns from style, improvise own moves typical of the style, create short motif that fits to music, create solo, partner and group dance. Perform to another class. | **Fitness: bleep test**  Recap interval, circuit and fartlek training from year 5 progression of skills. Emphasis on fartlek training to build up to bleep test attempt. | **Dance: Hip Hop Dance focus** Practise actions and patterns from style, improvise own moves typical of the style, create short motif that fits to music, create solo, partner and group dance. Perform to another class. | **Gymnastics:** practise shapes and balances, practise symmetrical and asymmetrical body shapes, make sequences using balancing and linking movements, counterbalances and put into a sequences. Learn union and canon movements. |

**Indoor: Teachers Year 6**

**Outdoor: Teachers/Coaches**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **6** | **Invasion Games: Netball**  Understand rules of netball, recognise which positions are attacking and defending, dodging, defending and how to mark an opponent, understand to make space by moving away and coming back and by dodging, intercept passes, accuracy of shooting. | **Invasion Games: Hockey.**  Understand rules of hockey, recognise which positions are attacking and defending, dodging, defending and how to mark an opponent, understand to make space by moving away and coming back and by dodging, intercept passes, accuracy of shooting. | **Net and Wall Games: Tennis**  use the correct grip of the racket and understand how to get into the ready position, use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket. serve the shuttle in order to start the game. learn both the low serve and the high serve, develop children’s ability to perform and understand the ‘overhead clear’ shot. Learn the drop shot- where should it be aimed for, for it to be most productive, and why, use different shots to outwit an opponent in a game, develop knowledge, understanding and principles within a doubles game, including tactics and strategies used. | **Net and Wall Games: Badminton**  use the correct grip of the racket and understand how to get into the ready position, use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket. serve the shuttle in order to start the game. learn both the low serve and the high serve, develop children’s ability to perform and understand the ‘overhead clear’ shot. Learn the drop shot- where should it be aimed for, for it to be most productive, and why, use different shots to outwit an opponent in a game, develop knowledge, understanding and principles within a doubles game, including tactics and strategies used. | **Striking and Fielding Games: Cricket and Rounders** Throw and catch under pressure, use fielding skills to stop the ball effectively, and batting control, learn role of backstop.  **Swimming** | **Multi-Skills and Athletics:** sport day prep. Practise/Focus one station during one single lesson. Bat and ball relay, throw clap and catch, slalom run, standing long jump  can catch a numerous sized items, Shows control over an object in throwing, catching or kicking it in isolation and to a partner. Good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space in team games. |