

Year 6 PE Unit Overviews – Mid Term Planning

Dance – Year 6

Week	Lesson 1	Lesson 2
1	Tribal Dances	Exploring the Haka
2	Beats and Formation - Unison Movement	Words to Movements and Themes – Cultural Relevance
3	Maori words - Leadership	Start of Assessment Prep – Making of own Haka in Maori with Moves
4	Continue - Making of own Haka in Maori with Moves. Self-Reflection and Evaluation	Final Assessment

Basketball

Week	Lesson 1	Lesson 2
1	Ball Familiarization & Pre-assessment	Dribbling & 'Big 3' Rules
2	Passing – Chest, Bounce, Overhead	Jump & Set Shot
3	Defense – Man-to-Man	Offence & Lay-Up
4	Match Play and Assessment	Match Play and Assessment

Aquatics 1

Week	Lesson 1	Lesson 2
1	Water Safety, Buoyancy and Streamlining	Push and Glide
2	BLAT-T: Front Crawl	BLAT-T: Front Crawl
3	BLAT-T: Front Crawl	BLAT-T: Breast Stroke
4	BLAT-T: Breast Stroke	BLAT-T: Breast Stroke

Athletics & Fitness

Week	Lesson 1	Lesson 2
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1	Sprinting and Sprint Starts	Long Jump
2	Endurance and CV Fitness	High Jump
3	Ball Throw & Javelin	Shot Putt
4	Circuit Fitness	Mini-Olympics

GYMNASTICS

Week	Lesson 1	Lesson 2
1	Travelling	Shapes
2	Balance	Rolling
3	Jumps	Sequence Development
4	Sequence Development	Assessment

FOOTBALL

Week	Lesson 1	Lesson 2
1	Dribbling	Passing
2	Passing on the move	Shooting
3	Defending	Attacking/Outwitting Opponent
4	Game Play	Game Play and Assessment

STRIKING & FIELDING

Week	Lesson 1	Lesson 2
1	Throwing and Catching	Fielding
2	Pitching/Bowling	Striking
3	Cricket Striking	Cricket Match
4	Rounders/Baseball Striking	Rounders Match

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AQUATICS 2		
5	BLAB-T: Back Stroke	BLAB-T: Back Stroke
6	BLAB-T: Back Stroke	BLAB-T: Butterfly
7	Assessment	Assessment
8	Water Polo	Water Polo