

YEAR 6

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Throwing and Jumping</p>	<p>The three Prime ELGS of Communication and Language, PSED and Physical Development provide the foundations of which all other learning is built upon.</p> <p>Particularly:</p> <p>Gross Motor Skills ELG</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Jump in a range of ways, landing safely</p> <p>Roll equipment in different ways</p> <p>Throw underarm</p> <p>Throw an object at a target</p>	<p>Perform and compare different types of jumps: for example, two feet to two feet</p> <p>Combine different jumps together with some fluency and control</p> <p>Jump for distance from a standing position with accuracy and control</p> <p>Throw different types of equipment in different ways, for accuracy and distance</p> <p>Throw with accuracy at different heights</p> <p>Investigate ways to alter their throwing technique to achieve greater distance</p>	<p>Use one and two feet to take off and land with</p> <p>Develop and effective take -off for the standing long jump</p> <p>Develop and effective flight phase for the standing long jump</p> <p>Land safely and with control</p> <p>Throw with greater control and accuracy</p> <p>Show increasing control in overarm throw</p> <p>Perform a push throw</p> <p>Continue to develop techniques to throw for increased distance</p>	<p>Learn how to combine a hop, step and jump to perform the standing triple jump</p> <p>Begin to measure the distance jumped</p> <p>Begin to explain how to land safely and with control</p> <p>Perform a pull throw</p> <p>Measure the distance of their throws</p> <p>Continue to develop techniques to throw for increased distance</p>	<p>Improve techniques for jumping for distance</p> <p>Perform an effective standing long jump</p> <p>Perform the standing triple jump with increased confidence</p> <p>Develop an effective technique for the standing vertical jump</p> <p>Measure the distance and height jumped with accuracy</p> <p>Perform a fling throw</p> <p>Throw a variety of implements using a range of throwing techniques</p> <p>Measure and record the distance of their throws</p> <p>Continue to develop</p>	<p>Develop a technique for the standing vertical jump</p> <p>Maintain control at each stage of the triple jump</p> <p>Perform and apply different types of jumps in other contexts</p> <p>Set up and lead jumping activities</p> <p>Perform a heave throw</p> <p>Continue to develop techniques to throw for increased distance and support others in improving their personal best</p> <p>Develop and refine techniques to</p>

							techniques to throw for increased distance	throw for accuracy
COMPOSITES								
use running, jumping, throwing and catching in isolation and in combination								
COMPONENTS								
	1	2	3	4	5	6	End Point	
	What is the difference between throwing for accuracy and throwing for distance?	Can I throw a javelin for distance?	Can I throw a shot put for distance?	Can I throw a discus for distance?	How can we use our bodies to jump as far as possible?	Can I use a hop, skip and jump to jump for distance?	Pupils will be able to throw a javelin, shot put and discus for distance. Pupils will be able to jump for distance.	
CONCEPTS Link to concept map	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE		
SKILLS	Perform a heave throw	Continue to develop techniques for increased distance and support others in improving their personal best Develop and refine techniques to throw for accuracy	Continue to develop techniques for increased distance and support others in improving their personal best Develop and refine techniques to throw for accuracy	Continue to develop techniques for increased distance and support others in improving their personal best Develop and refine techniques to throw for accuracy	Develop a technique for the standing vertical jump Perform and apply different types of jumps in other contexts	Maintain control at each stage of the triple jump Perform and apply different types of jumps in other contexts Set up and lead jumping activities	Pupils can use a heave throw technique to throw a javelin, discus and shot put for distance. Pupils can jump as far as possible using a standing jump and triple jump.	
KNOWLEDGE ...MTPs\PE\Year 6\Term 1\Knowledge Organiser.pdf	Pupils to understand that distance is the length of space between two points Pupils to understand that accuracy is as close to the target as possible	Pupils to understand that distance is the length of space between two points	Pupils to understand that distance is the length of space between two points	Pupils to understand that distance is the length of space between two points	Pupils to understand that distance is the length of space between two points	Pupils to understand that distance is the length of space between two points	Pupils will understand that to improve the distance of their throw or jump they need to increase the length of space between two points	
LESSON LINK	...MTPs\PE\Year 6\Term 1\Lesson 1.pdf	...MTPs\PE\Year 6\Term 1\Lesson 2.pdf	...MTPs\PE\Year 6\Term 1\Lesson 3.pdf	...MTPs\PE\Year 6\Term 1\Lesson 4.pdf	...MTPs\PE\Year 6\Term 1\Lesson 5.pdf	...MTPs\PE\Year 6\Term 1\Lesson 6.pdf		

PROGRESSIVE VOCABULARY	accuracy distance throw space	accuracy distance throw space javelin	accuracy distance throw space shot put	accuracy distance throw space discus	jump vertical distance	jump vertical distance triple hop skip	Articulate and recognise subject specific vocabulary
CURRICULUM EXPERIENCES						Inter-house competition	
END POINT	Pupils will demonstrate the difference between throwing for accuracy and throwing for distance by using a heave throw	Pupils can throw a javelin using taught skills	Pupils can throw a shot put using taught skills	Pupils can throw a discus using taught skills	Pupils can jump for distance using the standing vertical jump	Pupils can jump for distance using a triple jump	Pupils will be able to throw a discus, shot put and javelin for distance. Pupils will be able to jump for distance using a standing vertical jump and a triple jump

