

Year 6 Pilates Curriculum Link: Develop flexibility, strength, technique, control and balance		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE Year Group: 6 Term: 1 (H2) Unit Name: Pilates</p> <p>Spiritual Development Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.</p>	<ul style="list-style-type: none"> Identify, repeat and remember actions and movements, selecting these actions and movements to compose their own full sequence. Link actions to make a sequence with a clear beginning, middle and end with movements and actions showing fluidity and control. Develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance. Travel using a range of direction, speed and levels with control, co-ordination and care consistently. 	<ul style="list-style-type: none"> Compete against self and others in a controlled manner in teams and individually in a range of competitive activities using evaluation and tactics to improve performance.
Big Ideas	Year 6 Learning	Health and Fitness & Preparation
<p>Perform pilates sequences to link actions and sequences of movement and develop flexibility, strength, technique, control and balance.</p>	<ul style="list-style-type: none"> To consistently and accurately identify, repeat and remember actions and movements, selecting these actions and movements to compose their own full sequence involving a range of actions and movements: travelling, balancing, holding shapes, and stretching. To be able to link actions to make a sequence with a clear beginning, middle and end with movements and actions showing fluidity, control and precision. To demonstrate precise and controlled placement of body parts in their actions, shapes and balances. To be able to travel using a wide range of direction, speed and levels with control, co-ordination and care consistently. 	<ul style="list-style-type: none"> Know and understand the reasons for warming up and cooling down and begin to select appropriate warm-ups and cool downs in relation to the physical activity taking place. Explain why exercise is good for health, fitness and wellbeing and know ways we can become healthier.



Enriching lives every day; enabling our school community to learn, achieve and flourish through living 'life in all its fullness'



Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
fluidity precision	<ul style="list-style-type: none"> • KS3: <ul style="list-style-type: none"> • Build on and embed the physical development and skills learnt in Key Stages 1 and 2. • Become more competent, confident and expert in their techniques. • Understand what makes a performance effective. • Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life. • Understand and apply the long term health benefits of physical activity. 	<ul style="list-style-type: none"> • Watch or describe performances of themselves and others, and effectively and thoroughly evaluate what went well, what skills or techniques to practice and how that leads to improvements in performance for themselves and others. • Use communication skills to illustrate what they are doing and respond to others to improve team play.
Glossary		
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