



“Whatever you do, work at it with all your heart”

Colossians 3:23

Net & Wall (Alternative Sports)

Year 6
Spring 1 & 2

Key Knowledge:

Know that:

- ⇒ Using disguise or fake shots (your body faces one way but you move the ball another way) can trick opponent and give you an advantage.
- ⇒ Striking the ball to my partner, and not straight back into the net, can create a better opportunity to score.
- ⇒ The ready position is body facing the target, knees bent, arms slightly raised above waist and hands open.
- ⇒ Use a pretend, large backswing of the arm before doing a drop shot.
- ⇒ In spikeball, on the third strike, the ball must be played into the net.
- ⇒ Move around the net to create a strike which can go into space.

Key Vocabulary:

- ⇒ Disguise—Pretending to play one shot when in fact you are going to play another.
- ⇒ Drop shot—a softly hit shot, usually with backspin, which drops quickly to the ground.
- ⇒ Backhand—a stroke played with the back of the hand facing in the direction of the stroke





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Gymnastics

Year 6
Spring 1 & 2

Key Knowledge:

Know that:

- ⇒ Hands should be pushed hard into the mat, next to the ears to help rotate a backwards roll.
- ⇒ It is important to trust each other and communicate well in order to make off the floor balances successful.
- ⇒ The hand nearest should make contact first when doing a cartwheel.
- ⇒ Hands should be flat on shoulders, palms up when doing a backwards roll.
- ⇒ More momentum with the kick when forwards/backwards rolling will help.

Key Vocabulary:

- ⇒ Asymmetrical—A body shape that is different on both sides of the centre line.
- ⇒ Symmetrical—A body shape that is the same on both sides of the centre line.
- ⇒ Combination—using more than one dance move or action one after the other without delay or pause in between.
- ⇒ Counter balance—A force or influence equally





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Striking & Fielding (Leadership)

Year 6

Spring 2— Summer 2

Key Knowledge:

Know that:

- ⇒ **When fielding in rounders, if unsure of which post to throw the ball towards, always throw towards the last post to avoid opponents achieving a full rounder**
- ⇒ **When bowling overarm, the bowling arm must remain straight throughout to avoid bending the arm and 'throwing' the ball**
- ⇒ Release the ball as arm/hand is directed at the wicket when bowling overarm
- ⇒ When batting, raise the bat above and behind as bowler is moving to prepare yourself to strike the ball
- ⇒ **STEP principle stands for space, task, equipment and people**
- ⇒ STEP principle is a way to make an activity easier or harder for participants to succeed in
- ⇒ A method of making an activity easier or harder for each S,T,E,P strand
- ⇒ A designed activity should be engaging and fun whilst also including a specific skill for participants to improve upon

Key Vocabulary:

- ⇒ STEP principle—a way of making an activity easier or hard to increase enjoyment and learning
- ⇒ Design-creating an activity which child will enjoy and learn from which being able to deliver the activity in the time given
- ⇒ Specific-giving instructions when leading which focus on 1 or 2 points and not too hard for someone to understand.





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Athletics & Leadership

Year 6

Spring 2—Summer 2

Key Knowledge:

Know that:

- ⇒ There are different ways of winning along distance race
- ⇒ Choosing which way (leading from the front or waiting until the sprint finish to take the lead) which works best for each child is best
- ⇒ **The correct triple jump sequence is hop, step, jump**
- ⇒ The 'hop' section involves leading with your stronger leg out in front and in the air
- ⇒ **Creating as much speed as possible by sprinting will help complete a further triple jump further**
- ⇒ A triple jump technique is landed on two feet with both feet together
- ⇒ Relay baton should be passed from one person to the next on the same side of the body, using the same hands
- ⇒ **Use the STEP principle to differentiate for pupils who need support/challenge**

Key Vocabulary:

- ⇒ Triple jump—a hop, step and jump technique is used into a sand pit
- ⇒ Differentiation—changing an activity to make it easier or harder for the child or a group
- ⇒ Tactics—different ways of running a long distance race to give greatest chance of success





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Flag Football

Year 6

Spring 2—Summer 2

Key Knowledge:

Know that:

- ⇒ Use fake steps or body movements to beat an opponent and avoid getting tagged.
- ⇒ Throw the ball in front of the receiver so they catch it without having to slow down their forwards movement.
- ⇒ Side on defending position allows us to know where both the ball and opponent are
- ⇒ A bullet throw is good because it is flat and fast to the receiver and gives opponents less time to intercept.
- ⇒ A bullet throw can only be done when there is no opponent between thrower and receiver
- ⇒ Attacking plays/tactics should be varied to avoid the opponents being able to predict what might happen
- ⇒ Sinking hips, bending knees and lifting heels up creates better explosive movements

Key Vocabulary:

- ⇒ Bullet Throw—an overarm, one handed throw which travels fast and straight through the air with the ball spinning
- ⇒ Double movement- moving to one side and then the other one quickly after the other to create space
- ⇒ Hand off-when the ball is given (not thrown) to a teammate like the giving of a present

