



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

Colossians 3:23

Sending & Receiving

Year 6

Autumn 1-Spring 1

Key Knowledge:

Know that:

Receiving a rolling ball by lunging forward with one hand is much quicker than squatting down with both legs bent

Use someone's name before sending a ball to ensure the person receiving is ready

Looking around before receiving the ball helps you make a quick decision about who should receive the ball next.

Using both slow, quick, long, short movements to create space makes it harder for an opponent to predict where you are going to move to

Key Vocabulary:

Variety-using different types & direction of throws to make it harder for opponents to guess.

Anticipation-thinking & moving to try and intercept the ball before it is thrown

Ready Position-hands out in front, knees slightly bent, aware of what's around you and body facing the ball





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Dance

Year 6

Autumn 1 — Spring 1

Key Knowledge:

Know that:

- Facial expression can communicate emotion and character in a dance.
- Contrast in a dance creates interest for the audience.
- A dance sequence should have a clear start and finish point.
- Dance movements can be sequenced to tell a story.
- Characters can interact within a dance.
- Transitions are used to link one dance movement to another.
- Professional dancers maintain and improve their skills by practising regularly.

Key Vocabulary:

Facial expressions - making expressions on your face to share a certain feeling

Contrast - including changes in a dance sequence e.g a change of movement speed, or a change in types of movements

Start point - a still pose held by the dancer at the beginning of the sequence

Finish point - a still pose held by the dancer at the end of the sequence





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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 shapes 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 inbetween.

Counter balance-A force or influence equally counteracting another to regain balance.





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Net & Wall (Alternative Sports)

Year 6

Spring 1 & 2

Key Knowledge:

Know that:

- ⇒ Using disguise or fake shots can trick opponent and give you
- ⇒ Striking the ball to my partner 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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Passing & Space

Year 6

Spring 1 & 2

Key Knowledge:

Know that:

⇒ Using double movements can create space from the opponent

Both verbal communication (calling for the ball) or non verbal (hands up) should be used

I have a side-on position when defending so I am aware of where both opposition and ball are

I need to constantly scan around and behind to be aware of where the space is in relation to defenders

It is important to use sharp and concise communication, before entering space, to make teammates aware when you are ready to receive the ball

Key Vocabulary:

Communication—sharing and receiving ideas and feelings

Double movement - doing two movements in different directions in quick succession

Disguise—Pretending to do one thing when in fact you are going to do another.

