



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

Colossians 3:23

Tennis (Sport Education)

Year 6

Summer 1 & 2

Key Knowledge:

Know that:

Before striking a ball, the racket should be prepared in advance by being held at waist height behind the body

When waiting to receive a shot, take up the ready position.

Ready position involves having knees slightly bent, both hands holding the racket, bouncing slightly on tip-toes and head up watching the ball

When serving, aim for the corners to make it harder for the opponent to return the ball

When serving, observe when opponent is standing and adapt location of serve based upon this

Always attempt to hit the ball into space away from the opponent

Being organised and ready to perform team job role

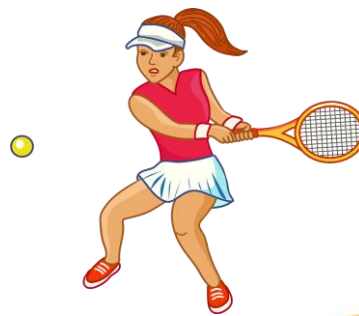
Before instructing participants, preparing what you're going to say in your head will help you share a clearer and easier to understand instructions to participants

Key Vocabulary:

Sport Education –a way of teaching PE which focuses on social and leadership skills

Responsibilities-being in charge and having tasks to complete

Ready position-knees slightly bent, racket out to side ready, facing opponent. A position taken up being the ball travels over the net





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Striking & Fielding (Leadership)

Year 6

Summer 1 & 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

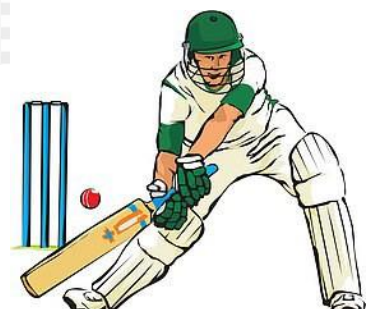
A designed activity should be engaging and fun whilst also including a specific skill for participants to

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

Summer 1 & 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

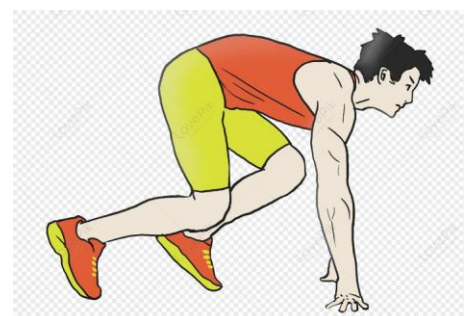
Use the STEP principle to differentiate for pupils who need support/challenge

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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My Movement Journey

Year 6

Summer 1 & 2

Key Knowledge:

Know that:

- ⇒ Stand side on when serving the ball to allow space for the racket to swing
- ⇒ What is enjoyable about PE for me, could be something different for someone else
- ⇒ **Aim to hit the ball into space to make it harder for opponent**
- ⇒ **Personal best is more important than current ability**
- ⇒ Being resilient is having multiple attempts to succeed whilst staying positive and upbeat
- ⇒ Creativity is important when designing own game or activity
- ⇒ **Return to the centre of the area after each shot**

Key Vocabulary:

Personal best—trying your best and measuring the improvement from start to finish and avoiding comparing against others.

Serve—the hit used to start a rally

Outwit—tricking or using unpredictable movements or shots which will make it harder for opponent.





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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

