



Year 6 Physical Education - Summer Term: Athletics



1. Movement

Head up, scanning for space
Straight body
Driving arms and legs

2. Send

Hands/feet in opposition
Follow through and release
Looking at target



2. Receive

Hands and eyes ready
Watch ball into hands
Cushion ball with soft hands



3. Push throw

Feet in opposition
Bent to straight arm
Acceleration of push (arm going from stationary to its fastest speed at point of release)

4. Agility

Low centre of gravity
Bend knees
Fast, small paces



5. Long jump

Dominant foot take-off
Arms and legs for power and balance
Land on two feet



twinkl.com

What skills, rules and techniques are used in athletics?



5. Triple jump

Hop, step, jump
Arms and legs for power and balance
Start sequence on one foot, finish on two feet

5. Vertical jump

Deep knee bend
Extend through legs on take-off
Stretch/reach with arms



twinkl.com



twinkl.com

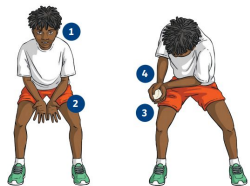
6. Team work

Communicate
Positive
Areas of improvement

agility	balance	dominant	drive	extend	gravity
long jump	long jump	push throw	sequence	triple jump	vertical jump



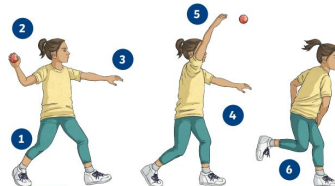
Year 6 Physical Education - Summer Term: Cricket



1. Catching

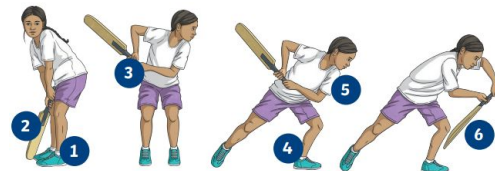
Watching the ball
Hands together
Fingers pointing to the floor

Throwing
Side on stance
Point at target
Release from high



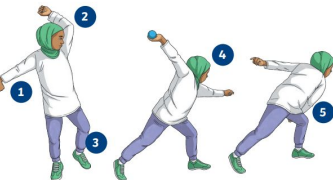
2. Striking

Head still, watching the ball
Contact ball with middle of bat
Appropriate foot movement



3. Bowling

Head still, focusing on target
Bowling arm straight
Side on action

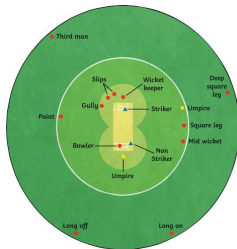


What skills, rules and tactics are used in cricket?



4. Wicket-keeping

Side-to-side footwork
Catch the ball in front of navel



5. Tactics

Identify opposition's tactics
Identify strategies to combat opposition tactics
Communicate clearly

6. Group work

Communicate
Positive
Areas of improvement

bowling	catching	combat	communicate	contact	footwork
opposition	stance	strategies	tactics	target	wicket



Year 6 Physical Education - Summer Term: Rounders



1. Catching

Watching the ball
Two hands together
Cushion ball (soft hands)



Throwing

Flat
Power
Accuracy

2. Striking

Side on stance (in opposition)
Watch ball (head still)
Step into hit



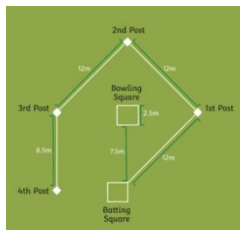
3. Bowling

Good pace
Flat trajectory
Between batter's knee and shoulder



4. Backstop

Watch ball
Adjust distance
Bend knees and on balls of feet



What skills, rules and tactics are used in rounders?

5. Batting tactics

Identify potential scoring zones
Determine best option for scoring rounders
Align body/stance and follow through (shot) in desired direction

6. Group work

Communicate
Positive
Areas of improvement



backstop	bat/batter	bowling	catching	direction	distance
opposition	pace	power	stance	tactics	trajectory



Year 6 Physical Education - Summer Term : Tennis



1. Groundstrokes

Contact with middle of racket
Strings/racket perpendicular to ground
Sideways stance



2. Volley

Racket head above wrist
Punching movement
Contact point in front of body



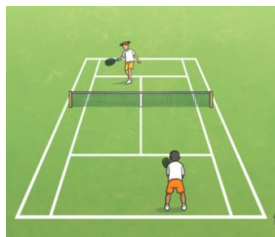
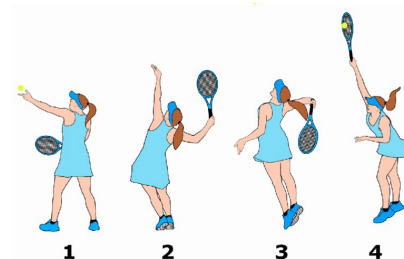
3. Over-arm serve:

Toss up (place ball into air, not throw)
Tap/hit over-arm (think high fiving ball)
In opposition, sideways to target

4. Over-arm serve in a rally

Cross court
Follow through on opposite side of body
Recover to ready position quickly

What skills, rules and tactics are used in tennis?



5. Tactics

Positive communication
Shot selection
Use of strengths and weaknesses (own and opponents')

Attack: Move opponent
(side to side, forwards and backwards)

6. Tactics



Defend: Get the ball over
(the net) and in (the court)
Use of strengths and weaknesses (own and opponents')

attack	cross court	defend	follow through	groundstrokes	opponent
opposite	perpendicular	punching	serve	tactics	volley