



# Grange Park Primary School Physical Education Journey

## Year 6

### Striking and Fielding Games

#### Cricket / Rounders

Your lessons will look at developing batting, bowling, fielding and applying tactics within the games.



#### OAA

In our Outdoor & Adventure Activities unit, we will cover: Orienteering, Team-Building, Trails and Problem Solving.



#### Gymnastics

You will be developing the basic components of counter balance and counter tension.



### #TeamGP



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#### Dance

Continuing to learn different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



Try Your Best in Every Lesson

- Passion ☒
- Respect ☒
- Organised ☒
- Unselfish ☒
- Determination ☒

Proud to Shine

### School Competitions

Below are some examples of competitions available for our Year 6 children to compete in across the year:

- Athletics
- Basketball
- Quicksticks Hockey
- Football
- Netball
- Cross Country
- Cricket



Summer Term

### Net / Court / Wall Games

This unit will cover learning to direct a ball into an opponent's court at different speeds, heights and angles and explain why they are doing it whilst playing a range of small-sided net/wall games.



### Net / Court / Wall Games

#### Dodgeball

You will learn about throwing techniques, blocking, catching and both attacking/defensive tactics.



#### Dance

You will be learning different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



### Invasion Games

#### Ball Handling

Your lessons will be tailored for you to choose and use skills which meet the specific needs of the ball-handling invasion games - passing by throwing, bouncing, receiving, carrying, dribbling and shooting.



Spring Term

### Invasion Games

#### Quicksticks Hockey

Your lessons will be tailored towards developing passing, dribbling, shooting and both attacking/defensive aspects needed to play quicksticks hockey.



Autumn Term

### Athletics

Your lessons will be covering the three disciplines of athletics: throwing, running and jumping. You will develop an understanding of the basic technique required for each event.



### Gymnastics

Working together you will develop the basic components of matching, mirroring and contrasting.



Your Year 6 Physical Education Journey starts here ...