



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.



Net / Court / Wall Games

NAK

You will learn the rules and scoring system to play new age kurling. You will also learn about delivering stones with accuracy and the power needed for different types of shots.



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:

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



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.



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

Net / Court / Wall Games

Dodgeball

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



Invasion Games

Quicksticks Hockey

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

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.



Invasion Games

Football

Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.

Autumn Term

Gymnastics

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

Your Year 6 Physical Education Journey starts here ...