

# Year 6: Physical Education

## Warm Up

This year, you can take the lead in warming up your bodies ready for exercise. You could do games or stretches to make sure you are ready for the PE lesson.

### Games: Tag Rugby

Tag rugby is a **non-contact** form of rugby.

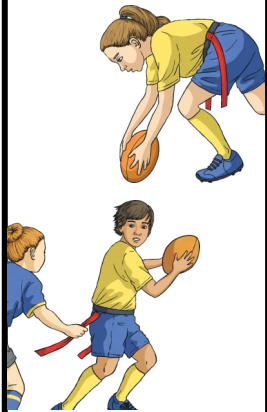
**A tactical decision:** choosing and performing an action, based on the situation you are presented with, to help you reach your end goal.

#### Attacker

The job of an attacker is to score points (tries) and avoid being tagged.

An attacker can:

- dodge the defender
- pass to a supporting player
- look for and run into space

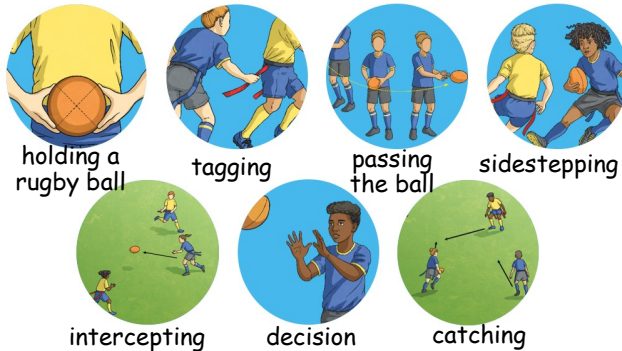


#### Defender

The job of a defender is to prevent a try from being scored and make successful tags.

A defender can:

- mark players
- defend the space
- work together as a team to mark the players and the space



You should be adding exercise to your daily or weekly routines. You could join an exercise club such as gymnastics, football, karate or swimming club. You could even do your own exercises at home, or follow a YouTube channel, like Joe Wicks.

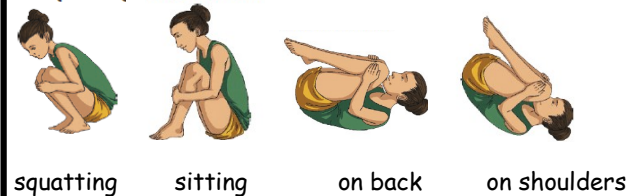
It is extremely important to know that having good physical health will impact positively on your mental health too.

### Gymnastics: Group Dynamics

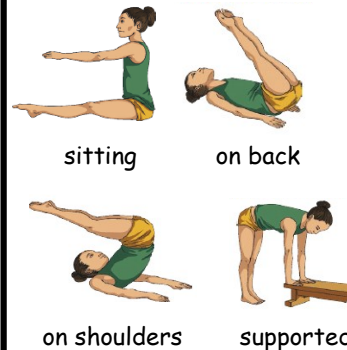
#### Straddle Positions



#### Tuck Positions



#### Pike Positions



Try to include the other movements that you have learned in gymnastics, such as the bunny hop.

When making your sequence, think about:

- levels
- speeds
- mirroring
- safety of apparatus
- balance
- how you move from one move to the next

#### Vocabulary

covering	protecting a team member while they attack
possession	having or owning something
repossession	the act of taking something that someone else has or owns
supporting	to help someone
team play	playing as a team

#### Vocabulary

canon	starting a sequence, then someone else does the same shortly after
choreographer	a creator of dance sequences
composer	a creator of music
counter balance	a weight that balances another
counter tensions	when people pull away from each other and use each other's weight to balance
part weight bearing	taking some of your weight on one part of your body
unison	moving in time with another person

CRC - Article 24: All children have the right to the best possible health. Article 29: Education must develop every child's talents and abilities to the full.