

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.

Dance: Fitness Routines

Within your dance, you will include:

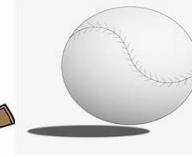
- dance phrases - clearly showing the beginning, middle and end.
- dynamic qualities - speed, energy, continuity and rhythm.
- space - levels, directions, pathways, size and body shapes.
- technical skills - co-ordination, control, alignment, flow of energy and strength.
- accuracy, control and thinking.



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 and happiness too.

Games: Wide Attack

You will need:



Attacker

The job of an attacker is to score goals by passing and shooting with control, fluency and accuracy.

An attacker can:

- dodge the defender.
- pass to a supporting player.
- look for and run into space.
- use the width of the pitch effectively.

Defender

The job of a defender is to prevent a goal from being scored.

A defender can:

- mark players.
- defend the space.
- work together as a team to mark the players and the space.
- change tactics as a team to suit the situation.

Vocabulary

acceleration	An increase of speed.
anticipate	To predict what might happen.
dodge	To move aside or change direction suddenly.
organise	To form a plan.
strategy	To plan your movements.
support	To hold up.
swerve	To turn aside abruptly in a different direction.

Vocabulary

control	Your body will do what your mind wants it to do.
dynamics	How the dancer moves.
extension	The ability to raise and hold a leg extended in the air.
fluency	The act of doing something smoothly and at pace.
timing	Matching the beat of the music.