

Year 6: Physical Education

Warm Up

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

Athletics: Distance Challenge

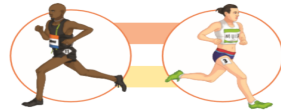
This is divided into three parts to include: travelling, jumping and throwing.

Equipment you will need:



Part 1 Running: How far can you run in:

- 5 seconds;
- 30 seconds;
- 2 minutes.



Part 2 Jumping: How long or high can you jump using:

- standing jumps;
- jumps with run ups;
- combination jumps.

Part 3 Throwing: How well can you throw:

- for height, e.g., bounce the ball and try to clear a barrier for distance;
- for distance;
- with run ups and without;
- using different equipment.

It is extremely important to know that having good physical health will impact positively on your mental health. Being healthy includes eating healthily, being active, managing your weight, getting plenty of sleep and rest, and looking after your personal hygiene. If we don't look after our physical health, then we can become ill, overweight, tired and our learning, mental health, mood and friendships can suffer.

If you are concerned about your health remember to talk to a trusted adult at home or at school.



Outdoor and Adventure: Electric Fence

To complete a route carrying precious materials, e.g., a bucket of water. On the route there will be an electric fence (made from elastic), which the whole team must get over/under/through, without any of the team or equipment touching it. The team must be in contact with each other throughout the task. If the fence is touched, the team must begin again or receive a forfeit.

Equipment you will need:



To be successful you need to:

- plan strategies effectively;
- refine and adapt strategies as appropriate;
- work increasingly well as a group where roles and responsibilities are understood;
- recognise how to keep yourself and others safe.



Key questions:

- How did you organise the route you took?
- How did the group decide who did what?
- How does orienteering help you to keep fit and healthy?
- What do you think went well and why?

Vocabulary	
collaborate	To work jointly on an activity.
keeping safe	Protecting yourself and others from harm.
plan	A decision about what is going to happen.
review	To assess with the intention of change if necessary.
team work	The combined action of a group, working effectively and efficiently.

Vocabulary	
stamina	The ability to sustain prolonged physical effort.
strength	Muscular strength is needed for athletic performance.
targets	Goals that can be achieved.
time	It is a combination of decision-making, co-ordination and reaction which gets you to the right place at the right time.