
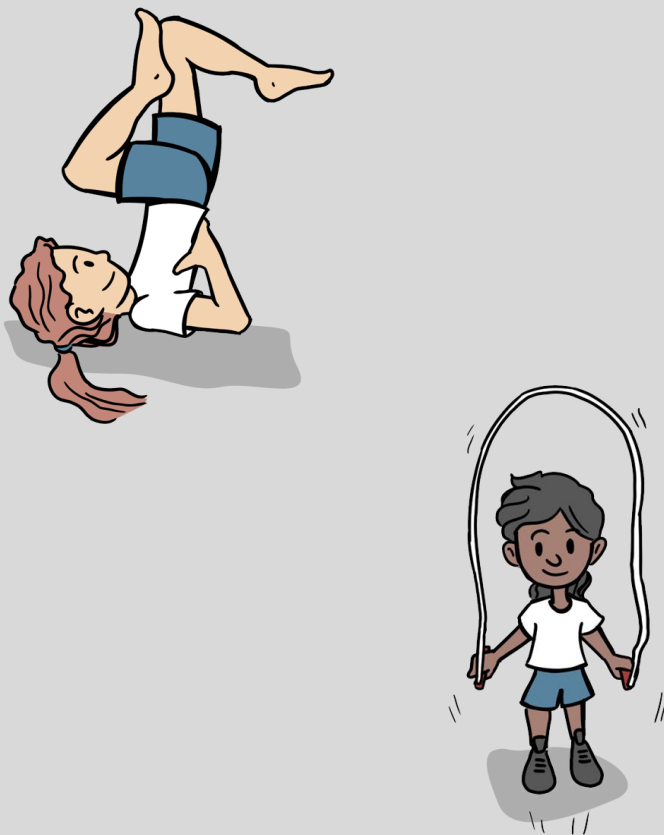


ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 6	AUTUMN TERM UNIT 1: Football / Hockey UNIT 2: Gymnastics / Fitness
Knowledge Focus	Football / Hockey		Gymnastics/Fitness
National Curriculum Knowledge	<i>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>		<i>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics).</i>
Year 6 Autumn 1	Key Knowledge & Skills: Football <ul style="list-style-type: none"> • To know to dribble under pressure and keep control of the ball • To know how to pass the ball accurately • To know and understand the importance of first touch control • To know how and when to use a drag back, inside and outside hooks • To know how to develop defending skills Hockey <ul style="list-style-type: none"> • To know how to dribble with control • To know how to dribble to beat a defender • To know how to push pass • To know how to receive a ball with control • To know how to use space to support teammates • To know how to block tackle and jab tackle • To know the rules to officiate and play in games 		

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Year 6 Autumn 2			<p>Key Knowledge & Skills:</p> <p>Gymnastics</p> <ul style="list-style-type: none"> • To know how to further develop the forward roll, backward roll and straddle • To know and understand how to use counter balance and tension • To know how to apply partner balances into partner sequences • To know and further develop inverted movements with control • To know the handstand adaptations and the introduction of cartwheels • To know how flight from hands can be used to travel over apparatus <p>FITNESS</p> <ul style="list-style-type: none"> • Develop an awareness of what your body is capable of. • Develop speed and stamina. • Develop strength using own body weight. • Develop agility and control. • To identify how different activities can benefit physical health. • Know how to work with others to manage activities. • Know and understand the different components of fitness and how to test them.