



# ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 6	SPRING TERM UNIT 3: Gymnastics / Fitness UNIT 4: Football / Hockey
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 Spring	<p><b>Key Knowledge &amp; Skills:</b></p> <p><b>Football</b></p> <ul style="list-style-type: none"> <li>• To know to dribble under pressure and keep control of the ball</li> <li>• To know how to pass the ball accurately</li> <li>• To know and understand the importance of first touch control</li> <li>• To know how and when to use a drag back, inside and outside hooks</li> <li>• To know how to develop defending skills</li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>• To know how to dribble with control</li> <li>• To know how to dribble to beat a defender</li> <li>• To know how to push pass</li> <li>• To know how to receive a ball with control</li> <li>• To know how to use space to support teammates</li> <li>• To know how to block tackle and jab tackle</li> <li>• To know the rules to officiate and play in games</li> </ul>		

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