

Year 6 PE @ VGMS



Competition

You will be introduced to competition – Intra / Inter / Sports Day / School Games

Your journey starts here



Start of Y6

Half Term 1

Handball – You will develop your understanding of the rules, attacking and defending principles
Sportshall Athletics – Can you improve on your performances from Year 5?



Half Term 2

Hockey – You will build on the introduction to hockey that you experienced in Year 5
Gymnastics – From floor to flight. You will look at vaulting and how to land successfully



Half Term 3

Football – The focus will be on good sportsmanship and playing respectfully in games
Badminton – You will develop an understanding of how to play using basic rules



Extracurricular Clubs

We have a number of different clubs for year 6. We encourage everyone to attend at least one club. You are all welcome!

Community Clubs

You will be encouraged to join local clubs linked to the school

Half Term 4



Tag Rugby – What components of fitness do rugby players need in order to be successful?
Fitness – What are the benefits of an active and healthy lifestyle? How do you exercise safely?

Half Term 5

Netball – What positions are involved in netball and what qualities does each player need?
Athletics – Track and field events. Track events include sprints, middle and long distance. The field events involve throwing and jumping



Assessment in PE



Head



Heart



Hands

Half Term 6

Striking and Fielding – Rounders and cricket games looking at different aspects of batting, bowling and fielding
Tennis – What did you learn in the badminton unit that will help you in the tennis unit?



End of Key Stage 2

You will finish Year 6 with a love of PE, physical activity and sport. You will have a better understanding of a number of different sports and the games for understanding principles. Through PE and sport, you will be developing the character to help you become a well rounded young person ready to take on the challenges that lie ahead

Sports Day

End of Y6