



Y6/7 TRANSITION

Physical Education

Introduction to key activities, test your knowledge, challenge yourself and let you teachers' know about you!

Name:

Primary School:

All about ME

Name:

Pets



Hobbies

Represented school in ...



Favourite TV/movie



Favourite sport



Primary school



My favourite subject



My birthday



Least favourite subject



Most proud of ...



Future dreams





Y6 Transition – Football Challenges



Here are some challenges that you can practice at home to help your footballing skills:

Ball Control

Things you will need: Football, Hoop (or anything to create an area around yourself)



- Set yourself up as shown, stood in the middle of a hoop with a ball in your hand.
- Throw the ball up in the air, around 1m at first and then stop the ball with your foot.
- Try to keep the ball in the hoop by only using one touch.
- Progression: As you get better, throw the ball up higher and/or use your alternate feet.
- Think: Why might footballers need to have good control of the ball?

Tips: Use the top of your foot to cushion the ball down. Let the ball hit your foot rather than move your foot toward the ball.



Passing

Things you will need: Football, either a wall to bounce the ball off of or even better with a partner.



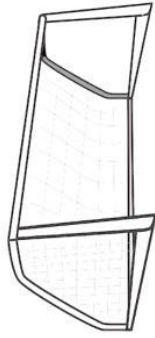
- Set yourself opposite a wall with a ball.
- Kick the ball against the wall, on the floor, and let it come back to you.
- When the ball returns, control the ball and then pass back to the wall.
- Progression: As you get better, pass the ball harder. Another progression could be to alternate feet each time the ball hits the wall. Another progression could be to pass the ball in the air. You could also pass the ball back to the wall without taking a touch to control the ball.
- Think: When might you need to use each type of different pass? (ground or lofted). Think about when we also might need to change the power of our pass.

Tips: Make sure you are relaxed when passing the ball and follow through after you have kicked it. Focus on your surroundings as well as the ball.



True or False?

- There are 11 players on each team **T / F**
- You can score a goal with any part of your body **T / F**
- Only the goalkeeper can use their hands **T / F**
- A penalty kick is worth 2 goals **T / F**
- Only certain players can score a goal **T / F**
- Different ages use different size footballs **T / F**
- The rules for boys and girls' football are the same **T / F**



Complete the sentences

Football is a sport played between ___ teams. Each team has ___ players, ___ outfield and ___ goalkeeper. To win a game of football, one team must score ___ than the other. If both teams score the same, this is called a _____. When a player gives the ball to one of their teammates, this is called a _____. When they move with the ball this is called a _____. The person in charge of the game is called a _____.

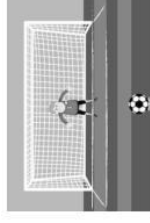
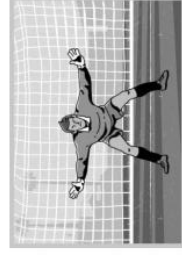


Rules of Football



Header	Goalkeeper	Save
Pitch	Throw in	Penalty
Free Kick	Handball	Corner
Red Card	Offside	Tackle

Match the words to the picture



Netball Quiz

1. How many players are there in a netball team?
2. How long can you hold the ball for in netball?
3. How long is a game of netball?
4. Which player position restarts the game each time a goal has been scored?
5. Which position's main duty is to feed the Goal Shooter?
6. How many players in each team are allowed to score goals?
7. Name the seven player position in netball?
8. A netball court is divided into how many sections?



Netball Challenge 1

1. Firstly start by setting up a tringle of cones of different colours if possible
2. Stand with a ball or balloon in the middle of the cones
3. Try to drop the ball from the middle of the cones and then run to a cone touch the cone and then catch the ball before the balls bounces twice

Progression 1—reduce the number of bounces to one

Progression 2—increase the distance of the cones

Question—what skill is this drill trying to improve?



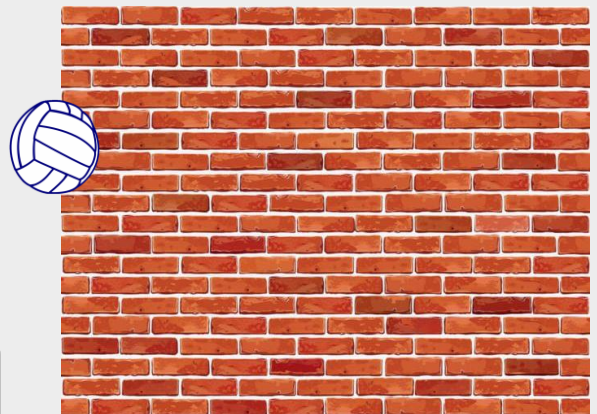
Netball Challenge 2

1. Firstly place three cones at greatest distances from the wall
2. Pass the ball against the wall five times without dropping or bouncing the ball

Progression 1—pass with only one hand

Progression 2—decrease the distance from the wall or include one bounce between the ball hitting the wall and you catching the ball

Question—why is it important to be able to judge the amount of power needed in a pass?



Y6 Rugby Skills

Can you try
these adapted
skills at home?

Catching a High Ball (Differentiated)

Equipment:

Balloons, Soft round ball, Rugby ball (if available)

Description

Development of correct technique for catching a high ball using the chest and inner arms as opposed to hands and fingers.

Progression

- Begin indoors using a balloon blown up fully. Self-feed and then attempt to catch the ball between your elbows which encourages players to bring the ball close to the chest.
- Gradually make balloon smaller
- Swap to a soft ball and encourage the catching close to the body into the chest.
- Change to a rugby ball

Teaching points:

Get underneath the balloon

Keep your eyes on the prize

Reach up

Clasp balloon in between elbows and into chest



Coke Bottle Spin Pass (Differentiated)

Equipment:

Family size coke bottle, Rugby Ball

Description:

Get a student to hold the dimpled end of the large Coke bottle in one hand with their fingers spread in the grooves at the bottom. The aim is to move the bottle across the front of the body twisting the bottle towards the body as they do so. A simple progression can be a partner holding the lid end and gently pulling the bottle as they bottle holder twists.

Progression

- Hold the bottle more over the top, not in the grooves and repeat the previous technique (including with partner) twisting the top hand towards you.
- Repeat above but with your other hand underneath the bottle.
- Replace the Coke bottle with a rugby ball to get correct movement
- Now pass the ball using the twist



Kicking a rugby ball in a plastic bag (Differentiated)

Equipment

Plastic bags, Rugby balls

Description

Children often have difficulty kicking a ball in rugby as they throw the ball up high and make a bad contact. By placing a ball in a plastic bag it encourages students to keep their arms down low and therefore make contact with the ball lower and nearer the foot. Students can initially work individually. They keep hold of the bag handles as they make contact.

Make this a repetitive practice kicking the ball in the bag.

Progression

Return to kicking from the hands but students should now be naturally holding the ball lower and almost guiding it onto the foot in preparation for contact.



Coke bottle scrum-half pass from the floor (indoor or outdoor)

Equipment

Large Coke bottle,
String (about 3 m length),
Thick wedge of wood
2 Chairs or chair and a fixed
object such as a table leg/door



Description

Make a small hole in the lid and bottom of the Coke bottle, pass the string right through the bottle. Tie one end low around a chair leg or table or tie it round the piece of wood and wedge behind a closed door. The other end can be held tight at 45 degree angle or tied to the top of a chair/door handle.

4 steps of development

- Get close to the ball (bottle). Right knee on the floor with the left leg out fairly straight pointing towards the target. It's easier on a knee and keeps you nice and low.
- Rip the Grip- the passing hand provides the power so use one hand at first. Reach over and under the bottle and push and twist at the same time as you release the bottle.
- Stay low so your pass becomes quicker and more powerful.
- Drive the pushing hands towards the target to encourage consistency and accuracy.

Obstacle Course Evasion

Equipment

Tackle pads, Hoops, Posts, Cones

Description

Create an obstacle course using any items to create barriers in a pre-defined area.

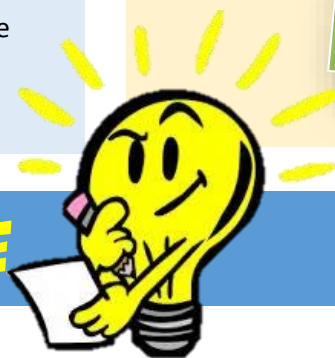
Encourage students to run with the ball at speed evading the obstacle which should be fairly close together to help improve agility, balance, speed and general body control.

Progression

- Add an opponent who tries to tag the ball handler
- Overload the attack with 2 v 1 so passing is now an option as you draw the defender.



TEST YOUR RUGBY KNOWLEDGE



Which part of your body makes contact with your opponents?

Conversion

How many players are in a rugby union team?

15

What is the name given to a kick over the posts after a try is scored?

Backwards

In what direction must you pass the ball in rugby?

5

How many points is a try worth in rugby union?

Shoulder

Y6 Transition – Striking and Fielding Challenges

Here are some challenges that you can practice at home to help your striking and fielding skills:

Underarm Throw and Catching- Wall Toss Challenge

Things you will need: A tennis ball, a wall or hard surface.



- Set yourself up as shown, stood 1m away from the wall.
- Throw the ball with one hand and catch it with two hands (how many catches can you get in 2 minutes?)
- Try to throw the ball on the ball, near where you want to catch it.

Progression: As you get better, throw the ball with one hand and catch it with one hand.

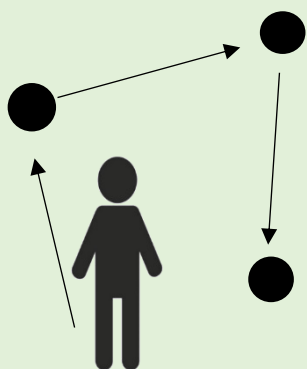
Challenge: Can you throw and catch the ball with alternate hands?

Think: What sports use this skill?

Tips: Make sure you aim and follow through with the throw. Make sure you watch the ball at all times and 'cup' the catch.

Striking: Striking Golf

Things you will need: A Bat, a ball and cones/targets.



- Set yourself up cones or targets around the garden; these will act as 'golf holes'.
- Get your bat and ball and strike the ball into the 'golf holes'.
- Count how many stikes/hits it takes you to get it into each target.
- Try and beat your score every time.

Progression: As you get better, make the course harder by making the course longer and different angles.

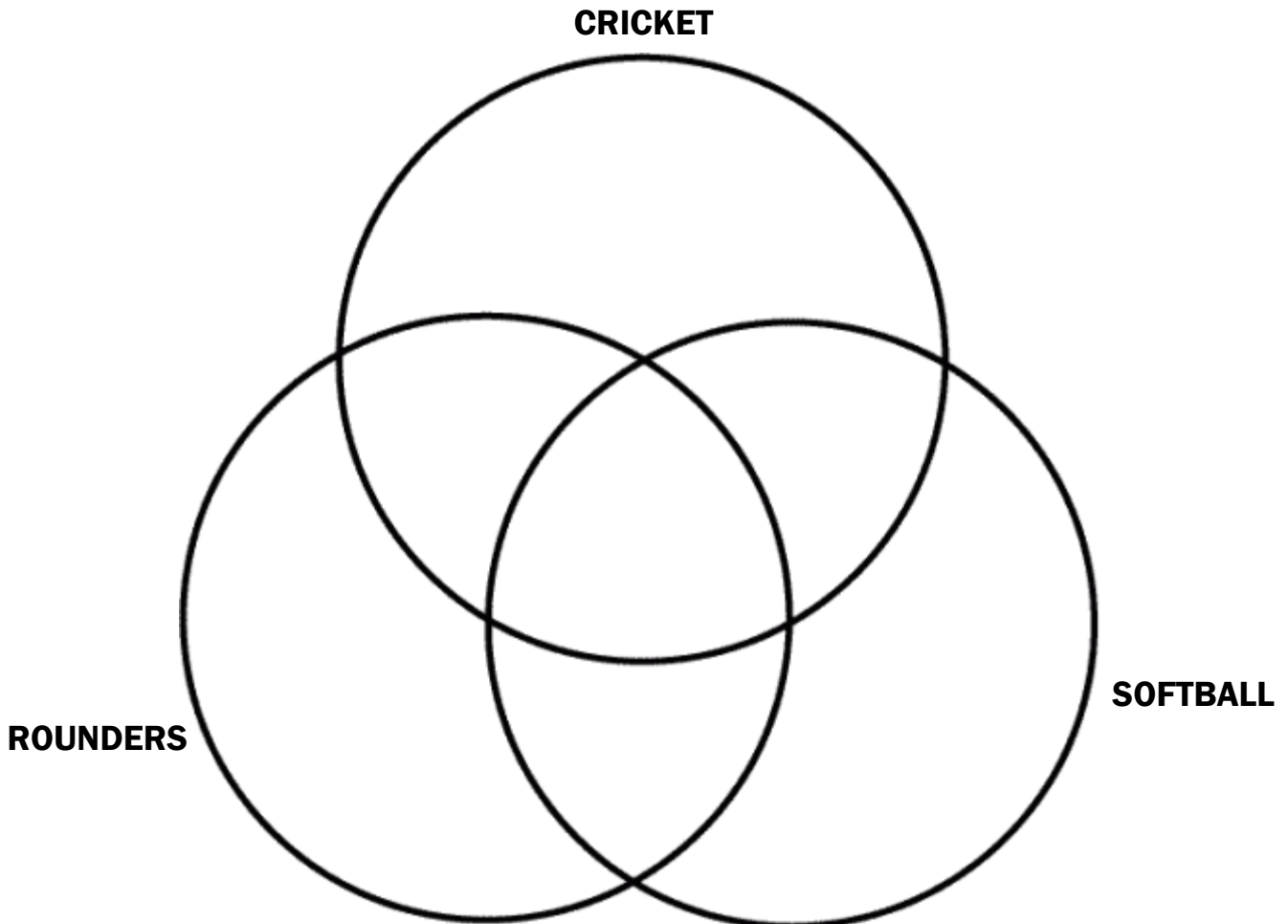
Think: What do you need to think about when you are striking the ball?
How can you hit it differently?

Striking and Fielding Worksheet

Name the striking and fielding sports below.



Use the Venn diagram and put the sporting terms/sporting skills to the correct area (some may cross over into all sports).



WORDS:

Batting, Posts, Boundary, Cricket Bat, Catching Glove, Stumps, Fielding, Markers, Batsman, Wicket Keeper, Pads.

Striking and Fielding Worksheet

Research and list the main rules of rounders below.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....



Explain the different ways you can score points in cricket:

-
-
-
-
-
-



PE Word Search

F V S X I D P E N C F V L C L L U F N D L A M D Y Y R L H G
G O K Z V B Y N R Y B B D L S U E Q U Y C O N F I D E N C E
I E G O F V F U E U E P Y P O R D A U Z A Z G V U T K V W F
N V Q A O G A O S L D D V I X M V S D Q C C F O T M I I C K
N W C M Y R T W I A A K P M B S R G E E U G T M V A S N O V
Q K G Y X H K N L N P N W I L F N A U L R C B I B Z O D H K
Y D C B I N I E I L N O C X V C C E C R F S O J V O I E N F
Y P N K I G J A E V B N K R Z K Z P T U E E H Y X E Y P Z X
B I S R O R V U N X U Q B E X U M O G D R T S I J W P E R O
B H J J Z I O Q C C M S K C U F A D E Z K R U T P L Q N Q M
H K D A Z L O J E H Q J N S U C X H F C D C I M E A S D N U
J P U B W E H E S N L Q O T I U I T I A P D R C T E F E B U
T S K X D E N J V O T H W B D N J V E X W Z O A U B M N Y U
N F B D P G L V K F K R L B A D I C Q E K A I Y V L B T L C
N B C J O X Y L X O F L E S N E S J D W Z P P O W G U L I W
Z B V K W F U G B G Q R D A Z R L I C R R M V O X D D M M S
K S C W S K V U T E R F G C N S Z C W O B E H A V I O U R D
Q J V W K V K V L G I B E Y D T K C D F T A T O N G U O Q C
S H R U I W V L S B G N L X N A E T O K E R J V Y D Q U U W
B P V U L D X W A D C Q G M O N F W C H E A L T H Y A K K O
A Z Q G L J D R J F O N H C M D A T G R E Z L R L M S W W O
L K S T S Z E V T K O P U A A I F E Z T Z F C W I Z I P N V
A O X B V U C Y E I P Y G L N N J N J N B M R D W P V M E L
V R N D I N I H A C E W L U A G Y J E C P V P Y R J N E X D
V D B O V P S G M O R E G Y G L C O C F T V G S T M B J E Q
Z S J V X O I W W E A F J F E O I Y E R W M E H G D C Y W M
Y C Y D C J O V O L T K U Q M L U M H G Y P B B X V G R R O
B Z C Q S D N B R R I Q Q N E C I E C P S Q E B X M O G U X
V S S O C I A L K A O F Q V N Q F N X W A L Q V R Q A W Y N
T Z S M G Q D I J N N J F T T Q Q T D I X H R I J C W F F M

understanding

cooperation

independent

management

confidence

resilience

leadership

self-esteem

curriculum

behaviour

wellbeing

teamwork

knowledge

decision

healthy

enjoyment

social

active

pe

skills



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