



Year 6



PE Spring 1

This half term our PE lessons will be basketball and swimming.



We will be playing basketball games and tournaments in basketball lessons.

Using the rules, travelling, contact, out of bounds, double dribble and carrying,

Each pupil will have the opportunity to umpire.

- ◆ *Each pupil will have two lesson's on PE a week and will need their PE kit in school each day—each Thursday will be swimming in the afternoon.*
- ◆ *Earrings must be removed or taped up, and long hair must be tied back.*
- ◆ *Indoor kit is required for gymnastics lessons.*

Vocabulary	Definition
Tournament	<i>When we play games against each team for points.</i>
Travel	<i>Moving our feet with the ball without bouncing it.</i>
Sequence	<i>Linking a selection of movements together to perform to the class.</i>
Apparatus	<i>Equipment that we use in gymnastics, This can include benches, ropes, frames and tables,</i>
Counter Tension	<i>A partner balance – a <u>pull</u> balance.</i>
Counter Balance	<i>A partner balance – a <u>push</u> balance.</i>
Invasion game	<i>Basketball is an invasion game, we are trying to get the ball to opponents end of the court.</i>

Do you know the names of the different strokes?

Can you swim 25m without touching the bottom of the pool?

Are you confident in every stroke?

Do you know enough about personal survival to save your self in a dangerous situation?

