



Year 6



PE Spring 1

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



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.
- ◆ Earrings must be removed or taped up, and long hair must be tied back.
- ◆ Indoor kit is required for gymnastics lessons.

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



A sequence is linking together a number of movements.

We will be creating sequences with travel, balances, shapes and rolls.

The large apparatus will be used to create sequences.

We must learn how to get this our safely.