



Year 6 Unit Overviews

Unit:	Overview:
Core Unit 1: Athletics	<p>Skills: Balance, Co-ordination, Agility, Jumping, Throwing</p> <p>In this unit, the children will continue to practice developing their throwing, jumping and running techniques through a variety of games. They will have the opportunity to work on their ability to improve their personal best in long jump, javelin and running events.</p>
Core Unit 2: Gymnastics	<p>Skills: Balance, Agility, Control, Strength, Technique</p> <p>During this unit, the children will use running and jumping both in isolation and combination, as well as use a range of skills and link them to make sequences of movement. In this unit, the children will further develop their flexibility, strength and balance, as well as communication and collaboration, through a variety of activities.</p>
Core Unit 3: Greatest Showman Dance	<p>Skills: Musicality, Control, Precision, Team Work, Balance</p> <p>In this unit, the children will apply their knowledge and skills of dance to create a dance routine to a stimulus. During the unit, they will create, refine and perform dance sequences to music using varying levels, space, canons and energy. Working in collaboration, as part of a group, they will use communication and team work to create a group dance.</p>
Core Unit 4: Leadership	<p>Skills: Communication, Co-operation, Respect, Co-ordination, Confidence</p> <p>In this unit, the children will further develop skills in creating, organising and leading task and games to their peers. They will learn the STEP principle and begin to understand how to communicate in different ways effectively. The children will apply the knowledge they have learnt to act as Play Leaders to younger children.</p>
Core Unit 5: Netball	<p>Skills: Balance, Agility, Co-ordination, Passing, Receiving</p> <p>In this unit, the children will continue to develop their passing techniques through a variety of different passes, including chest, shoulder and bounce pass. They will also learn how to land correctly when receiving the ball, as well as dodging into a space effectively. The children will apply their knowledge to playing High 5 Netball games and matches.</p>

Unit 6: Kwik Cricket	<p>Skills: Co-ordination, Agility, Striking, Fielding, Communication, Team Work, Accuracy</p> <p>During this unit, the children will develop their overarm and underarm bowling techniques against a batter, as well as understand how to field effectively. The children will apply their knowledge of batting and fielding to various different competitive scenarios.</p>
Unit 7: Indoor Athletics	<p>Skills: Balance, Agility, Co-ordination, Accuracy, Control, Strength, Speed</p> <p>In this unit, the children will develop their technique and co-ordination to perform a triple jump, as well as continue to improve their ability to perform different throwing, catching and jumping techniques. Throughout the unit, the children will have the opportunity to compete against each other, measuring and testing their scores against their own personal best.</p>
Unit 8: OAA	<p>Skills: Team work, communication, Control, Respect, Strength, Power, Co-ordination, Balance. Flexibility.</p> <p>In this unit, the children will participate in a variety of games and activities which promote the use of good teamwork and communication. They will also need to think logically about how to solve problems, using a key to follow a route. Children will use their communication skills to lead teams effectively to solve problems.</p>