



Physical Education

Health and Related
Exercise Year 6

Unit Purpose

The unit of work will consolidate pupils understanding of **strength, flexibility** and the **cardiovascular** elements of **fitness**.

Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.

Inspire Me

Did you know... that in 2020, Mathew Fraser earned the title of Fittest Man on Earth for the fifth consecutive year! Matthew started out as an Olympic weightlifter and was a junior national champion.



Key Success Criteria

- P** Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness.
- C** Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- S** Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits.
- W** Pupils will refine life skills such as self motivation, resilience and self discipline as they strive to improve their own performances.



Vocabulary for Learning

Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

Strength: Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.



Sport Specific Vocabulary

Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Fitness Assessment/Test A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.





Physical Education

Tag Rugby Year 6

Unit Purpose

Pupils will consolidate their understanding of **attacking** and **defending**.

Pupils will create **tactics** for both attack and defence and apply them into game situations, adapting them when necessary.

Inspire Me

Nigel Owens was a Welsh international rugby union referee. Nigel holds the record for the international matches refereed, exactly 100. This includes the 2015 Rugby World Cup Final between New Zealand and Australia.



Key Success Criteria

- P** Pupils will apply a refined understanding of the skills required for both attacking and defending. Pupils will switch fluidly between attack and defence as possession changes.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games.
- S** Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.



Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Offside: occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker intercepts the first pass, this is know as offside.

Formations: A formation describes how the attackers and defenders position themselves on the pitch.



Sport Specific Vocabulary

Knock On: is an offence committed by the attacking team when the ball carrier or an attacker receiving a pass 'drops' the ball forwards towards their opponents try line.

Advantage: Advantage: is applied when an infringement occurs. Instead of stopping the game the referee can apply an 'advantage' to the non-offending if they have/gain possession and create an attack.

