



Christ Church Academy Physical Education Journey

Year 6 – Creating A Lifelong Love For Physical Education

Orienteering/ Swimming

You will develop your basic orienteering skills including how to orientate and set the map on simply courses. You will develop your key swimming skills including front crawl, back stroke and dreading water.



Sports Day



Girls – Cricket

You will develop your basic and intermediate skills used in cricket.



Boys - Rounders

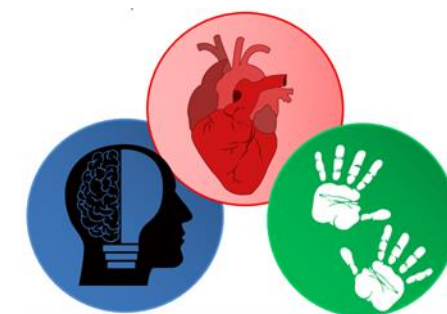
You will develop your basic and intermediate skills used in cricket including batting and bowling.



Athletics/ Swimming

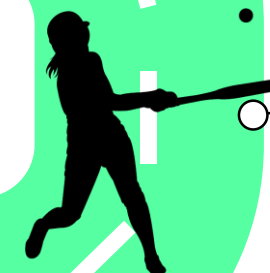
You will develop key swimming skills including front crawl, back stroke and dreading water.

How will I be assessed?



Girls – Rounders

You will develop your basic and intermediate skills used in cricket including batting and bowling.



Tennis

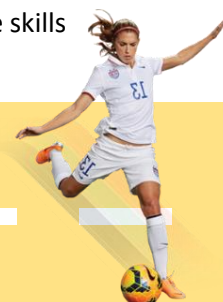
You will focus on transferable skills across tennis, table tennis and volleyball.



Summer Term

Girls – Football

You will develop your basic and intermediate skills used in football.



Boys - Movement

You will combine gymnastic, dance and parkour skills together to create a performance.



Girls - Movement

You will combine gymnastic, dance and parkour skills together to create a performance.



Boys - Cricket

You will develop your basic and intermediate skills used in cricket.



Spring Term

Boys - Basketball

You will develop your basic and intermediate skills used in basketball.



Boys - Handball

You will develop your basic and intermediate skills used in handball.



Team Building

You will be solving physical problems in teams which will be competing against each other.



Autumn Term



Sportshall Athletics/ Swimming

You will be learning how to run, jump and throw. You will try to beat your personal best in these activities.



Boys - Football

You will develop your basic and intermediate skills used in football.



Girls - Netball

You will develop your basic and intermediate skills used in netball.



Health & Fitness/ Swimming

You will be looking at how much physical activity you should be getting each day and different fitness activities.



Interhouse Competitions

- Football
- Netball
- Basketball
- Handball
- Cricket
- Rounders



Your Y6 Physical Education Journey starts here ...

