PE Year 6: Autumn 2

Golf

Key Vocabulary for Golf

Pitch – using a lofted club to approach a green.
Wedge – a lofted club used to play the ball in the air.
Putter – a club with a flat face used to roll the ball across the green towards the hole.
Iron – varying in loft, irons are used to progress towards the hole down the fairway.
Short game – short, delicate shots played around the green and near the hole.
Stroke – one shot.
Par – completing the hole in the expected amount of strokes.
Hole – the end point marked with a flag.
Bunker – an area filled with sand.

Key Knowledge for Golf

Striking: It is essential to choose the correct club and shot type to achieve the desired outcome. Some shots may require the ball to be lofted into the air; however, other shots may require you to roll the ball along the floor delicately towards the hole.
Putting: rolling the ball towards the hole accurately to finish the hole.
Driving: Hitting the ball the greatest distance possible to start a hole.
Chipping: Using a lofted club to play aerial shots to avoid hazards such as water or sand.
Rules: understand, apply and use rules consistently in a variety of target games whilst playing and officiating.

Key Skills for Golf

Physical: striking the ball, using hand-eye co-ordination, in the direction of the desired destination, whilst remaining balanced.
Social: work safely, support and encourage others.
Thinking: analysis, perseverance and self-regulation are all essential to ensure you select the correct shot choice to achieve the desired outcome.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.
Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.
Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

Key Questions

Golf
What steps can you take to ensure your putt is accurate?
What is the aim when you are chipping the ball?
How should you adjust your grip when you are chipping?
How should your feet be positioned when you are teeing off?
What does it mean to drive the ball?

Basketball
What is the most effective technique for dribbling?
What is protective dribbling?
How do we free ourselves from a defender?
Is it best to pass or dribble?
Why are tactics important?
What makes a good defender?
Which is best - set shot or jump shot?

Basketball

Key Vocabulary for Basketball

Interception- gaining possession by preventing an opponent's pass reaching its destination.
Opponent – a player for the opposing team.
Shut down – closing the space between you and an opponent in possession.
Dictate – influence the play.
Turnover – changing of possession in the game.
Possession – a team having control of the ball.
Conceding – failing to prevent the opposing team from scoring.
Formation - positions taken up by each player.
Quadriceps – a group of four muscles found at the top of the leg.
Gluteals – a pair of large muscles found at the rear of the body.

Key Knowledge for Basketball

Sending & receiving: understand and make quick decisions about when, how and who to pass to.
Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.
Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.
Tactics: know how to create and apply a tactic for a specific situation or outcome.
Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.

Key Skills for Basketball

Sending & receiving: sending and receiving consistently using a range of techniques with increasing control under pressure.
Dribbling: dribble consistently using a range of techniques with increasing control under pressure.
Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.
Attacking: confidently change direction to lose an opponent.
Defending: use a variety of defending skills (tracking, interception, jockeying) in game situations.