

Fitness

Key Vocabulary for Fitness

Generate force – the use of muscle tension throughout the body to output optimum force in a push or pull movement
Agility – the ability to change direction at pace
Stamina – sustaining a level of physical exertion over a long period of time
Analyse – reviewing performance or technique
Flexibility – the ability for joints to move in a free range of movements without restriction
Aerobic – exercising whilst inhaling oxygen
Anaerobic – an athlete performing at their optimum level without inhaling oxygen until their oxygen levels are depleted

Key Knowledge for Fitness

Agility: understand that agility requires speed, strength, good balance and coordination.
Balance: know where and when to apply force to maintain control and balance.
Coordination: understand that coordination also requires good balance and know how to achieve this.
Speed: know that speed can be improved by training and know which speed to select for the distance.
Strength: understand that I can build up strength by practising in my own time.
Stamina: know which exercises can develop stamina and understand that it can be improved by training over time.

Key Skills for Fitness

Agility: change direction with a fluent action and transition smoothly between varying speeds.
Balance: show fluency and control when travelling, landing, stopping and changing direction.
Coordination: coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.
Speed: adapt running technique to meet the needs of the distance.
Strength: complete body weight exercises for increased repetitions with control and fluency.
Stamina: use my breath to increase my ability to move for sustained periods of time.

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.

PE Year 6: Summer 1

Key Questions

Tennis

What is the ready position?
Where should the racquet be facing when you make contact with the ball?
When might you use a backhand to return the ball?
Can you recall the teaching points of a backhand?
When is a volley most effective?
Can you recall the scoring system used in tennis?

Fitness

What is the most effective sprinting technique?
What develops our leg strength?
Which body parts need to coordinate when skipping?
What is stamina?
How can we increase our personal best?

Tennis

Key Vocabulary for Tennis

Officiate – acting as the official rule enforcing in a game of tennis
Forecourt – the area between the service line and the net
Backcourt – the area of the court around the baseline
Collaborating – working in unison with a partner whilst playing doubles
Attacking – obtaining the forecourt area
Quadriceps – a group of four muscles found in thigh region of the leg
Gluteals – the large muscles found in the buttock area

Key Knowledge for Tennis

Shots: understand the appropriate skill for the situation under pressure.
Serving: begin to apply tactics when serving.
Rallying: understand how to play different shots depending on if a rally is cooperative or competitive.
Footwork: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.
Tactics: understand when to apply some tactics for attacking and/or defending.
Rules: understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.

Key Skills for Tennis

Shots: demonstrate increased success and technique in a variety of shots.
Serving: serve accurately and consistently.
Rallying: successfully apply a variety of shots to keep a continuous rally.
Footwork: demonstrate a variety of footwork patterns relevant to the game I am playing.