

Year 5/6 – Unit 1 - Cognitive

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	Develop flexibility, strength, technique, control and balance.	Coordination Ball skills	In less than 20 seconds and in both directions, maintaining control: <ul style="list-style-type: none"> - To know how to stand with my legs apart, hold a ball between them with both hands at the front, allow the ball to bounce and then catch it with hands behind my legs ('front to back catches') 20 times, alternating catches in front and behind. - To know how to do the same task 30 times, this time without letting the ball bounce in between. - To know how to complete the above tasks with head up throughout. - To know how to stand, throw a ball over my head, catch it behind and then throw it forwards over my head and catch it in front ('overhead throw and catch') 11 times. 	In less than 20 seconds and in both directions, maintaining control: <ul style="list-style-type: none"> - To know how to combine an 'overhead throw and catch' with a 'front to back catch' (see Pink challenges) to make a 'long circle' 12 times (forwards and then backwards). - To know how to stand with a ball in 1 hand, throw it over the opposite shoulder and catch it behind my back with the same hand 20 times (with either hand). I can do the same, throwing the ball from back to front.
4 - 6		Agility Reaction/Response	From a distance of 1, 2, and 3 metres, facing away from a partner: <ul style="list-style-type: none"> - To know how to react to a call from a partner when they drop a ball, turn and catch it after 1 bounce. - To know how to do the above challenge, but react to the sound of the bounce rather than the call. 	From a distance of 1, 2, and 3 metres, facing away from a partner: <ul style="list-style-type: none"> - To know how to react to a call from a partner when they drop a ball, turn and catch it after 1 bounce, balancing on 1 leg. - To know how to do the above challenge, but react to the sound of the bounce rather than the call. - To know how to do the above challenges, but also step across my body and bring my hand across my body to catch the ball with 1 hand.