

Year 5/6 – Unit 6 – Personal

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 – 3	<i>They should enjoy communicating, collaborating and competing with each other.</i>	Coordination Sending and Receiving	With right and left hand/foot: <ul style="list-style-type: none"> - With a partner, to know how to simultaneously pass a large ball along the floor with my feet and throw a tennis ball for 10 continuous passes. - With a partner, to know how to keep 3 tennis balls going in a throwing circuit for 30 seconds. 	With right and left hand/foot: <ul style="list-style-type: none"> - Working with a partner, to know how to simultaneously pass a ball along the floor with my feet and throw 2 tennis balls continuously. - Working with a partner, to know how to simultaneously volley a tennis ball with a racket and pass a ball along the ground continuously.
4 – 6	<i>Play competitive games, modified where appropriate</i>	Agility Ball Chasing	Over a distance of up to 10 metres and turning both ways: <ul style="list-style-type: none"> - To know how to stand facing a partner, ask them to feed a ball over my head, then turn and catch it after 1 bounce. - To know how to stand facing away from a partner, ask them to feed a ball over my head, react and catch it after 1 bounce. 	Over a distance of up to 10 metres and turning both ways: <ul style="list-style-type: none"> - To know how to stand facing away from a partner, ask them to feed a ball over my head, react and catch it between my knees or feet after 1 bounce. - To know how to do the above challenge, but catch the ball on the instep of my foot and lower it to the ground.