

Year 6 Transition pack

Subject: PE

PE is all about Sport and Physical activity. In year 7 you will get the opportunity to take part in a vast range of different competitive sports and activities from football and netball to gymnastics and badminton. We also focus on how physical activity can benefit your health and fitness and keep you well socially, physically, and mentally.



Transition activities

- 1. Lets get physical** – PE is all about physical activity. Can you challenge yourself to the Olympic activities found on the next page.
- 2. A question of sport** - Pick your favourite sport or a sport that you would like to try (in year 7 you will do; Football, netball, rugby, gymnastics, badminton, basketball, fitness, dance, rounders, cricket and athletics) . Create a poster about your favourite sport. You can include a brief description of the sport, a diagram of the sports field or pictures of the participants, the rules and regulations, any equipment you will need, playing positions, useful facts, and famous people who play that sport.
- 3. Healthy body/healthy minds** – Draw a picture of yourself, add five speech bubbles around the edge of the page. In the speech bubbles write 5 ways in which sport or physical activity helps you physically, socially and mentally.

Reading lists

- ***Sportopedia: Explore more than 50 sports from around the world*** - By Adam Skinner
- ***Women in Sport: Fifty Fearless Athletes Who Played to Win*** - By Rachel Ignatofsky
- ***My Encyclopaedia of Very Important Sport: For little athletes and fans who want to know everything*** - by DK
- ***Football School Star Players: 50 Inspiring Stories of True Football Heroes*** – by Alex Bellos

Useful websites

How to get into sports and physical activity? Be inspired here -

<https://www.bbc.co.uk/sport/get-inspired>

How to keep a healthy active lifestyle? Find out here –

<https://www.nhs.uk/change4life>

Films/documentaries/videos to watch

Ladies First (PG) – Netflix Documentary

The short game (PG) Netflix Documentary

Mighty ducks (PG) Feature film

Cool Runnings (PG) feature film

Blindsight – (PG) Amazon Prime (to rent)

Career links with this subject

PE can lead to lots of different career choices such as: A Sports Scientist.

PE Teacher, Physiotherapist, Professional Sports person, Sports Coach, Nutritionist, Personal trainer, and many, many more.

Find out more here - <https://www.futureactive.co.uk/job-hunting-and-careers-advice/career-profiles/careers-in-pe>

Olympic activities

These activities are linked to either the summer or winter Olympic games. You can use the internet to research more information about what sports are included in the games. You can do the activities for as long as you want, and you could film or take photos of it to keep as your own personal fitness diary. These activities are just ideas to get you thinking. You do not have to do them but hopefully you will find some of them fun.

Weightlifting



Fill your rucksack with books  and use it as a weight. You could also use tins of beans or water bottles. Have a go at different exercises using your weight. Or you could choose one exercise and see how times you can do it in one minute.

Please note: Do not do any practices that are unsafe and always have adult supervision if using equipment.

Karate



Research basic karate kata on YouTube and try to practice some of the karate moves shown on the videos.

Please note: Do not do any practices that are unsafe and always have adult supervision if using equipment.

Basketball



You could use a ball and a washing basket. Place the basket at one end of the room and stand at the other. See how many times you can throw the ball into the basket in one minute.

See video: <https://www.youtube.com/watch?v=0FECPDuKeD8>

Gymnastics and Dance



Create a dance or gymnastics routine to your favourite song. Ask your friends to have a go at your routine. Or find a dance routine like the one in the link below and follow along. <https://www.youtube.com/watch?v=gmoHgMYlieQ>

Athletics and fitness



Sprint the length of your garden or a field, time yourself and see if you can beat your time. Do the standing long jump (see video below). Go to a field and take a ball, see how far you can throw it. Have three attempts and try to throw it further each time. Create a fitness circuit in your garden and do it five times or you could do a Joe wicks workout from YouTube.

Standing long jump : <https://www.youtube.com/watch?v=mtLLdekqNes>



Marathon



Complete 26 minutes of any physical activity you like. This could be walking, jogging or cycling. Or you could come up with your own unique exercises.