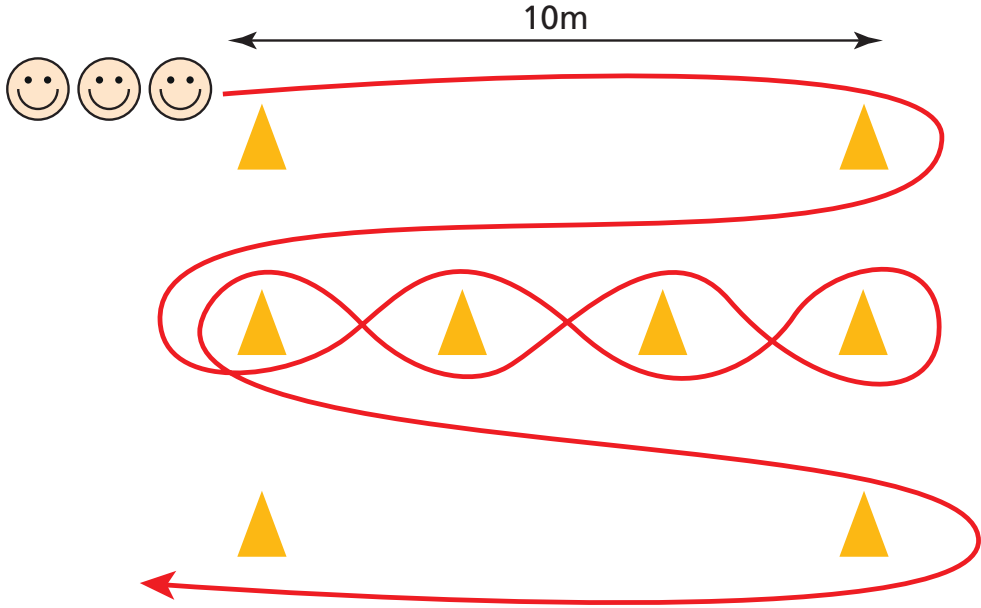
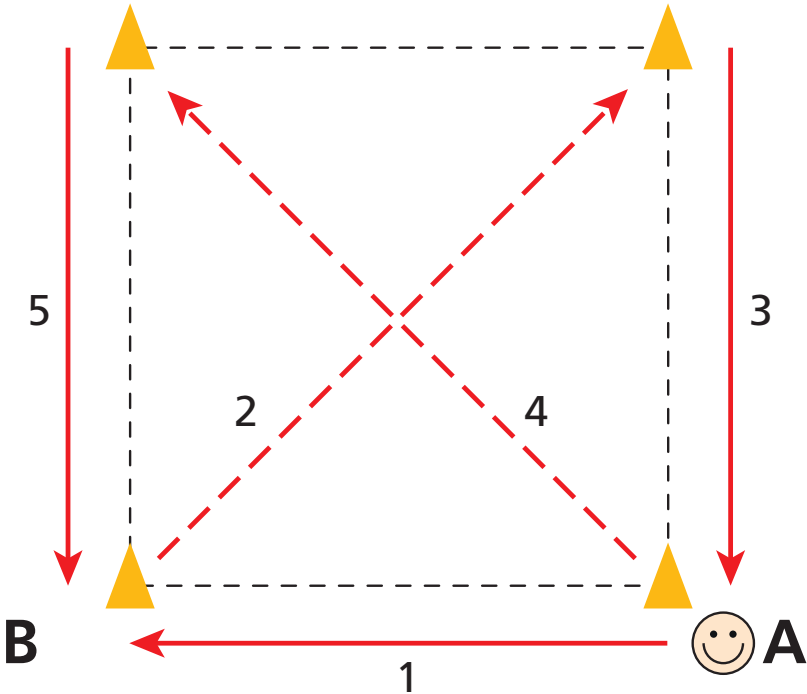


# RESOURCE CARD: MULTI SKILLS: YEAR 6

RELATES TO: **WEEK 1**

## MAIN LESSON: AGILITY



### KEY



Player



Cone



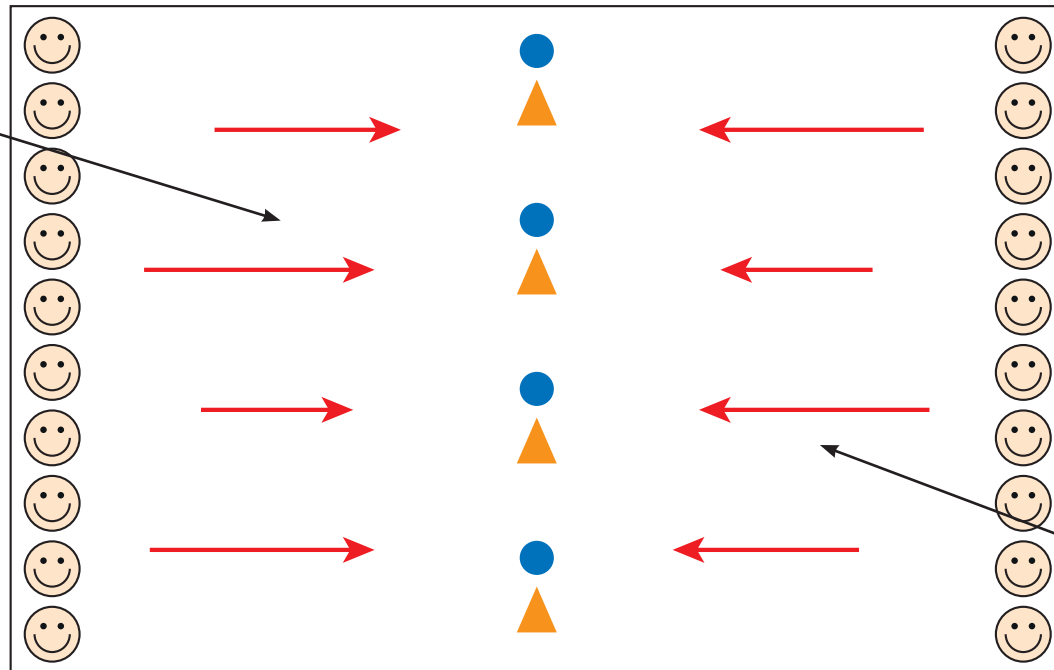
Where the player moves to

# RESOURCE CARD: MULTI SKILLS: YEAR 6

RELATES TO: WEEK 2

## GAME/COMPETITION: DODGEBALL

Pupils run in to collect the dodgeballs from the centre.



Groups start at the edge of the area with their hands touching the wall.

Pupils are to try and throw the dodgeball at the opponents to get them out. However, if the opponent catches the ball then the thrower is out.

### KEY



Player



Ball



Where the player moves to



Cone

# RESOURCE CARD: MULTI SKILLS: YEAR 6

RELATES TO: WEEK 3

## MAIN LESSON: RUNNING

Run to the cone and back.



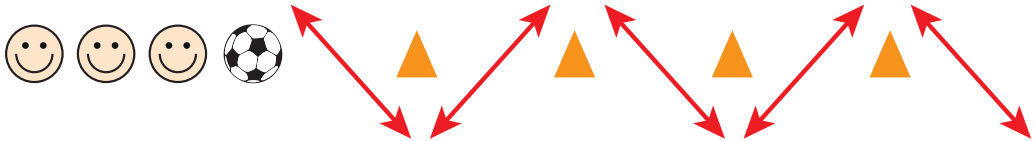
Using a football, dribble to a cone and back at speed.



Run to collect objects.



Dribbling in and out of cones using a football.



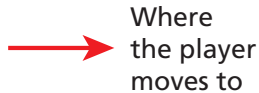
## KEY



Player



Cone



Where the player moves to



Football



Hoop

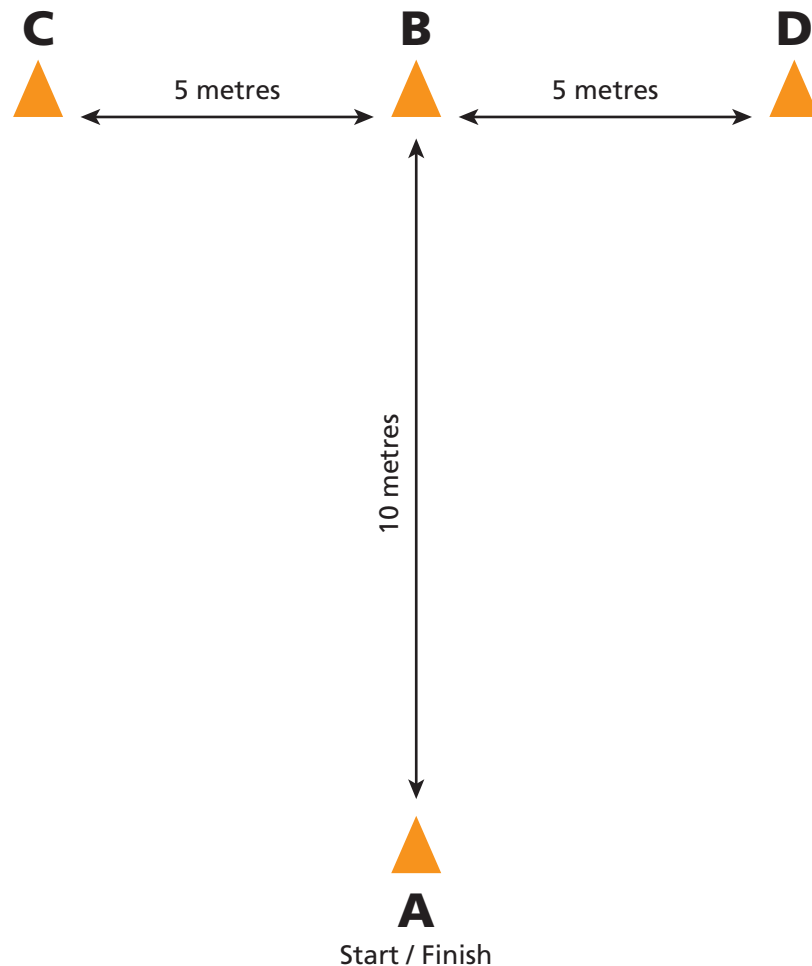


Bean bag

# RESOURCE CARD: **MULTI SKILLS:** YEAR 6

RELATES TO: **WEEK 3**

## GAME / COMPETITION: T-TEST



The T-Test is a great way to determine someone's agility at speed.

### Each student will:

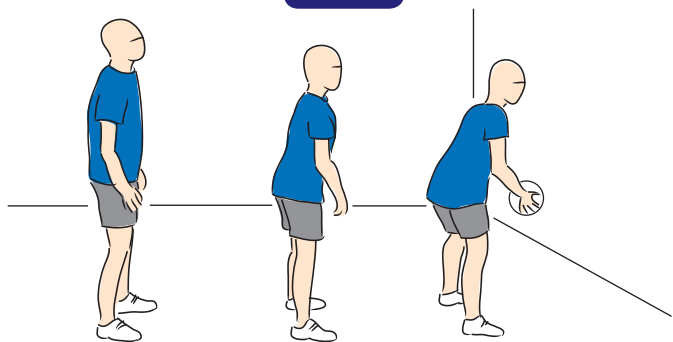
- Start at A and sprint to B.
- Side-step to C as quickly as they can.
- Side-step to D as quickly as they can before side-stepping back to B.
- They then turn and sprint back to A.
- Students must touch each cone that they pass en route.

# RESOURCE CARD: MULTI SKILLS: YEAR 6

RELATES TO: WEEK 4

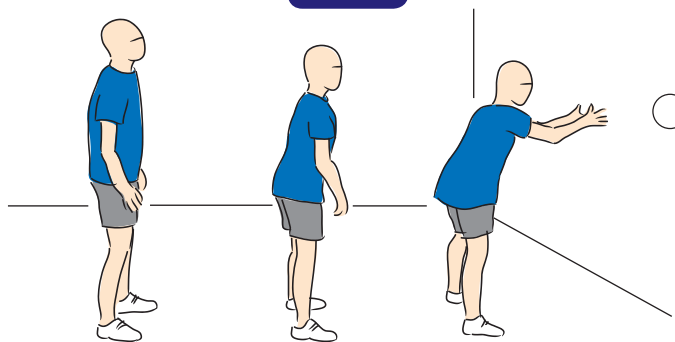
## GAME / COMPETITION: WALL BALL

STEP 1



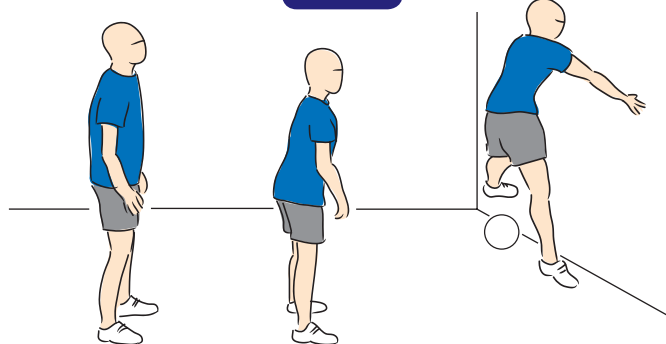
Pupils should be lined up one after the other.

STEP 2



The first person in line throws the ball towards the wall.

STEP 3



When the ball rebounds back, pupils have to try and jump over it.

# RESOURCE CARD: **MULTI SKILLS:** YEAR 6

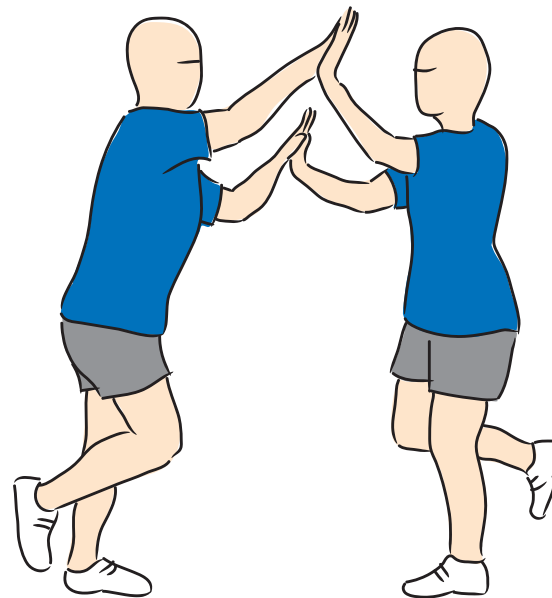
RELATES TO: **WEEK 5**

## MAIN LESSON: **BALANCE**

Stand on one foot and write your name with one hand.



Gladiators balance war.

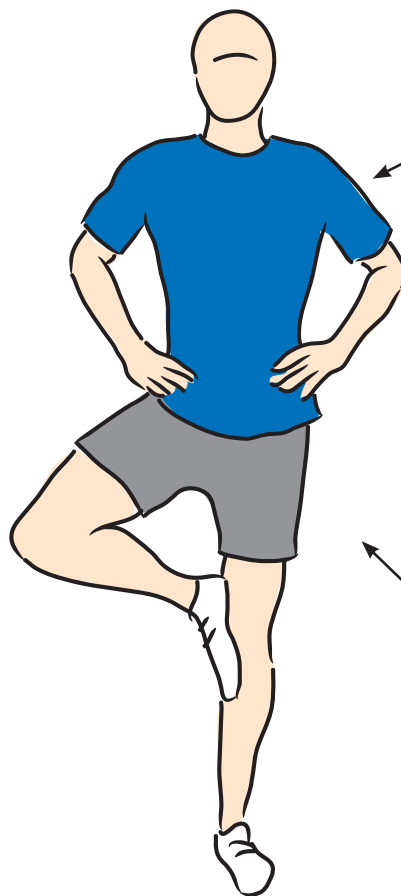


# RESOURCE CARD: **MULTI SKILLS:** YEAR 6

RELATES TO: **WEEK 5**

## **GAME / COMPETITION: THE STORK STAND TEST**

The pupil must stand on one leg. The other leg is to be placed at the side of the knee.



The pupil must have their hands on their hips and their back upright. It will also help their balance if they keep their head looking directly forwards.

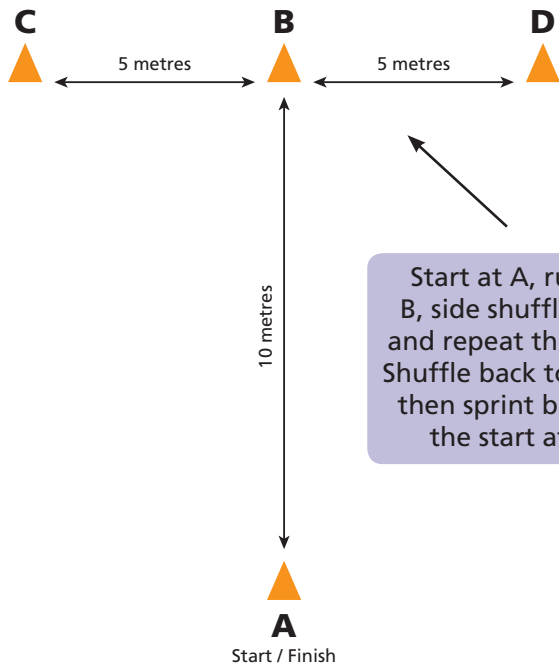
The aim of this test is to remain still, without wobbling, for as long as possible. If the pupil starts to shuffle their feet or wave their hands around, they are out.

# RESOURCE CARD: MULTI SKILLS: YEAR 6

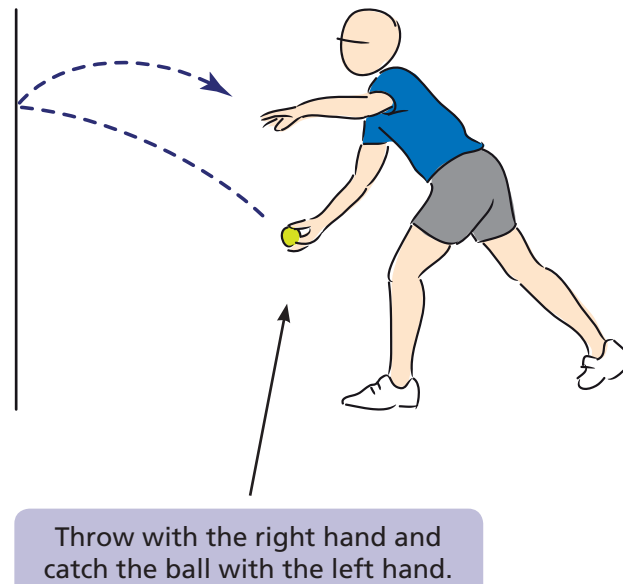
RELATES TO: WEEK 6

## MAIN LESSON: RE-CAP

### STATION 1: SPEED AND AGILITY T-TEST



### STATION 2: HAND CO-ORDINATION TEST

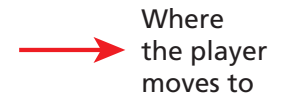


### STATION 3: BALANCE COURSE



Pupils are to hop to the bean bag, place it on their heads, then balance along the bench and back again.

## KEY





# RESOURCE CARD: MULTI SKILLS: YEAR 6

RELATES TO: WEEK 5

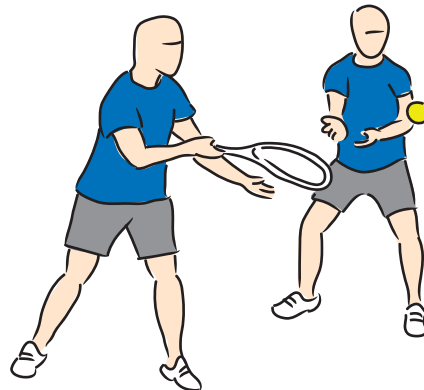
## MAIN LESSON: RE-CAP (CONTINUED)

### STATION 4: COLLECTING BEAN BAG RELAYS



Pupils run to collect bean bags out of the hoop.

### STATION 5: CATCHING ACTIVITY



One person is in the middle with a racket. The other pupils are ready to catch.



## KEY



Player



Where the player moves to



Hoop



Bean bag