

SCHEME OF WORK: **MULTI SKILLS:** YEAR 6

LESSON	OUTLINE OF LESSON
1	Students learn to understand what the term agility means. They also learn to test their agility using a number of different tests.
2	Students continue to develop their understanding of agility.
3	Students take part in a number of agility drills which require them to move at speed. They understand that speed, co-ordination and balance are all required to perform well at agility exercises.
4	Students understand what is meant by the term co-ordination and how they can test their co-ordination in a number of tests.
5	Students take part in a number of balance drills and learn to test their balance using a number of tests.
6	Students combine and link all the skills they have learnt over the course of the term.