



Year 6 - Autumn 1 - PE Knowledge Organiser

What I already know...

- To begin to use the 'forward pass' and 'off side' rule.
- To develop an understanding of tagging rules.
- Throwing, catching and running with the ball.
- How to collect and record my scores, recognising strengths

What I will learn...

Tag Rugby

- To develop attacking principles, understanding when to run and when to pass.
- To be able to use the 'forward pass' and 'offside' rules.
- To be able to play games using tagging rules.
- To develop dodging skills to lose a defender.
- To develop drawing defence and understanding when to pass.
- To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.

Fitness

- To know the appropriate running technique for different distances
- To know how to collect, record and analyse scores
- To identify areas where I have made improvement
- To know how to organise, manage and record information
- To know that there are different areas of fitness and how this helps me in different activities
- To know the different components of fitness and ways to test and develop them

Key Vocabulary

Agility	The ability to move and change direction quickly and easily
Balance	The ability to control body movements smoothly and efficiently.
Passing	passes must be played level or backwards, the ball cannot travel forwards, this will result in possession turnover.
Offside	Attacking players must remain behind the ball when it is active.
Try	A try is scored when the ball is placed over the try line with both hands pushing the ball down.
Power	The ability to use strong force in a short space of time.
Speed	The ability to move all or part of the body quickly over a given distance.
Stamina	The ability to keep exercising for a long period of time.
Strength	The ability to exercise against resistance e.g. lifting something
Tag	To remove a tag of the opposition player who has the ball



Making a difference at The Merton

Children will continue to build upon their knowledge of the rules of tag rugby and the skills developed throughout Key Stage 2, developing a more sophisticated understanding of tactics. As part of a team, they will practise and develop their attacking and defending over the course of a half term before combining their tactical knowledge and technical skills to take part in a competitive tournament. Children will also explore, measure and develop their cardiovascular and anaerobic fitness in a number of discrete areas, working independently and in small groups to recognise areas for improvement and to develop their overall fitness.

Making a difference at home

Rugby World Cup Sevens

Catch the rugby bug by following the fast paced sevens world cup this September rwcsevns.com/

Family sports day!

Test your fitness as a family by taking on the challenges that we are practising in school. Set yourself a target, record your results and aim to beat your personal best.