

# Year 6 Physical Education Must Knows


Top Vocabulary	
<b>collaborate</b> - to work together with others in a group to succeed in an activity.	<b>Officiate</b> - taking charge of a game by implanting rules and adhering to them. E.g. being a referee
<b>sensitive feedback</b> - when a teacher or classmate tells you, in great detail, how you have done in an activity or game.	<b>outwit opponents</b> - when you beat your opponent or opponents at a game because you are more skilled and more clever.
<b>Sportsmanship</b> - to show fair and generous behavior or treatment of others	<b>Opponent</b> - a person, or a team who you are trying to beat.
<b>Integrity</b> - the quality of being honest	<b>Respect</b> - treat others how you like to be treated which includes the referee.
<b>Leadership</b> - to take charge of a group of people and guide them accordingly	<b>Mental health</b> - physical activity helps our mental health and well-being
<b>tactics</b> - tactics are the skills required in any game that allows a player or team to effectively use their talent and skill to the best possible advantage.	


## Warm up and cool down

We warm up to prepare our bodies for exercise both physically and mentally to prevent any injuries from occurring.


We cool down to help our bodies recover safely from exercise and helps to prevent muscle soreness.

## Basic Fitness Components

**strength** - ~~power~~ needed to move. 


**stamina** - allows you to move for longer. 

**speed** - allows you to move quickly. 


**flexibility** - allows you to move in a variety of ways. 

## Fundamental Movement Skills (ABC's)

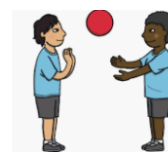
### Agility

Is the ability to change direction quickly keeping the body under control 

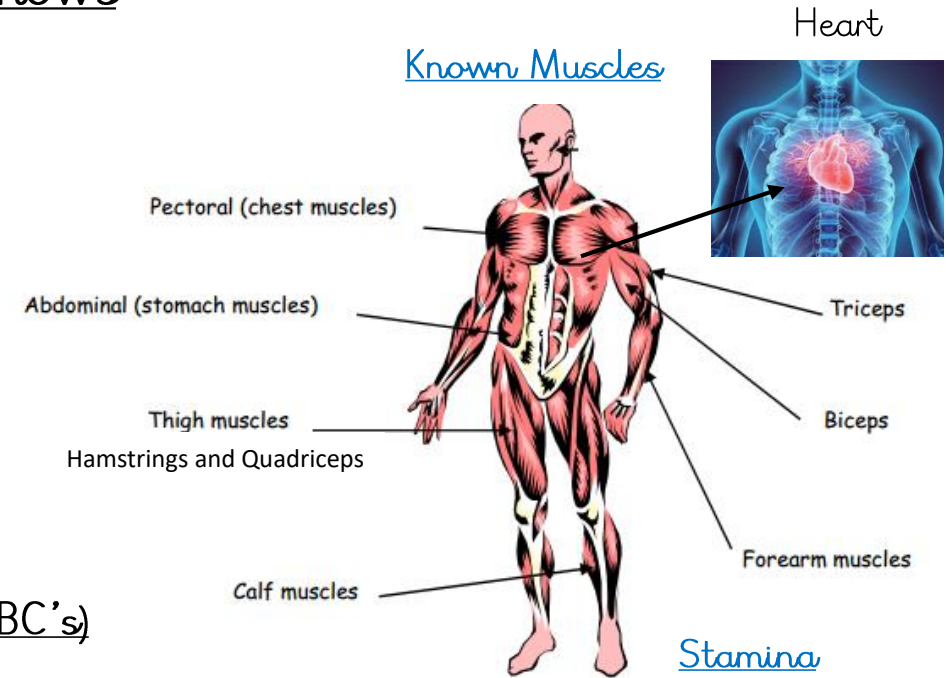
### Balance

Is the ability to stay upright or stay in control of body movement 

### Co-ordination

Is the ability to control the movement of the body in co-operation with the body's sensory function (catching a ball (ball, hand and eye-co-ordination)) 

## Known Muscles



## Stamina Fitness Components

**Aerobic fitness** - is a measure of your body's ability to take oxygen from the atmosphere and use it to produce energy for your muscle cells. This is the ability to continue exercises for a long period of time e.g. running the Daily Mile

**Anaerobic fitness** - anaerobic exercise is activity that causes you to be quickly out of breath, like sprinting or lifting a heavy weight. Anaerobic exercise helps build muscle mass. This is exercising at your maximum effort which can only be for a short period of time e.g. sprinting