

Year 6: Autumn 1, 2025



YEAR 6

Basketball



Provided by
Mersey Mavericks

Key Skills

- Physical: run, jump, throw, catch, dribble, shoot, balance
- Emotional: honesty and fair play, confidence, persevere
- Social: collaboration, communication, co-operation, respect
- Thinking: reflection, decision making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development

| <u>Basketball Overview</u> | Learning Objective | Key Focus | Success Criteria | Coaching Points | National Curriculum Links |
|----------------------------|--|--|--|---|---|
| Week 1 | Develop confidence handling the ball and moving in space safely. | Stationary dribbling, ball control, spatial awareness. | Pupils can dribble without looking at the ball for 5+ bounces and keep control in space. | Fingertips not palms; waist-high bounce; eyes up. | Master basic movements; develop control and balance; use catching/throwing in isolation. |
| Week 2 | Dribble while moving under control. | Dribbling in straight lines, stopping, changing hands. | Pupils dribble 10m with control, change hand once. | Stay low; protect ball; controlled push, not slap. | Apply basic movement skills; develop technique and control |
| Week 3 | Pass and catch accurately with a partner. | Chest and bounce pass, ready hands for catching. | Chest and bounce pass, ready hands for catching. | Step into pass; thumbs down on follow-through; soft hands on catch. | Use throwing and catching in combination; communicate and collaborate with others. |
| Week 4 | Pass and receive while moving into space. | "Pass and move" principle | Pupils pass then move, not stay static. | Call for ball; move into space; hands ready. | Play competitive games; apply attacking principles; communicate and collaborate |
| Week 5 | Develop correct shooting technique. | Shooting stance, elbow, follow-through. | Pupils show correct form 3 times in a row. | Feet set; elbow under ball; wrist snap. | Develop technique and control; evaluate and recognise own success. |
| Week 6 | Shoot after dribbling and rebound effectively. | Shooting off dribble, rebounding. | Pupils attempt one-motion dribble-shot and secure rebound. | Control ball before shot; jump towards rebound; protect ball high. | Use running, jumping, throwing and catching in combination; apply principles of attack/defence. |

Assessment Criteria

YEAR 6

- I can create and use space to help my team.
- I can dribble, pass, receive and shoot the ball with increasing control under pressure.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use the rules of the game honestly and consistently.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand when to use different styles of defence in game situations.

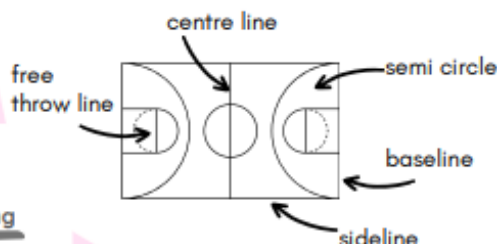


Knowledge Organiser Basketball Year 6

About this Unit

Basketball is an invasion game. An invasion game is a game where two teams play against each other and invade (enter) the other team's space to try to score goals.

An official match has five players on court per team. The most famous basketball competition in the world is the NBA (National Basketball Association) in America. The best players from around the world compete in this league which is held every year.



Invasion Games Key Principles

| attacking | defending |
|----------------------------|-----------------|
| score goals | stop goals |
| create space | deny space |
| maintain possession | gain possession |
| move the ball towards goal | |

Can you think of any other invasion games that share these principles?



Key Vocabulary



abide: act in accordance with the rules

angle: formed when two lines come together at a shared point e.g. arm to floor

ball carrier: person in possession

ball side: the space between the ball carrier and the person you are marking

barrier: an obstacle that prevents movement or access

create: to make space

dominant: preferred side

draw: encourage movement of an opponent

maintain: to keep

rebound: when a player attempts to shoot a goal but the ball hits the basket or backboard and bounces back into play

sportsmanship: play fairly, respect others and be gracious in victory and defeat

support: to help

tactics: a plan that helps you to attack or defend

transition: moving from attack to defence or defence to attack

turnover: when a team not in possession of the ball gains possession

Ladder Knowledge



Sending & receiving:

Making quick decisions about when, how and who to pass to will help you to maintain possession.

Dribbling:

Choosing the appropriate skill for the situation under pressure will help you maintain possession.

Space:

Transitioning quickly between attack and defence will help your team to maintain or gain possession.

Movement Skills

- run
- jump
- throw
- catch
- dribble
- shoot

Social

This unit will also help you to develop other important skills. collaboration, communication, co-operation, respect

Emotional

honesty and fair play, confidence, persevere

Thinking

reflection, decision making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development

Rules

- **Double dribble:** cannot dribble the ball with two hands at the same time and/or dribble the ball, catch it and then dribble again.
- **Travelling:** cannot move with the ball without dribbling it.
- **Foul:** cannot hold or push an opponent.

If any of these rules are broken, a free pass is awarded to the other team or if a foul occurs when a player is shooting, a free shot is awarded (three steps away from the post).

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a basketball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Can't Touch This



What you need: A ball, a stopwatch and another person

How to play:

- One person, the attacker, dribbles on the spot trying to protect the ball for 30 seconds.
- Other person, the defender, scores a point each time they touch the ball.
- Attack turn your body and try to keep the ball away not letting the defender touch it.
- Switch roles then repeat the game trying to beat your previous score.

Top tips:

- Use one hand then the other.
- Use your body as a barrier to protect the ball.



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136

Lesson 1:

- Correct hand position to dribble
- Body position - head up
- Dribble with control
- What is **double dribbling** ?
- Shooting









Lesson 2:

- Focus was 'to keep the ball alive' whilst dribbling - including task of bending down to pick up cones.





Lesson 3:

- * Focus: Dribbling and shooting with speed (and under pressure).
- * How? In teams, dribbling and shooting into the basket when your number was rolled on the dice.



Lesson 4:

- * Focus: Dribbling and shooting quickly under pressure (pair team competition)



Lesson 5:

- **Focus:** Shooting accurately and running quickly
- 2 teams, one person shot and one person ran around in a circle, trying to get all the way around. If the shooter scored a basket, then the runner had to freeze - freed only by the 'Golden Child' passing them on their turn (if not frozen out)



Lesson 6:

- **Focus: Controlled dribbling and shooting**
- **6 teams, take turns to dribble to basket, shoot and return, last player to return is out.**
- **NO pictures – ipad battery died.**

Evaluation / Pupil Voice:AD

I got better at:

- Dribbling
- Shooting
- head / hand position

Sulaiman

I like PE basketball and learnt lot of things I know how to control the ball (feet height) and I know how to move with the ball. I am better at shooting as well. I loved the game Golden child it was so fun!

Hawwa

I think I improved alot because I can control the ball, Shoot the ball travel the ball, dribbling was a little easy and I can keep the court line. I liked the number circles because I kept scoring 50.0

Musab

I love basketball and I loved learning how to properly dribble and shoot and passing the ball. I loved the games we played with the teams and there is nothing I would change about it.

A new skill that I learned is how to control a ball and shooting the ball in the net. I also learned that to double dribble, travelling, ^{only} head / hand position.

Danash

I do double dribbling and I hand pose travelling dribbling shooting and it was so fun.

I really like basketball because I have learnt many things like shooting and my dribbling has gotten better. I really enjoyed playing the game 'Golden child'.

Sulaiman

I love basketball (Shooting tournament) I also learnt new things like I get better grip by only using my finger tips.

- Control
- Position
- dribbling
- double dribble

I have gotten better at shooting, dribbling, traveling, hand position, double dribbling and waist height. I love basketball. My favorite game was the Golden child game. Basketball is really fun. I now know a little bit of skills. I LOVE it! ♥♥♥♥♥♥♥♥♥♥

Indecis

A new skill that I've learnt is dribbling. I've gotten better at that. Something I haven't liked is the pointers because they are a bit too hard.

When you dribble the ball, you keep it on the level as your waist. When you walk to the basketball net with a basketball you dribble it.

Amela

I got better at shooting and dribbling

I've learnt about dribbling, shooting and how to get into position and we learnt to dribble up to waist height.

I got better at tracking with the ball and shooting.

I didn't know what double dribbling is but I got better and better. The controlling and shooting is the most hardest because sometimes the ball goes the different way. I didn't like the dice game but after it was fun.

Charlotte

I improved in my shooting and learned to keep the ball at waist height, what travelling is and double dribbling I liked the Golden child game.

Evaluation / Pupil Voice: AD

We used How to
control with your finger
tips and how to
your waist height
and I learned that
the more you dribble

learn the dribble
dribble rule learn to
shoot the ball from curly
and dribble down the court

I've learnt about double dribbling
and that we have to control
the ball with our finger tips
and we have to bounce it at
your waist height.

Megem

I got better at dribbling,
waist height and travelling.

I have gotten better at
throwing the ball at the
hoop. And at dribbling the
ball.

Lana

I learnt how to dribble a
ball better for shooting some
times. I'm good my skills

have for travelling gotten
very better/control
huly

shooting
dribbling

Hiyab

- Control
- double dribble
- head / hand position
- Shooting
- dribbling
- travelling
- waist height

I have gotten so much better
after these lessons. I got better
at shooting.

Meer

Evaluation / Pupil Voice: RC

I am better at ~~football~~ basketball and I've learned dribbling, passing, controlling and shooting. Also, it's very fun.
Kamran

I can dribble, in the park at shooting but I like playing the game when there's a team and you have to score to be qualified.

Hyman Hassan

I've gotten better at
• dribbling
• passing
• shooting
• controlling
and I loved playing.
• 21
• 10/10

Dazzle9

I am better at ~~football~~ basketball and I've learned dribbling, passing, controlling and shooting. Also, it's very fun.
Kamran

I can dribble, in the park at shooting but I like playing the game when there's a team and you have to score to be qualified.

Hyman Hassan

I've gotten better at
• dribbling
• passing
• shooting
• controlling
and I loved playing.
• 21
• 10/10

Dazzle9

I think I should get better at basketball when I can. I want to use my finger tips to dribble and to shoot the ball. We have to be good at it.

Alisa's GC

We learned how to control the ball and shoot the ball out when we have to shoot it.

~~Basketball~~ made me better in PE because it helped me dribble better and shoot/score better and also helped me run faster and pass better.

I think I should get better at basketball when I can. I want to use my finger tips to dribble and to shoot the ball. We have to be good at it.

Alisa's GC

We learned how to control the ball and shoot the ball out when we have to shoot it.

~~Basketball~~ made me better in PE because it helped me dribble better and shoot/score better and also helped me run faster and pass better.

My favorite lesson was when you had to run passed and trying not get squeezed.

Shahzaib

I can shoot, dribble, in good at these.

I like the team up, running and shooting.

I can also control the ball well.

I also like the game when I can shoot, dribble, in good at these.

The best thing to do if you are trying to throw the ball in the basket is to do a chest pass and to control the ball we use our finger tips - palms and our waist height.

My favorite lesson was when you had to run passed and trying not get squeezed.

Shahzaib

I can shoot, dribble, in good at these.

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Evaluation / Pupil Voice:RC

I want to get better
at shooting. I am good at
dribbling and passing.

I am better at shooting
I still need to practice
at double tapping
every time and control
the ball. I am doing
some chest passing
and we were doing about
the board.

Sully

I find double dribbling very hard to learn. I've passed the ball to other people. It's hard at all, but I know I'm on with the rest of the things. I got faster at shooting the ball in to the basket.

I have ~~learned~~ learned
how to shoot better

I am better than
running HAKAV
I am better shooting
I am better dribbling
I am better passing
I am dribbling like
~~I am~~ 2.

I've learnt dribbling
in basketball and
chest pass controlling
the ball, dribbling.

Caitlin BRE

Basketball-PE
Margaret

what I'm better at
I'm better at dribbling
the ball because I practice
what I want to
improve.
I want to improve
double dribbling and
shooting the ball.
Skill we have learnt:
• Double dribbling • Passing
• Teamwork respecting class rules

is my favourite and
I have learned how
to throw, pass, and dribble.
I have gotten better
with controlling the
ball and the whole unit
yourself. m

least ^{asm} deleting which
means stop the game
or stop. & More
efficiently and better ^{asm}
~~My favorite~~ guide
was storing the
fabric!

I am better at passing.
I am better at controlling the ball.
I am better at shooting.
I am better at dribbling. Zeynep

I've learnt how to control the ball. I like planning playing the game when you sort the children into equal group and have contest to see how much people left in the team. I need to improve my shooting and skills.

ERC-*Olivia L*

I love Playing Basketball

Skills we've learned: PE

- Double Dribbling
- holding the Ball properly

Dribbling

Passing (chest pass)

Shooting ^{controlling the} Ball - finger

teamwork, prints, palm

dribbling - and waist height

We been training
to put the ball
in between my legs.
You shoot with the
3 stripes, put it on your
right hand and the
side, left hand.
Haarit

I have learned how
to control the ball
and dribble that's the
thing I am good at.
Something I have to
be good at is to
throw the ball and
aim it in the
basket.

Year 6: Autumn 2, 2025



YEAR 6

Basketball



Provided by
Mersey Mavericks

Key Skills

- Physical: run, jump, throw, catch, dribble, shoot, balance
- Emotional: honesty and fair play, confidence, persevere
- Thinking: reflection, decision making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development
- Social: collaboration, communication, co-operation, respect

Learning Objectives:

| | | | | | |
|---------|---|---|---|---|--|
| Week 7 | Understand defensive stance and 1v1 marking. | Low stance, arms wide, staying between attacker and basket. | Pupils stop a partner from dribbling past. | Low base; side steps; eyes on waist not ball | Play competitive games; apply defensive principles; develop technique, control and balance. |
| Week 8 | Apply attacking and defending in small games. | Using space in attack, denying space in defence. | Pupils attempt to beat defender or stop attacker fairly. | Attack: change pace/direction; Defence: stay close, hands up. | Apply attacking and defending principles; play competitive games. |
| Week 9 | Pass, move, and maintain spacing as a team. | Give and go; triangle passing; spreading out. | Teams complete 3 passes without crowding. | Keep "court big"; move into space; constant communication. | Communicate, collaborate, and compete; play competitive games. |
| Week 10 | Switch quickly between attacking and defending roles. | Fast break; sprinting back to defend. | Pupils sprint back after losing ball and apply pressure. | First step is sprint; head up; talk to teammates. | Play competitive games; apply attacking/defensive principles. |
| Week 11 | Play structured games following basic rules. | Small-sided 3v3/4v4 games; respect rules and referees. | Pupils apply skills and follow rules without reminders. | Respect referees; no travelling/double dribble; teamwork first. | Play competitive games; communicate and collaborate; evaluate and recognise success. |
| Week 12 | Demonstrate skills, teamwork, and sportsmanship in competition. | Mini-tournament with rotating roles (player, ref, scorer). | Pupils compete fairly, encourage others, and reflect on progress. | Effort > winning; rotate roles; celebrate progress. | Play competitive games; communicate, collaborate, and compete; evaluate and recognise success. |

YEAR 6

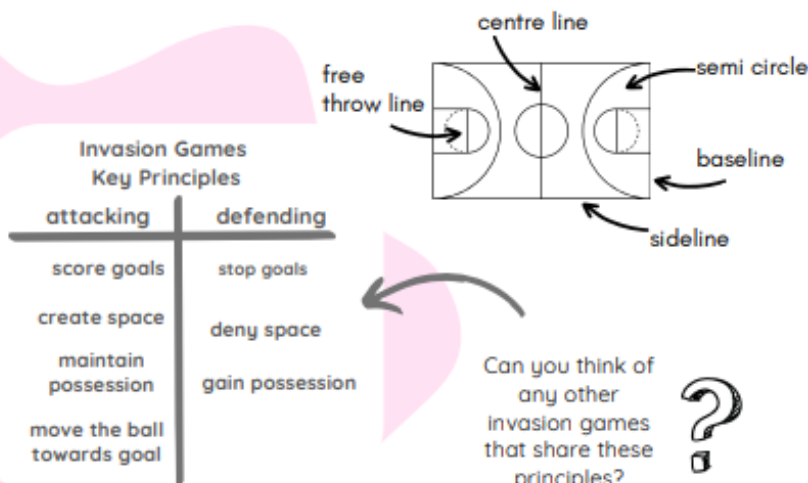
- I can create and use space to help my team.
- I can dribble, pass, receive and shoot the ball with increasing control under pressure.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use the rules of the game honestly and consistently.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand when to use different styles of defence in game situations.

Knowledge Organiser Basketball Year 6

About this Unit

Basketball is an invasion game. An invasion game is a game where two teams play against each other and invade (enter) the other team's space to try to score goals.

An official match has five players on court per team. The most famous basketball competition in the world is the NBA (National Basketball Association) in America. The best players from around the world compete in this league which is held every year.



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support: to help
tactics: a plan that helps you to attack or defend
transition: moving from attack to defence or defence to attack
turnover: when a team not in possession of the ball gains possession

Ladder Knowledge



Sending & receiving:

Making quick decisions about when, how and who to pass to will help you to maintain possession.

Dribbling:

Choosing the appropriate skill for the situation under pressure will help you maintain possession.

Space:

Transitioning quickly between attack and defence will help your team to maintain or gain possession.

Movement Skills

- run
- jump
- throw
- catch
- dribble
- shoot

Social

This unit will also help you to develop other important skills. collaboration, communication, co-operation, respect

Emotional

honesty and fair play, confidence, persevere

Thinking

reflection, decision making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development

Rules

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- Travelling:** cannot move with the ball without dribbling it.
- Foul:** cannot hold or push an opponent.

If any of these rules are broken, a free pass is awarded to the other team or if a foul occurs when a player is shooting, a free shot is awarded (three steps away from the post).

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a basketball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Can't Touch This

What you need: A ball, a stopwatch and another person

How to play:

- One person, the attacker, dribbles on the spot trying to protect the ball for 30 seconds.
- Other person, the defender, scores a point each time they touch the ball.
- Attack turn your body and try to keep the ball away not letting the defender touch it.
- Switch roles then repeat the game trying to beat your previous score.

Top tips:

- Use one hand then the other.
- Use your body as a barrier to protect the ball.



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

Lesson 8:

- **Focus: Controlled dribbling and shooting**

Lesson 9:

- **Focus: Controlled dribbling and shooting**

Lesson 10:

- **Focus: Controlled dribbling and shooting**

Lesson 11:

- **Focus: Controlled dribbling and shooting**

Lesson 12:

- **Focus: Controlled dribbling and shooting**

Evaluation / Pupil Voice:

Swimming



Swimming: Autumn 1 & 2

Lessons are taught by School Improvement Liverpool
Results are tracked on SWIMPHONY

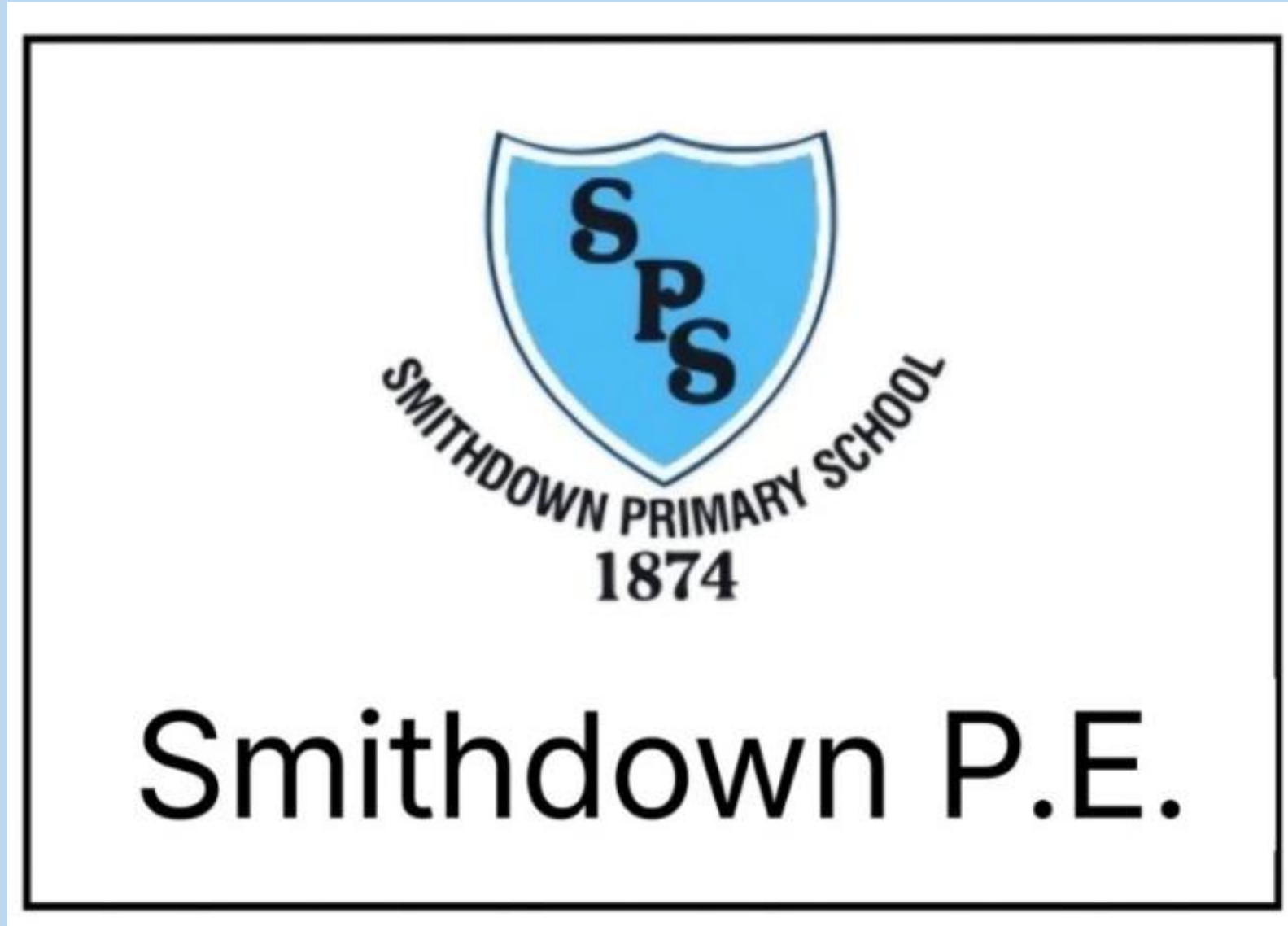
Evaluation / Pupil Voice: AD

Evaluation / Pupil Voice: AD

Evaluation / Pupil Voice: RC

Evaluation / Pupil Voice: RC

Year 6: Spring 1, 2026



YEAR 6

Fitness



Key Skills

- Physical: agility, balance, co-ordination, speed, stamina, strength, jump, run, throw
- Social: support and encourage others, collaboration
- Emotional: perseverance, determination
- Thinking: observation, analysis, comprehension

Learning Objective

| | |
|-----------------|--|
| LESSON 1 | To develop an awareness of what your body is able to do. |
| LESSON 2 | To develop speed and stamina. |
| LESSON 3 | To develop strength using my own body weight. |
| LESSON 4 | To develop co-ordination. |
| LESSON 5 | To develop agility. |
| LESSON 6 | To develop balancing with control. |

Assessment Criteria

YEAR 6

- I can change my running technique to adapt to different distances.
- I can collect, record and analyse scores to identify areas where I have made the most improvement.
- I can work with others to organise, manage and record information at a station.
- I encourage and motivate others to work to their best.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I understand the different components of fitness and ways to test and develop them.
- I work to my maximum consistently when presented with challenges.



Knowledge Organiser

Fitness Year 6

About this Unit

Regular participation in physical activities can significantly improve your mood. Exercise releases endorphins, which are natural chemicals in the body that create a feeling of wellbeing. Exercise can also reduce stress and anxiety, improve sleep and give you more energy.

Physical fitness includes different components including agility, balance, co-ordination, speed, stamina and strength. The wonderful thing about fitness is that no matter where your fitness levels are, you can always make improvements with practise.

These are the tests you will use to measure each component of fitness.

- Agility: T-test
- Balance: stork test
- Co-ordination: skipping
- Speed: 30m sprint
- Stamina: 4m run
- Strength: calf raises



Key Vocabulary

abdominals: muscles in the stomach
agility: the ability to change direction quickly
analyse: examine in order to understand
calves: a muscle in the bottom back of leg
co-ordination: moving two or more body parts at the same time
consistent: to repeat something in the same way
drive: a forceful and controlled movement to help move you forward
engage: to activate
measure: to mark a distance
motivate: to encourage
persevere: to continue trying
power: speed and strength combined
quadriceps: the muscles in the thighs
record: to make note of
rhythm: a strong, regular repeated pattern of movement
stable: to be balanced



Ladder Knowledge



Agility:

Agility requires speed, strength, good balance and co-ordination.

Speed:

Speed can be improved by training. Different distances require different speeds.

Balance:

Apply force to maintain control and balance.

Strength:

You can build up strength by practicing in your own time.

Co-ordination:

Co-ordination also requires good balance.

Stamina:

Different exercises can develop stamina which can be improved by training over time.

Movement Skills

- agility
- balance
- co-ordination
- speed
- stamina
- strength

This unit will also help you to develop other important skills.

Social support and encourage others, collaboration

Emotional perseverance, determination

Thinking observation, analysis, comprehension

Strategy

Identify your areas of strength and your areas for development. Then, think of set your plan to make improvements to that element of fitness. Retest yourself after a period of practice and make sure to notice how you feel. How challenging you find an activity is also a mark of level.

Healthy Participation



- Focus on your own results without comparing them with others.
- Work within your own capabilities.
- All actions need to be performed with control.

If you enjoy this unit why not see if there is an athletics club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Red or black?

What you need: A pack of cards.



How to play:

- One player guesses whether the first card will be red or black.
- If they are correct they get to guess if the next card will be higher or lower than the first.
- If they are correct they get to guess if the next card will be a number in between the first two cards or a number outside of the first two cards.
- If they are correct they win one hand.
- If they are wrong at any stage they complete 10 x of an exercise of their choice and the game begins again.
- The game ends when the player has won 10 x hands.

Red or black / higher or lower / in or out?



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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Lesson 1:

- **Focus: Circuits to develop skills of stamina, speed, flexibility and strength**

Lesson 2:

- **Focus: Circuits to develop skills of stamina, speed, flexibility and strength**

Lesson 3:

- **Focus:**