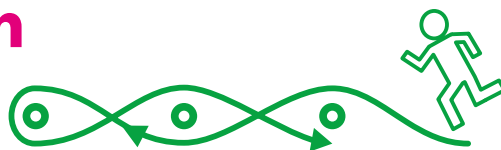


Year 6/7 Transition

Games



If you've found this resource useful, visit our website for more information on our whole school My PB resource and training.

www.youthsporttrust.org/mypersonalbestpri



Learning Intention:



1. Show and develop self motivation when developing agility
2. Show fairness when competing against an opponent
3. Reflect on how you can use your understanding of agility to develop a new agility test.



Social Connectedness:

Try different methods of individually completing the tasks before challenging a partner. Complete the Illinois agility test as a group, helping each other to time your best effort.



You will need:

Cones for pupils to make agility runs.



Current Guidance:



- Ensure every child washes their hands before and after the lesson.
- Maintain physical distancing with all children at least 2 metres apart.
- Wherever possible do not use equipment - any essential equipment used must be cleaned before and after use.
- Outdoor PE is preferable, but if indoors make sure the space is well ventilated.



Links to Learning:

- Think about which areas of your life need self-motivation. Could you work harder at school? Are you slow getting out of bed? Is your bedroom messy? Challenge yourself to improve these areas without needing an adult.
- Do you play fairly at break time and lunchtime or when you are playing games with your brothers and sisters? Think about how you treat people, could you be better at winning and losing?
- Reflect on the past few months and how you have found living within our 'new normal.' Have you or members of your family found things difficult? Would it be good to talk to a friend or teacher about these feelings?

STEP: Space Task Equipment People

- Encourage pupils to be creative when designing their agility runs. Get them to think about Space, Time, not having Equipment and the Person they are working with!
- For pupils that struggle with self motivation in PE, think about who they work with on these tasks.
- Change pairings to encourage and develop 'fairness.' You may want to put pupils together who struggle to play fairly to see if they can work together and develop this characteristic.



HEALTHY ME

Self-motivation

“the ability to do what needs to be done without the influence of other people”

Agility is a key skill in many different games. It is the ability to move, change direction and position the body quickly whilst under control. You must be self-motivated to remain agile in a game when you are feeling tired. It requires quick reflexes, coordination, balance, speed and correct responses to the changing game.

Create a T-shape using four cones. Can you motivate yourself to find ways of travelling up and around the cones? Can you move quickly and change direction whilst remaining balanced? Try your ideas and then share them with the person next to you.

Try running up the cones vertically, side stepping to the left cone, side stepping to the right cone, side stepping back to the middle and running backwards down the vertical cones.

- Once you know the pattern, time yourself with a stop watch or get your partner to time you
- Repeat and time again, can you motivate yourself to go faster?
- Can you change your technique to make yourself more agile?
- Compete against the person next to you, motivate yourself to try to beat them!

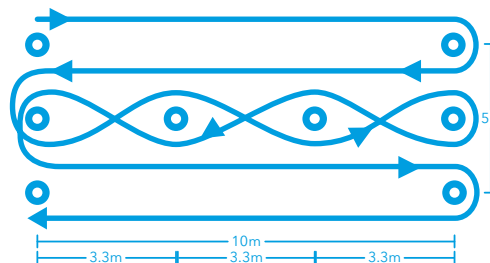


SOCIAL ME

Fairness

“treating people equally or in a way that is right or reasonable”

The Illinois agility test is a fitness test designed to test your sport agility (turning in different directions and at different angles.) Set up the test as in the diagram or as shown by your teacher.



Practise the route first so you are familiar with what you are doing. Now you are going to work with two other pupils. Stay in your own space. Two of you will compete against each other, the other will be the judge. Ensure that all the time you are competing you think about fairness and playing to the rules. Swap over so that you all get to compete against each other.

Judges must make sure that;

- Both runners start at the same time
- Both runners complete the course accurately and fairly
- You may wish to time and compare times with other groups.

When you have completed the test identify which aspects of the course your group could improve. Can you help the others to improve their agility?



THINKING ME

Reflection

“processing thoughts and feelings”

Now you have completed the Illinois agility test, take some time to reflect on how successful you have been at demonstrating agility

- Have you been self motivated to move quickly?
- Do you find it a challenge to change direction and position the body whilst staying in control?

Now you have an understanding of agility and the sort of course you can use to practise and test it, create your own ‘agility run’ to improve different movement patterns. Your course might involve jumping, running in different directions, following letter shapes or touching the cones in an order.

Now join back up in your group of three and show each other your ‘agility run.’ Between you, reflect on your ideas and decide which course you think is the most effective to develop agility. Ensure that you are fair when assessing which course is most effective.

Set up the agility run you have decided on and race amongst the three of you to be the quickest and most agile. Ensure that if all three of you are racing at the same time, you are fair in starting together and completing the course accurately.