

Year 6 Spring Medium Term Plan

<i>Sport Taught</i>	<i>National Curriculum Links</i>
Non Stop Action - Volleyball	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Gymnastics	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.