**Y6 transition ideas**

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| Activity | Challenge | Result |
| Football | * How many keepy ups can you do? * Extension only use your weak foot/use both feet alternatively * How many times you can hit a spot on the wall? * How many headers in a row? * How long can you balance a ball on your head? * How long can you keep possession of the ball without a family member getting the ball off you? * Can you score a dizzy penalty? * Can you perform any tricks? e.g. around the world or a rainbow flick * CAN USE A TOILET ROLL IF DON’T HAVE A BALL |  |
| Netball | * How many passes against a wall in a minute? * How many times you can hit a spot on the wall in a minute? * Practice footwork landing (Look at England Netball videos) * *Draw a diagram of a netball court and all the starting positions in netball* * *EXTENSTION: draw where each player can go to on court* |  |
| Basketball/Handball | * How many bounces in a minute? * Can you dribble with alternate hands? * Can you dribble with one hand and get to a led down position and then stand up again? * Can you do a figure of eight around your legs without touching them or dropping the ball- maybe time them? |  |
| Tennis | * How many keepy ups with a tennis ball and racket? * Can you return a ball to the wall after one bounce? * How many times can you hit a ball against a wall? * How many times can you throw and catch a ball against a wall with 2 hands? 1 hand? Other hand? |  |
| Fitness challenges | * How many press ups / sit ups can you do in 1 minute? * How many squats can you do in 1 minute? * How long can you hold a wall sit for? * How long can you hold the plank/side plank? * How many burpees/squat thrusts in a minute? * How many star jumps can you do in 1 minute? * How long can you skip for continuously without stopping? * How long can you balance on one leg while catching a ball? * Blind folded how long can you stand on one leg for? Try on the other leg * How many press ups can you complete whilst balancing an item (EG: ball, book) on your back? * How many pull ups can you do in 1 minute? * How many press ups can you do in 30 seconds? * **PROGRESSION:** How many 1 handed press ups can you do? * How many tricep dips can you do in 1 minute? * How long to run 1k? * How many squats can you do whilst wearing a heavy back? |  |
| Athletics | * Can you do a standing triple jump correctly (hop, step, jump)? * How long to run one or half a mile ? * How far can you run in a 10 minutes? * Sergeant jump – How high can you jump from a crouch start? * Long Jump – How far can you jump from a standing start * How long does it take you to run 1500m (1.5KM)? |  |
| Gymnastic challenges/Dance | * Can you do a handstand/cartwheel/forward roll? * Can you spell your name doing balances in gymnastics? * How many Fortnite dances do you know? * Can you learn the dance to ‘Single Ladies’ by Beyonce? * Can you learn the dance to JLS ‘Beat Again’? |  |
| Alternative challenges | * Can you do keepy ups using different equipment (EG: Cricket bat & tennis ball, Tennis racket & football, Your feet & Tennis ball)? * Can you juggle 2/3 items for 1 minute? If not how long? * Co-ordination- tennis ball toss challenge – How many in 30 seconds? * If they have a pool, how long to swim 25m or 50m? * Reaction test: Throw ball over a partners head and see if you can react to ball falling down. How many can you catch out of 10? * Recreate an iconic sporting moment (EG: Bolt breaking 100m record – Beckham free kick against Greece) * Can you complete challenges using your non dominate hand/foot? * Frozen T-shirt race – how quickly can you put on a frozen t-shirt * Bean bag ladder toss * Water balloon dodgeball * Glow in the dark bowling – Using glow sticks in water bottles & a football * Tin can allay – how many empty tin cans can you knock over? Using both under & over arm throw |  |
| Rugby | * Throw a ball into a bin or bucket from 2m,3m,4m 5m away. Out of 3 for each station- must use rugby passing correctly * Strength challenge: Arm wrestle a sibling * How many keepy ups can you do with a rugby ball? * How high can you throw a ball in the air and then catch it? * Practice the “tower of power” technique and practice it leaning against something/someone. * IF THEY DON’T HAVE A BALL CAN USE A TOILET ROLL |  |
| Cricket | * How many times can you hit a target when bowling over arm? * Throw the ball in the air and count how many times you can clap before you must catch it. * How many times can you catch the ball one handed in a row? * How many times can you catch the ball one handed in a row with your weak hand? * How many times can you keep the ball up using a cricket bat? * How many times can you and a partner throw and catch the ball before dropping it? * IF THEY DON’T HAVE A BALL CAN USE A TOILET ROLL |  |
| Orienteering | * Can you create a map of your garden or street? |  |