**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
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| 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*
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| 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?
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| 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?
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| 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?
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| 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)?
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| 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’?
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| 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
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| 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
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| 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
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| Orienteering | * Can you create a map of your garden or street?
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