

تم تحميل هذا الملف من موقع المناهج الإماراتية



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\* للحصول على أوراق عمل لجميع مواد الصف السادس اضغط هنا <https://almanahj.com/ae/6>

\* للحصول على جميع أوراق الصف السادس في مادة تربية بدنية ولجميع الفصول, اضغط هنا [6sports/ae/com.almanahj//:https](https://almanahj.com/ae/6sports)

\* للحصول على أوراق عمل لجميع مواد الصف السادس في مادة تربية بدنية الخاصة بـ الفصل الثاني اضغط هنا

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\* لتحميل كتب جميع المواد في جميع الفصول للـ الصف السادس اضغط هنا [grade6/ae/com.almanahj//:https](https://almanahj.com/ae/grade6)

للتحدث إلى بوت المناهج على تلغرام: اضغط هنا [bot\\_almanahj/me.t//:https](https://t.me/bot_almanahj)

What could they do to stop this from happening?

The Passer must place the baton deep into the receivers hand.

Can you match the picture to the word?



underarm

overarm



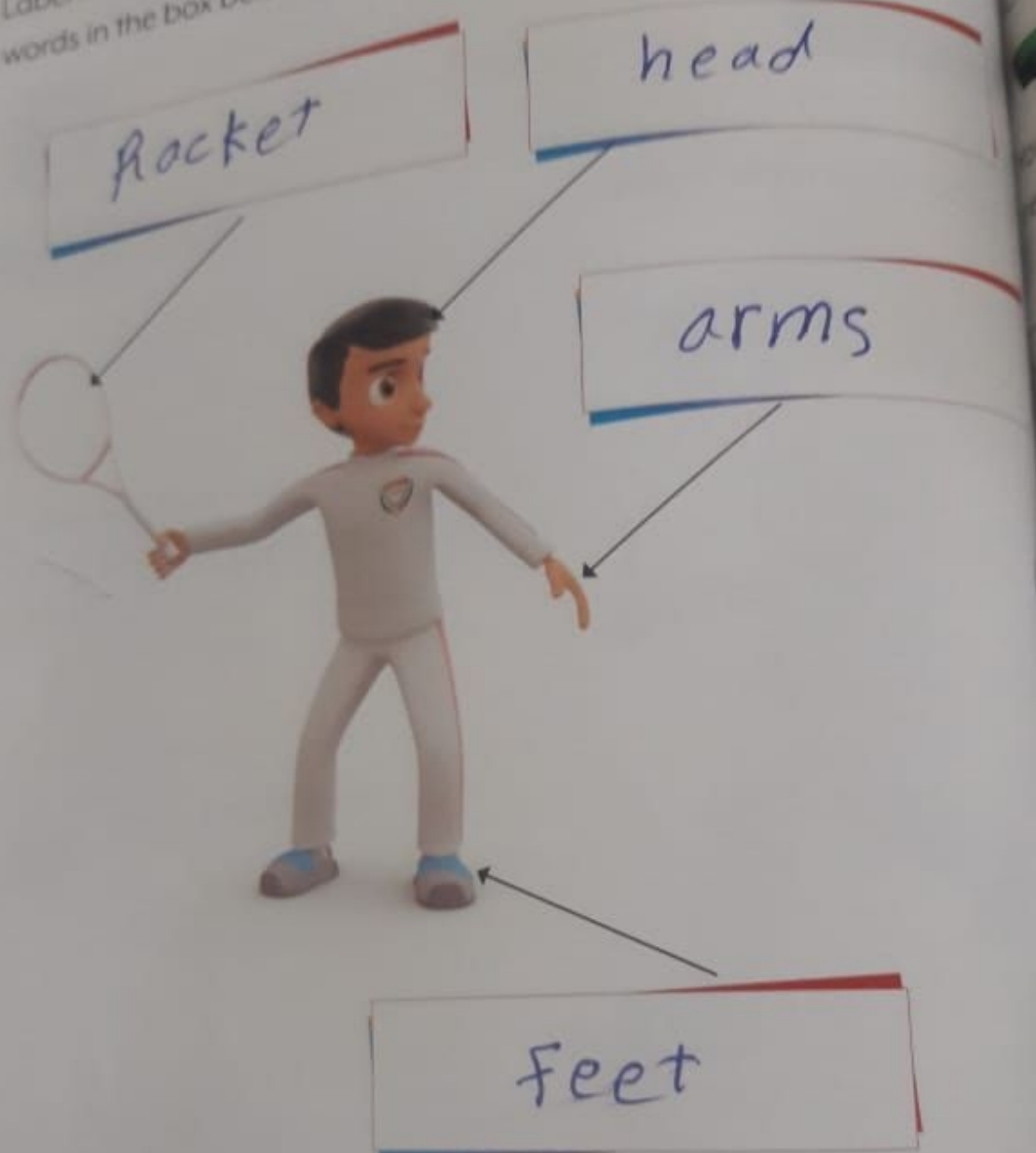
Draw a line from the word box to the correct picture.

Fast

Practising your overarm throw will help you get better at the overarm swing.

Activity 5

Label the parts of the body you use to perform a tennis shot. Use words in the box below to help you.



racket

feet

arms

head

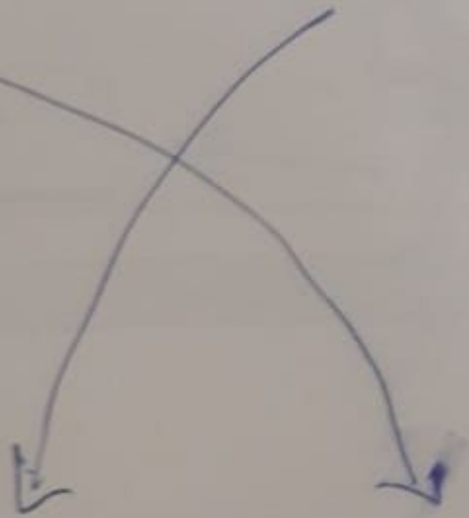
...demonstrate the following skills?



1. A serve



2. An underarm shot

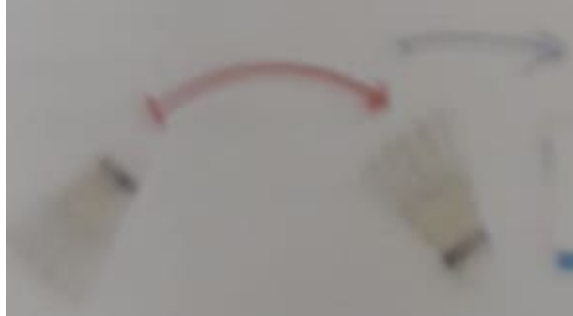




3. A high jump



4. A backhand shot



5. A shot with power



Athlete B

A

Arms

chest



Underline parts of the words below to help you.



chest

arms

knees

head



Lift your knees high.

Pump your arms fast.

Keep your head and chest up.

Look at the Finish line.

See Elite Extension Activity E1

What I did was

What I can

next time:

My target

next time:

There are four words to the correct image.



upsweep

downsweep



Label the parts of the body that help you do the words in the box below.

chest

legs

ormis

See Elite Extension Activity E2



Chest

legs

Arms

arms

chest

legs

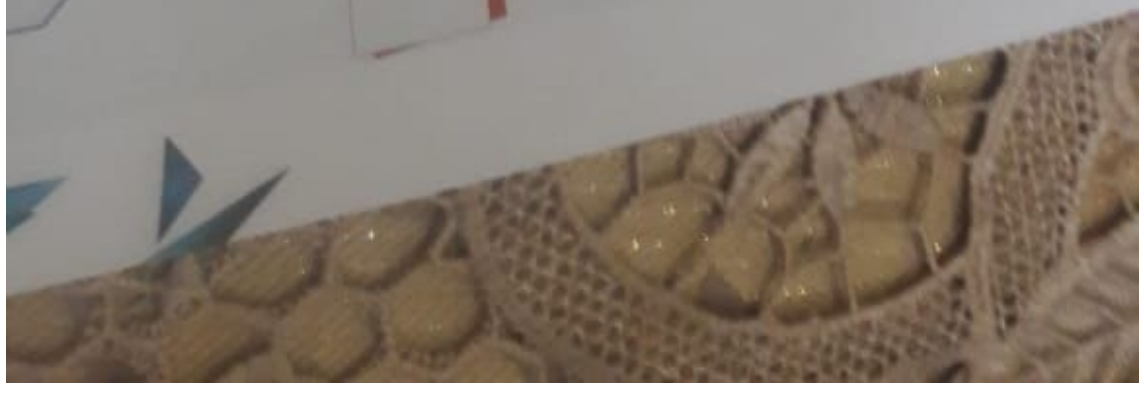
Activity

Match the pictures with the correct phase of the shot put technique.



push and follow through

ready position





Fork grip



American grip



Finnish grip

**Activity 8**

Try each grip in your lesson. Which one worked well for you?

**Activity**  
Match each stage of the javelin throw



ready position



throwing stroke



follow-through

Activity E2

Look at the image below. What could happen to the baton when you use the upsweep technique?

if the pass is missed the receiver's hand is not in a good position to ~~stop~~ grab for the baton.

