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|  | Knowledge Organiser |
|  | Year 4 – PE |
| Ball Skills and related ball games | * Can begin to select and apply an appropriate pass in a game situation * Continue to pass a ball with increasing speed, control and accuracy in a practice/game situation * Can move to catch a ball in a practice/game situation, aiming to keep eye contact with the ball * Understand basic techniques of shooting * Develop dribbling to create shooting opportunities with hands, feet ad a hockey stick eg around obstacles and other players * Develop trapping, passing a ball with greater accuracy   Create space in a game situation to win a point   * Can use simple techniques to keep possession of the ball in a team game * Use a bat or racquet to hit a ball/shuttlecock with accuracy and control * Develop an underarm serve * Develop hand eye co-ordination to strike/hit a moving and a stationary ball * Begin to build a rally with a partner to develop hand eye co-ordination * Begin to use two different shots in a game situation * Vary skills and actions and link these in ways that suit the activity of the game * Use fielding skills as an individual to prevent a player from scoring * Can improve their decision making time when playing games * Works well in a group to develop various games * Begins to comment and compare skills and resources to differentiate/adapt a game * Use ABC techniques to keep control of a ball in a competitive situation * Use ABC techniques to field a ball * Identify and apply ways to move the ball towards an opponents goal * Continue to develop attacking and defending principles and read the game situation to employ different tactics * Continue to play uneven/even sided games, following and changing the rules, demonstrating fair play and good team work |
| Gymnastics | * Can perform the 9 foundations shapes – tuck,, pike, straddle, star, straight, front straddle, dish, arch & puck with greater accuracy and fluency * Can perform the 5 foundation jumps – 1 foot to same foot (hop), 1 foot to other foot (leap), 1 foot to 2 feet, 2 feet to 1 foot, 2 feet to 2 feet with greater accuracy and fluency * Can perform a range of rolls with a good level of accuracy and fluency eg forward, backward, circle roll * Can create their own stretching routines to prepare themselves for gymnastics and lead a partner in this routine * Can balance on points and pads for 3 seconds * Can make a range of different shapes when balancing and hold for 3 seconds * Can combine a wide range of different shapes and balances in a performance eg sequence * Can creatively use all parts of the body when travelling in different ways * Begin to understand how to use tension and pace when performing actions to improve quality * Can confidently link together more actions using different dynamics to create longer and more complex sequences * Learn how to safely set up more challenging gymnastic apparatus * Can work safely on both small and large apparatus |
| Dance | * Can confidently and competently perform basic dance actions (eg travel & change direction, turn, jump, gesture, expression, balance/stillness, change of size & shape) with greater control over each element * Continue to explore different styles, cultures and traditions of dance and copy steps from them with increasing accuracy * Continue to choreograph simple dance motifs using repetition, direction, level, speed & space * Can perform given routines from memory, performing all the elements in the correct order and with greater fluency and movement control * Continue to choreograph simple movement phrases in time to a given piece of music to create short routines |
| Athletics | * Develop the correct action to throw a foam javelin with a slight run up * Continue to refine the scissor technique when performing the high jump * Continue to perform the long jump with increasing competency using different techniques - 2 feet to 2 feet & 1 foot to 2 feet * Continue to develop confidence and competency in running skills and techniques and be able to demonstrate different running speeds * Be able to sprint for 100m * Be able to run for 200m |
| Health Related Fitness | * Understand how to warm up the body in preparation for exercise and start to lead small group warm ups * Is aware of the changes that take place in the body when exercising * Understand how to cool down the body after taking part in exercise * Is aware of the changes that take place in the body when exercising * Knows where to take their own pulse (neck or wrist) and can usually take a reading of it * Continues to develop their understanding of the link between exercise, healthy eating and good mental health * Knows the names of the muscles in the body (biceps, triceps, quad, hamstring, gluteus maximus) |
| All Activities | * Learn to successfully work independently and with others * Develop good levels of physical fitness for longer periods of time * Develop a sense of fair play & cooperation * Follow rules and understand safety aspects of PE * Understand the importance for good health of physical education and healthy diet * Continue to learn how to recognise and evaluate their own success * Demonstrate an understanding of how to improve in different physical activities * Engage in both competitive activities (against self and others) and cooperative activities * Continue to develop good communication & leadership skills eg by taking small group warm up sessions, giving peer to peer feedback, organising a team game |
| Key Words | Balls skills  Underarm throw, overarm throw  Bounce pass, chest pass, shoulder pass, overhead pass  Dribble, kick, trap, tackle  Attack, defend, intercept, possession, repossession, marking  Batting, bowling, fielding, back stop, stumps, wicket  Attack, defend, intercept, possession, repossession  Communication  Gymnastics  Tuck, pike, straddle, star, straight, front straddle, dish, arch, puck  forward lunge, side lunge, puck, front support, back support, side support, shoulder stand  Log roll, egg roll, forward roll, backward roll, circle roll, hand stand, head stand, cartwheel  Flexibility, control, strength, fluency  Thin, wide, twisted, curled, body tension  Symmetrical, asymmetrical  Dance  Travel, change direction, turn, jump, gesture, balance/stillness, change of size & shape  Rhythm, beats  Repetition, direction, level, speed & space  Choreography  Athletics  Underarm throw, overarm throw  Hop, skip, jump  Long jump, high jump, triple jump, take off, landing  Jog, sprint, accelerate, pace, relay, baton  Momentum, power, rotation  Health Related Fitness  Aerobic, anaerobic  Maximum Heart Rate  Pulse rate, resting pulse rate  Breathing rate  Perspiration  Cardiovascular  Biceps, triceps, quadriceps, hamstring, calf, gluteus maximus |