

# GGA- Year 4 Spring PE Knowledge Organiser – Gymnastics

## Vocabulary

Direction	Partner
Speed	Actions
Group	Different
Similar	Bounce
Box splits	Travelling steps
Tension	Shapes

## Recapped Key Vocabulary

Fluency	Contrasting
Power	Control
Unison	Low
Combinations	Sustained

## Why are we learning this?

To develop a more refined technique and to introduce more complex skills and performances as we build on our knowledge.

## Why is it important?

To be able to understand and develop new techniques as we grow and change.

## Skills that I am going to learn.

To become increasingly competent and confident to perform skills more consistently.

Use compositional ideas in sequences such as changes in height, speed and direction.

Able to perform in time with a partner and group.

Develop an increased range of body actions and shapes to include in a sequence.

Taking weight on small and large body parts, for example hand and shoulder.

## The Basic Shapes in Gymnastics



# GGA- Year 4 Spring PE Knowledge Organiser – Dance

## Vocabulary

Stretch	Emotions
Levels	Facial expression
Improvisation	Director
Reverse	Choreographer
Slide	Freeze frames
Formation	

## Recapped Key Vocabulary

Fast	Slow
Group	Set

## Skills that I am going to learn.

Work to include freeze frames in routines.

Practise and perform a variety of different formations in dance.

Develop a dance to perform as a group with a set starting position.

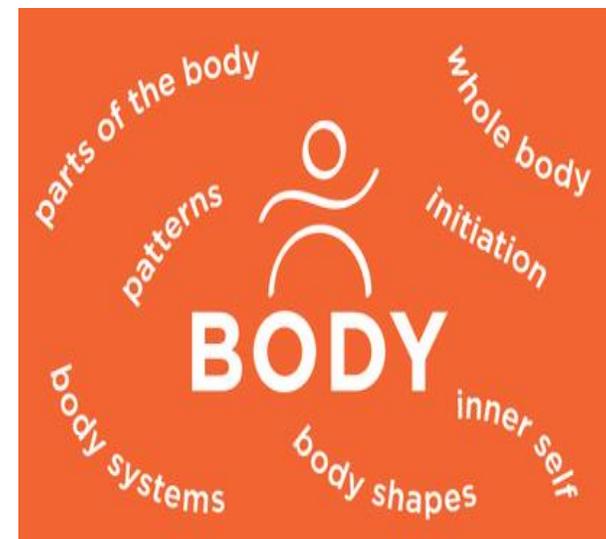
Develop an increased range of body actions and shapes to include in a sequence.

## Why are we learning this?

To build on previous learning. To enhance and expand new and varied dance formations. To continue to learn how to work in groups to produce outcomes such as dance sequences.

## Why is it important?

Arts research shows that students who study **dance** are more: Self-motivated, disciplined and focused in their everyday lives. Expressive in their communication of emotions, thoughts and feelings. Creative and imaginative.



# GGA- Year 4 Spring PE Knowledge Organiser – Hockey

## Vocabulary

Control	Defend
Use space	Attack
Dribble	Push
Pass	Slap
Tactics	Collaborate
Compete	Teamwork
Score	Shoot
Speed	Endurance

## Skills that I am going to learn.

To implement the basic rules of hockey.

To be able to consistently perform basic hockey skills such as dribbling and push pass.

To develop tactics and apply them in competitive situations.

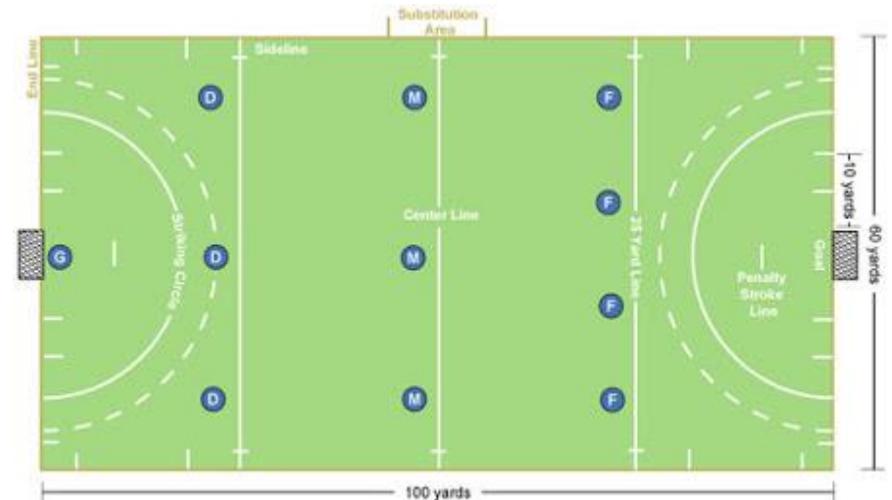
To increase speed and endurance during game play.

## Why are we learning this?

To be able to implement the basic skills of hockey and understand the rules and simple skills. To understand the importance of playing sport in a team and develop overall fitness levels.

## Why is it important?

Hockey improves mental agility. A child who can learn how to operate in that sort of environment will improve his or her ability to make quick decisions and think on his or feet. Concentration is also improved; being able to concentrate while playing will make it easier to concentrate while learning.



# GGA- Year 4 Spring PE Knowledge Organiser – OAA

## Repeated Vocabulary

Maps	Scale
Diagrams	symbol
Orienteering	Compass
Trust	solve
<b>cardinal points – challenging vocabulary that needs to be reinforced.</b>	

## Skills that I am going to learn.

Work well in a team or group within defined and understood roles.

Identify the relevance of and use maps, compass and symbols.

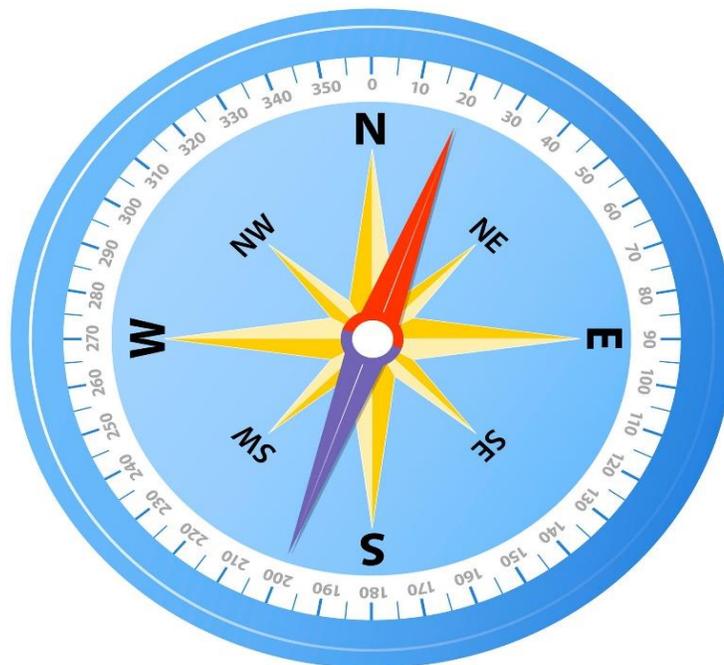
Identify what they do well and suggest what they could do to improve.

## Why are we learning this?

To build upon and enhance a set of skills taught in the previous year. A focus on life and survival skills such as gaining a sense of direction and to follow the points of a compass. To be able to learn how to lead and follow when working in teams.

## Why is it important?

To help develop many life skills such as map reading, problem solving and supporting a sense of direction.



	Picnic site	$23 \times 2 = 26$
	Parking	4
	Bridge	12
	Campsite	2
	Viewpoint	63
	Church	25
	Golf Course	$2 \times 6 = 12$
	Train Station	$9 + 6 = 15$
	Telephone	$100 / 5 = 20$
	Hospital	100
	<b>Total</b>	<b>279</b>