

# GGA- PE Knowledge Organiser Year 4 Summer Term– Athletics

## Repeated Vocabulary

Run	Throw
Jump	Agility
Power	Track
Speed	Force
Distance	Accelerate
Curve	Hurdles
Equipment	Timing
Measuring	Comparing

Important vocabulary that needs to be reinforced.

## Why are we learning this?

To learn the importance of individual sport as opposed to team sport. To develop a range of techniques that enable us to compete in both track and field.

## Why is it important?

Running and jumping helps develop muscles in legs which make it easier to have good balance. Why is balance important? Good body balance makes it easier to move and helps prevent injury

## Skills that I am going to learn.

Using running, jumping and throwing workstations.

Children investigate in small groups, different ways of performing these activities.

Using a variety of equipment, understand ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.



# GGA- PE Knowledge Organiser Year 4 Summer Term– Cricket

## Vocabulary

Strike	Four
Cross	Six
Single	Balls
Over	Pull
Shot	Forward

## Repeated Vocabulary

Batting	Bowling
Fielding	bat

## Why are we learning this?

To build on our understanding of the basic skills such as batting and bowling. Learn new techniques so these can be applied to a game environment.

## Why is it important?

Cricket can be played for competition or for fun. Cricket is a good sport for developing overall fitness, stamina and hand-eye coordination.

## Skills that I am going to learn.

To perfect the range of Cricket skills they can apply in a competitive context.

Choose and use a range of simple tactics in isolation and in a game context.

Throw, catch, bowl and bat with speed and power and apply appropriate techniques.

Consolidate existing skills and apply with consistency.

### Cricket Skills Circuit

The activities below cover some of the different skills required during a game of Kwik Cricket: throwing, catching, batting (hand-eye coordination) and bowling. The activities can be used in a skills circuit as described below or in isolation.

**Flowers:**

- Children work in pairs. They each create a flower made from 5 cones (4 petals and a centre cone), 8-10 metres away from one another. They stand next to their flower and take it in turns to throw a ball overarm at their partner's flower. If a cone is hit the cone is removed. The first player to remove all parts of their partner's flower is the winner.

**Equipment:** cones - 5 per pair, tennis balls - 1 each.

**Keep Ups:**

- Children use a cricket bat to hit a ball up overarm lightly, without it dropping to the ground. Children count how many consecutive hits they make. If the ball falls to the ground they begin counting again.

**Equipment:** tennis balls - 1 per child, cricket bat - 1 per child.

**Target Practice:**

- Set up a set of cricket stumps with an array of cones 2x3 placed roughly 1m in front. Children stand 5-6m away and take it in turns to practise the overarm bowling technique. They aim for the ball to bounce on the cones and hit the stumps. For each cone or stump they hit they gain 1 point. If they hit both a cone and a stump they gain 2 points.

**Equipment:** cricket stumps, tennis balls - 1 per child, cones - 6 for every set of stumps.

**You've Got Skills:**

- Children practise their catching skills by throwing a ball up in the air and performing different actions in between. The children can invent their own actions but below are some examples:
  - Throw - up - catch
  - Throw - up - catch
  - Throw - up - catch

Encourage the children to show off their skills!

**Equipment:** tennis balls - 1 per child.



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**Equipment:** cones - 5 per pair, tennis balls - 1 each.

**Keep Ups:**

- Children use a cricket bat to hit a ball, up and down lightly, without it dropping to the ground. Children count how many consecutive hits they make. If the ball falls to the ground they begin counting again.

**Equipment:** tennis balls - 1 per child, cricket bat - 1 per child.

**Target Practice:**

- Set up a set of cricket stumps with an array of cones 2x3 placed roughly 1m in front. Children stand 5-6m away and take it in turns to practise the overarm bowling technique. They aim for the ball to bounce on the cones and hit the stumps. For each cone or stump they hit they gain 1 point. If they hit both a cone and a stump they gain 2 points.

**Equipment:** cricket stumps, tennis balls - 1 per child, cones - 6 for every set of stumps.

# GGA- PE Knowledge Organiser Year 4 Summer Term– Rounders

## Vocabulary

Batting	Bowling
Fielding	Bat
Ball	Bowler
Batsman	Bases
Field	Cross
Strike	Balls
Shot	Forward

## Skills that I am going to learn.

Identify different positions in Rounders and the roles of those position.

Choose and use a range of simple tactics in isolation and in a game context.

To perfect the range of Rounders skills that can apply in a competitive context.

Throw with speed and power and apply appropriate force.

## Repeated Vocabulary

Rounder	Half-Rounder
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## Why are we learning this?

To build on our understanding of the basic skills and to develop a deeper understanding and awareness of tactics.

## Why is it important?

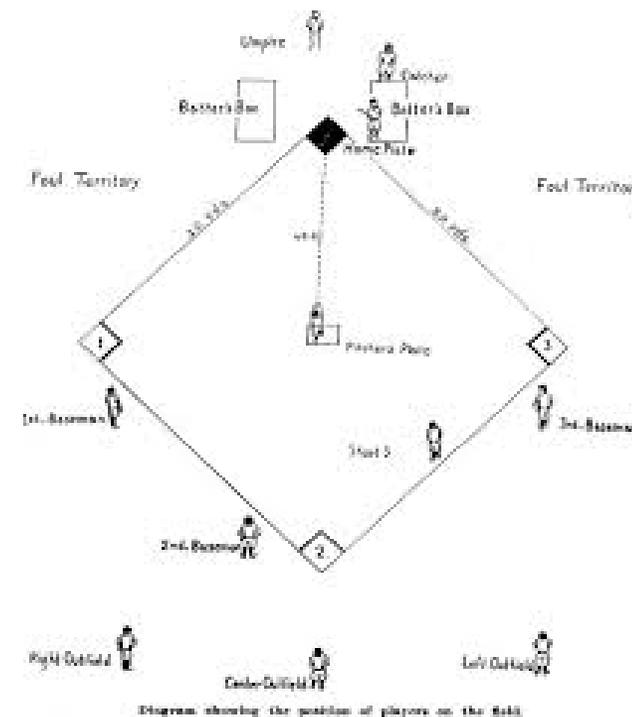
Playing, masters fundamental movement skills with batting, striking, running and catching, Rounders permits pupils to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations.

# 10 Reasons to play Rounders in School



- 1 ROUNDERS IS FUN
- 2 ENGAGES ALL PUPILS
- 3 DEVELOPS CONFIDENCE
- 4 TACTICAL & STRATEGIC
- 5 COMMITMENT YIELDS REWARDS
- 6 TAILORED LEADERSHIP COURSE
- 7 INVIGORATING FRIENDLY COMPETITION
- 8 ADAPTS FOR INDOOR & OUTDOOR
- 9 PROFESSIONAL DEVELOPMENT FOR STAFF
- 10 MASTERS FUNDAMENTAL MOVEMENT SKILLS

WE ARE ALL ROUNDERS



# GGA- PE Knowledge Organiser Year 4 Summer Term– Tennis

## Repeated Vocabulary

Hit	Court
Return	Forehand
Backhand	Points
Bounce	Score
Net	Underarm
Tactics	Overarm

## New Vocabulary

Position	Scoring
Ready	Service

## Why are we learning this?

To build on previous learning and expand our knowledge of the game as well as our range of shots and techniques.

## Why is it important?

Tennis provides a great, safe learning environment. Children learn to concentrate, practice, focus, be patient, blend power and touch, be strategic, handle nerves, win and lose gracefully, develop stamina, set goals, play by rules, display sportsmanship.

## Skills that I am going to learn.

Explore different shots (forehand, backhand). Technique for holding the racket.

Work to return serve.

Positions in game play. Where to stand.

