

GGA- Year 4 PE Knowledge Organiser – Autumn Term - 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



tuck



straddle



pike



split



straight stand



handstand



lunge



arch



hollow



bridge



GGA- Year 4 PE Knowledge Organiser - Autumn Term – Football

Vocabulary

Tactics	Collaborate
Compete	Teamwork
Score	Foot
Intercept	Inside of foot
Touch	Possession
Defensive	Distance

Recapped Key Vocabulary

Dribble	Pass
Defend	Attack

Why are we learning this?

To build on our previous learning of basic skills and enhance and develop these further whilst introducing a more broader and advanced range of skills.

Why is it important?

As we grow we need to be able to challenge ourselves and enhance the skills we learn to develop them further. To aid our physical fitness.

Skills that I am going to learn.

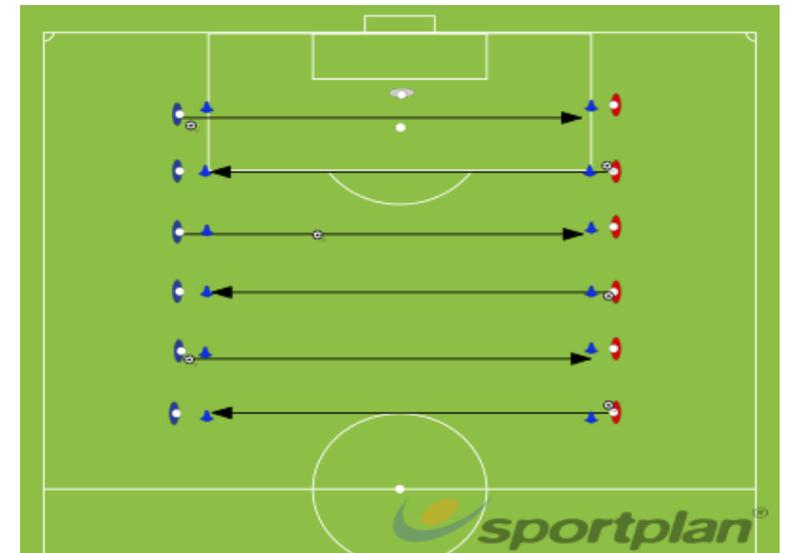
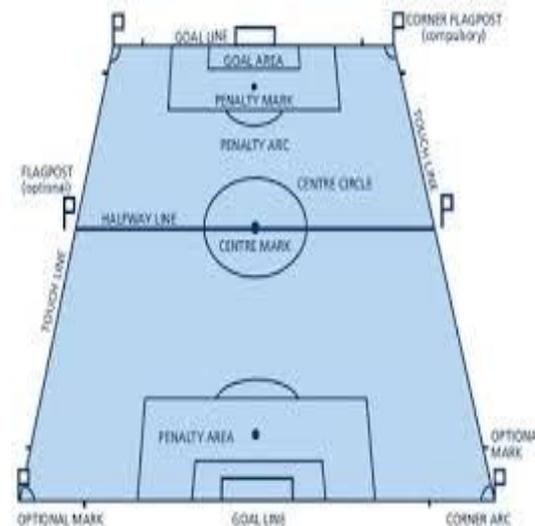
.Introduce some defensive skills.

To implement the basic rules of football.

Dribbling in different directions using different parts of their feet.

Passing for distance.

Evaluating skills to aid improvement.



GGA- Year 4 PE Knowledge Organiser -Autumn Term - Tag Rugby

Vocabulary

Passing	Backwards
Running	Tag
Straight	Teamwork
Space	Try-area
Defend	Compete
Attack	Evade
Pace	Step
Pick-up	

Skills that I am going to learn.

To consistently perform basic tag rugby skills.

Implement rules and develop tactics in competitive situations.

To increase speed and develop endurance during game play.

Why are we learning this?

To develop our passing and running skills as well as maintaining and improving our cardiovascular fitness.

Why is it important?

Children are learning the basic running and passing skills. ... Tag rugby is about teaching running, handling and ball skills, and fun, while learning to be active

The Aim of the Game

- Tag rugby is a version of the full game of rugby played by children in primary schools.
- Because you are not allowed to tackle players (like you can in the full game) it is safer for young children.
- The aim of the game is to score as many tries (points) as you can and stop the other team from scoring tries.
- You have to be quick to switch from attack to defence.
- You need to work as a team, be able to run and dodge and be able to catch and throw the ball quickly.

