


Year 4 Autumn 1 Knowledge Organiser – PE

Ball Skills




Get Set 4 Education

Knowledge Organiser Ball Skills Year 3 and Year 4

About this Unit

Ball skills build hand-eye co-ordination, spatial awareness and balance. You can control a ball using lots of different parts of your body. You may have seen a football player kick and dribble with their feet, or even use their head to header the ball, their hands to save a goal or throw the ball in from a sideline. The ball skills in this unit will help you in lots of activities and sports.




Examples of games that use ball skills:

Target Games	Invasion Games	Striking & Fielding Games	Net & Wall Games
Boules	Netball		Tennis
Boccia	Football		Volleyball
New Age Kurling	Tag Rugby	Rounders	Badminton
Dodgeball	Handball	Cricket	
	Basketball	Baseball	

Do you know which of these sports uses each of these movement skills?

Ladder Knowledge



Sending:

Year 3: pointing your hand/foot/stick to your target as you release will help you to send a ball accurately.
Year 4: you can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.

Catching:

Year 3: moving your feet to the ball will make you more successful at catching.
Year 4: adjust your hands to the height of the ball. Little fingers together for a close catch, thumbs together for a high catch.

Tracking:

Year 3: use a ready position to help you to react to the ball.
Year 4: tracking a ball is an important skill used in games activities such as rounders, football and tennis.

Dribbling:

Year 3: dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.
Year 4: dribbling with soft hands/touches will help you to keep control.

Movement Skills

- track
- throw
- catch
- dribble
- kick


This unit will also help you to develop other important skills.

Social communication, work safely, collaboration
Emotional perseverance, personal challenge, calmness, fairness
Thinking provide feedback, tactics, comprehension, reflection, make decisions

Strategy


Whether you are using your hands or feet, lots of teaching points that help you to use a ball are the same. For example when dribbling a ball with your hands, feet or even bouncing it on a racket, using soft touches will help you to control it.
See if you can think of any other teaching points that are the same even when using different body parts.

Healthy Participation



Make sure unused balls are stored in a safe place to stop them rolling.
Make sure you work in a safe space and show an awareness of others as you send a ball.

Home Learning



Kerby

What you need: 1 ball, two kerbs that are approx. 4m apart, 1 or more players

How to play:


- Players stand opposite each other on the pavement.
- Players take turns to throw to hit the opposite kerb.
- If successful the player can take a jump towards the opposite kerb and throw again.
- If unsuccessful the other player gets a turn.
- When throwing, if the ball bounces back and hits your own kerb or if it bounces back and you catch it, you take two jumps towards the opposite kerb.
- First player to reach the opposite kerb wins.

Play with more people by playing in teams.


www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

Key Vocabulary



accurate: successful in reaching the intended target
block: to prevent a movement or pathway of an object
collect: to pick up
control: being able to perform a skill with good technique
decision: select an outcome
momentum: the direction created by weight and power
opponent: someone not on your team
personal best: a target outcome of an individual
possession: when a team has the ball they are in possession
power: speed and strength combined
pressure: to add challenge
react: to respond to quickly
receive: to collect or stop a ball that is sent to you
select: choose
technique: the action used correctly
track: to move your body to get in line with a ball that is coming towards you



If you enjoy this unit why not see if there is a ball game e.g. a basketball club in your local area.

How will this unit help your body?
agility, balance, co-ordination, speed

Year 4 Autumn 1 Knowledge Organiser – PE

Fitness

Knowledge Organiser Fitness Year 3 and Year 4

About this Unit

Regular physical activity can do so many wonderful things to your overall health and fitness. It helps improve memory, makes you feel happier and gives your more energy. Regular exercise helps to build strong bones, strengthen your muscles and even improves sleep.

Physical fitness includes many different parts such as agility, balance, co-ordination, speed, stamina and strength. These elements are so important in everyday activities such as these examples...

- **Agility:** if you need to dodge someone in a busy playground.
- **Balance:** when you put trousers on.
- **Co-ordination:** when brushing your teeth.
- **Speed:** when running after a bus.
- **Stamina:** when playing the whole of lunchtime.
- **Strength:** when carrying your school bag.

Can you think of any other examples of when these elements of fitness would be useful?

Key Vocabulary

accelerate: speed up
agility: the ability to change direction quickly
balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)
co-ordination: moving two or more body parts at the same time
control: being able to perform a skill with good technique
decelerate: slow down
direction: forwards, backwards, sideways
dynamic: how an action is performed e.g. quickly, slowly, gently
muscle: tissue that helps us to move our bodies
progress: to improve
react: to respond to quickly
record: to make note of
speed: how fast you are travelling
stamina: the ability to move for sustained periods of time
static: on the spot
strength: the amount of force your body can use
technique: the action used correctly

Ladder Knowledge

Agility:	Balance:	Co-ordination:	Speed:	Strength:	Stamina:
Year 3: agility helps us with everyday tasks.	Year 3: balance helps us with everyday tasks.	Year 3: co-ordination helps us with everyday tasks.	Year 3: leaning slightly forwards helps to increase speed. Learning your body in the opposite direction to travel helps to slow down.	Year 3: when completing strength activities, they need to be performed slowly and with control to help you to stay safe.	Year 3: stamina helps us in other life activities.
Year 4: keep your elbows bent when changing direction to help you to stay balanced.	Year 4: you need to squeeze different muscles to help you to stay balanced in different activities.	Year 4: if you begin in a ready position, you can react quicker.	Year 4: a high knee drive, pumping your arms and running on the balls of your feet will give you more power.	Year 4: strength comes from different muscles and it can be improved in different ways.	Year 4: you need to pace yourself when running further or for a long period of time.

Movement Skills

- agility
- balance
- co-ordination
- speed
- stamina
- strength

This unit will also help you to develop other important skills.

- Social** support others, work safely, communication
- Emotional** perseverance, determination, honesty
- Thinking** identify areas of strength and areas for development

Strategy

Identify your areas of strength and your areas for development. Then, think of everyday activities where you could practice e.g. standing on one foot while brushing your teeth will develop balance and co-ordination.

Healthy Participation

- Focus on your own results without comparing them with others in the class.
- Work within your own capabilities.
- All actions need to be performed with control.

If you enjoy this unit why not see if there is an athletics club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Home Learning

Stickman

What you need: A pen and piece of paper, one player, one person to choose the words.

How to play:

- One person (the word master) chooses a word and draws lines on the paper, one for each letter.
- The player guesses a letter that could be in the word. If they are correct the word master writes the letter on the correct line.
- If the named letter is not in the word the word master draws part of a stickman and the player must complete 10 of one of the below exercises.

star jumps / hops / sit ups / jumping twists / press ups

- Can the player guess the word before the word master draws a complete stickman?
- NB, stickman to include head, body, two arms and two legs

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

