

Year 4 Spring 1 Knowledge Organiser – PE

Tennis



Knowledge Organiser Tennis Year 4

About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Tennis or 'Jeu de paume' (palm game) was first played without rackets and used the palm of the hand to hit the ball. The game was invented in the 12th century by monks in Northern France.

It wasn't until the 16th century that rackets were added and it became known as tennis. It was a very popular sport and King Henry VIII was a keen tennis player.

Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object



Can you think of any other net and wall games that share these principles?



Key Vocabulary

alternate: one then the other
co-operative: working together
compete: take part in a contest
contact: the point where you hit the ball
continuous: keep a rally going
control: being able to perform a skill with good technique
court: the space used for a tennis game
deny: to prevent an action happening
extend: to make longer
rally: when a point is played back and forth
receiver: the person who the ball is being hit to
reflect: to think back on the experience
swing: smooth semi circular action
tactic: a plan that helps you to attack or defend



Ladder Knowledge



Shots:

Play a forehand when the ball comes to your dominant side.
 Play a backhand when the ball comes to your non-dominant side.

Rallying:

Move your feet to the ball to help you to hit in a more balanced position and increase the accuracy of your shot.

Footwork:

Get your feet in the right position to help you to balance before playing a shot.

Movement Skills

- throw
- catch
- forehand
- backhand
- rallying

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

Social
Emotional
Thinking

co-operation, support and encourage others, collaboration, respect

perseverance, honesty, determination

identifying strengths and areas for improvement, reflecting, select and apply, comprehension, use tactics

Rules

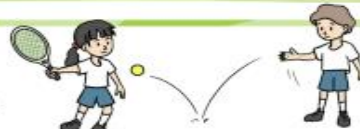
Win a point if:

- Opponent hits the ball in the net
- Opponent hits the ball out of the court area
- Opponent misses the ball or it bounces twice

Tactics

Attacking:

- Look at where your opponent is and try to place the ball away from them.



Defending:

- Move quickly to a ready position in the centre of the space.
- Cover the space between you when playing with someone else.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

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



How will this unit help your body?

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

Home Learning



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



Jeu de Paume (Palm Game)



What you need: a ball and a wall

How to play:

Using the palm of your hand, can you...

- Hit ball up continuously?
- Bounce the ball down continuously?
- Hit the ball up, let it bounce once then hit it up again? How many can you do in a row?

Playing against a wall, can you...

- Hit the ball against the wall, let it bounce then hit it again keeping a rally going? How many can you do in a row?



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



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Yoga

Get Set 4 Education

Knowledge Organiser Yoga Year 3 and Year 4

About this Unit

Yoga is the name for a type of exercise that helps our mind and body. In yoga, we put our body into different positions these are called poses. We can link these poses together to create sequences of movement called a flow. In this unit you will learn yoga poses and techniques that will help you to connect your mind (what you are thinking and feeling) with your body.

Often yoga poses take inspiration from animals and nature like these poses...

Do you know the animal that inspired this pose?

Key Vocabulary

breath: moving air in and out of your body
control: being able to perform a skill with good technique
extend: to make longer
flexibility: the ability of muscles and joints to move through a range of motion
flow: a yoga sequence
gratitude: being thankful
lengthen: to make longer
link: to join together
mindfulness: to bring attention to experiences occurring in the present moment
notice: to pay attention to
pose: a position, usually still
relax: to become calm
stable: to be balanced
strength: the amount of force your body can use
wellbeing: the emotional state of someone

Ladder Knowledge

Balance:

Year 3: use the whole of the body part in contact with the floor, it will help you to balance.

Year 4: move with your breath, it will help you to balance.

Flexibility:

Year 3: if you move as you breathe out you can stretch a little bit further.

Year 4: different poses will need you to extend different body parts.

Strength:

Year 3: you will need to use different muscles for different poses.

Year 4: people have different levels of strength.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social
Emotional
Thinking

working safely, supporting others, sharing ideas, collaboration, respect
 confidence, determination, integrity, focus
 recall, creativity, selecting actions, providing feedback, reflection

Strategies

Use your breath to help you to focus.

When you experience a stressful event (like an unexpected dinosaur in your classroom), your heart rate increases and your breathing becomes lighter. Deep-breathing helps to get more oxygen into your body and helps you calm down, lower stress, and focus. Counting your breath is a great way to focus your attention. Breathe in for four counts and out for four counts.

Mindfulness is a personal journey.

Mindfulness is a technique which involves noticing what's happening around you in the moment. It can help you to feel happier and calmer.

How you notice the world around you might be different to a friend and that's ok.

Healthy Participation

- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

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

How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning

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

Your Flow

What you need: a flat space
 Yoga poses often take inspiration from animals and nature. Like the ones here:

How to play:

- Look around in nature or think of animals that could inspire your poses.
- Create a yoga flow (sequence) by linking 5-10 of poses together.
- You could also use the poses shown above.

Remember to move slowly and breathe deeply.

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

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