

Year 4 Spring 2 Knowledge Organiser – PE

Gymnastics

Get Set 4 Education

Knowledge Organiser Gymnastics Year 4

About this Unit

Gymnastics is made up of a range of movement skills including balance, jumps, rolls and shapes. Gymnastics began in ancient Greece as a way to exercise and develop physical strength. Modern gymnastics was developed in Germany in the late 1700s by Friedrich Ludwig, who is considered the "Father of Modern Gymnastics".

Enter into a balance when both/all pupils have a clear understanding of their role.

Use a wrist grip for improved stability in any balance where pupils are holding hands.

Do not jump onto or off of another person. Always step down with control.

Ensure you have a base of support beneath you. The safest support points are over joints such as the hips and shoulders.

Key Vocabulary

body tension: squeezing muscles to help to be stable when performing actions
bridge: an inverted action on hands and feet
contrast: different to one another
extend: to make longer
flow: smooth link
fluidly: flow easily
inverted: where hips go above head
landing position: a stable position used after jumping
match: the same
momentum: the direction created by weight and power
perform: to present to an audience
rotation: the circular movement of an object around a central point
sequence: a series of actions
shoulder stand: an inverted action on shoulders
stability: balanced
wrist grip: a safe grip used when performing partner or group balances

Ladder Knowledge

Shapes:

Shapes can be used to improve your sequence. Be sure to show each shape clearly.

Inverted movements:

Inverted movements are actions in which your hips go above your head.

Balances:

Keep yourself and others safe in partner balances by using a wrist grip, only standing where there is a base of support and stepping into and out of the balances slowly.

Rolls:

Keep the shape of your roll using body tension.

Jumps:

Land toes first, look forwards and bend your knees to land with control.

Movement Skills

- individual and partner balances
- rotation jumps
- straight roll
- barrel roll
- forward roll
- straddle roll
- bridge
- shoulder stand

This unit will also help you to develop other important skills. work safely, determination, collaboration, communication, respect

Social confidence, perseverance

Emotional observe and provide feedback, select and apply actions, creativity, evaluate and improve

Thinking

Strategy

Use different directions to help make your sequence look interesting.

Healthy Participation

- Remove shoes and socks.
- Ensure the space is clear before using it.
- Only jump from apparatus where you see a mat.

If you enjoy this unit why not see if there is a gymnastics 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 100 on www.getset4education.co.uk

Transporter

What you need: an empty box, 8 x pairs of rolled up socks, one player, one person to time.

How to play:

- The player begins lying on their back with the box at their head and the socks at their feet.
- They need to transport the rolled up socks, one at a time from their feet to the box behind their head.
- They can only use their feet to transport the socks.

How quickly can you move the socks?


www.getset4education.co.uk

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

@getset4education36

Year 4 Spring 2 Knowledge Organiser – PE

Dodgeball




Knowledge Organiser

Dodgeball Year 3 and Year 4


About this Unit

Dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way to get them out.



Key Principles of Target Games (dodgeball, golf)

attacking	defending
placement of an object	avoid getting out




Dodgeball originated in Africa over 200 years ago!

Key Vocabulary

accuracy: how close the object is to the given target
agility: the ability to change direction quickly
avoid: keep away from or stop
caught out: when a player catches an opponent's ball deeming them out
communicate: share information
cushion: take the power out of an object
decide: to choose
decision: select an outcome
hit out: when a player in dodgeball is hit below the shoulders by a live ball
opposition: the other team
release: the point at which you let go of an object
tactic: a plan or strategy
tournament: a competition of more than two teams

Ladder Knowledge



Throwing:

Year 3: throw slightly ahead of a moving target.

Year 4: one handed throws are used for speed and accuracy. Keep your elbow high and step with your opposite foot to increase the power.

Catching:

Year 3: begin in a ready position to help you react to the ball.

Year 4: move your feet to the ball and pull it in to your chest to help you to catch more consistently.

Movement Skills

- throw
- catch
- dodge
- jump

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

- Social** respect, communication, collaboration
- Emotional** honesty, perseverance
- Thinking** comprehension, make decisions, select and apply skills

Rules

OUTS

A player is 'out' when:

- A live ball hits their body (shoulders or below).
- An opposition player catches a live ball they have thrown. So, if a player throws it and their opponent catches it then they are out and one of their opponents' team comes back in.
- Once a player is out, they must leave the court immediately and go to the queue of players already out from their team.


A live ball is one that has not bounced or hit a wall/ceiling.

Tactics

Year 3: using simple tactics will help your team succeed e.g. spread out so that you are harder to aim for.

Year 4: applying attacking tactics will help you to score points and get opponents out. Applying defending tactics will help you to stay in the game.

Healthy Participation




- Unused balls must be stored in a safe place.
- Head shots do not count in dodgeball.

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

How will this unit help your body?

agility, balance, co-ordination, speed.

Home Learning




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

Dodge or Catch


What you need: 1 soft ball or a pair of rolled up socks, 2 players.

How to play:

- Players stand 5m apart.
- One player begins as the thrower.
- Thrower tries to hit their opponent below the shoulders to win 1 point.
- If the opponent catches the throw they win 1 point.
- Have 5 turns then change over.



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.  @getset4education36

