

# Year 4 Summer 2 Knowledge Organiser – PE

## Cricket

Get Set 4 Education

### Knowledge Organiser

### Cricket Year 3 and Year 4

#### About this Unit

Cricket is a striking and fielding game. The game has one fielding and one batting team. A complete game can last until the fielders get the batters out or after a set number of overs. The first ever international sporting event was a cricket match between Canada and USA in New York in 1844. Canada won.

#### Striking and Fielding Games Key Principles

attacking	defending
score points	limit points
placement of an object	deny space
avoid getting out	get opponents out

Can you think of any other striking and fielding games that share these principles?

#### Key Vocabulary

**accuracy:** how close the object is to the given target  
**bowled out:** when a bowler hits the wickets  
**caught out:** when a player catches an opponent's ball deeming them out  
**cushion:** take the power out of an object  
**decision:** select an outcome  
**grip:** the way an object is held  
**momentum:** the direction created by weight and power  
**no ball:** a bowled ball deemed to be outside of the rules  
**opposition:** the other team  
**pressure:** to add challenge  
**retrieve:** to collect  
**run out:** when a fielder hits a wicket before the batter is there  
**short barrier:** creating a barrier with hands in front of feet to stop a ball travelling at slow speed  
**tactics:** a plan or strategy  
**technique:** the action used correctly  
**tournament:** a competition of more than two teams  
**two-handed pickup:** fielding technique where a field can scoop the ball with two hands  
**wicket:** the three upright sticks and base

#### Ladder Knowledge

#### Striking:

**Year 3:** striking to space away from fielders will help you to score.  
**Year 4:** using the centre of the bat will provide the most control and accuracy.

#### Fielding:

**Year 3:** look at where a batter is before deciding what to do. Communicate with teammates before throwing them a ball.  
**Year 4:** it is easier to field a ball that is coming towards you rather than away so set up accordingly.

#### Throwing:

**Year 3:** overarm throwing is used for long distances and underarm throwing for shorter distances.  
**Year 4:** being balanced before throwing will help to improve the accuracy of the throw.

#### Catching:

**Year 3:** move your feet to the ball.  
**Year 4:** track the ball as it is thrown to help you to catch more consistently.

#### Movement Skills

- underarm and overarm throwing
- overarm bowling
- batting
- two handed pick up
- short barrier

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

<b>Social</b>	collaboration, communication, respect
<b>Emotional</b>	honesty, perseverance, determination
<b>Thinking</b>	observe and provide feedback, apply strategies

#### Rules

#### BOWLING

- Balls can be bowled using underarm (only one bounce allowed or deemed a no-ball), or overarm bowling action (two bounces allowed)

#### RUNS

- 2 runs = no ball (no extra delivery – Free hit)
- 2 runs = wide balls (no extra delivery – Free hit)
- A ball is considered a wide ball or no-ball if it is deemed un-hittable e.g. rolling, bounces more than once, too high or too far to be hit fairly.

#### Fielders

- wicket keeper: ready to catch the ball to stump the batsman out if they leave their wicket.
- Bowler: try to bowl the batter out with an accurate bowl.
- Fielders: spread out, communicate to field the ball quickly. Throw the ball to hit the wicket if close enough. Run to a wicket if not collecting the ball to be available to run a batter out.

#### Tactics

#### BATTING

- Batting teams are organised into pairs.

#### OUT

- Bowled out: bowler bowls a ball that hits the wicket
- Caught out: fielders catches a batted ball
- Run out: fielders hits the wickets with the ball when the batter isn't there
- Stumped out: wicket keeper stumps the wicket when the batter isn't there

#### Batters

- Place the ball away from fielders. Look at where the fielders and the ball is before deciding to run or stay.
- Communicate with your other batter.

#### Healthy Participation

Always keep a safe distance between yourself and a batter. Ensure you handle the bat in the way suggested by the teacher at all times.

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

#### How will this unit help your body?

Balance, speed, strength, co-ordination, agility.

#### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### Hit for Wicket

What you need: a wall or chair, a ball

#### How to play:

Begin 5m away from the target. Overarm bowl to hit the target. More than 2 bounces is a no-ball.

For each successful bowl collect a letter from the word 'wicket'. If you bowl a no-ball start again from the beginning.

Extra players? Who can spell the word first? Make this easier by underarm bowling (only one bounce allowed). Make this harder by standing further from the target.

[www.getset4education.co.uk](http://www.getset4education.co.uk)

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

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# Year 4 Summer 1 Knowledge Organiser – PE

## OAA



### Knowledge Organiser OAA Year 4

#### About this Unit

OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills put them into practise in different orienteering activities.



#### Map Reading

When orienteering it is important to be able to read a map. Map reading skills help you to figure out where you are and how to get to where you want to go.

Maps show us all of the amazing places on our planet, from towering mountains to sparkling rivers and bustling cities.

Reading a map is like solving a puzzle. A map often has a key which contains an explanation of what the different symbols on the map mean. When you learn to read these symbols, you can unlock the secrets of the map and understand what it is telling you.

#### Key Vocabulary

**collaborate:** work jointly with others  
**communicate:** share information  
**effectively:** achieving a desired outcome  
**instructions:** information to guide a task  
**key:** information given to help identify objects on a map  
**leader:** a person who guides others  
**navigate:** to plan or follow a route  
**orientate:** to turn a map so that it always faces the same way as the ground it represents  
**reflect:** to think back on the experience  
**role:** the job given to each person  
**solve:** to find an answer  
**symbol:** a sign, shape or object representative of different features on a map e.g. a triangle for a mountain  
**teamwork:** working with others to succeed



#### Ladder Knowledge



##### Problem solving:

Discussing the advantages and disadvantages of ideas will help to guide you to a conclusion about which idea to use.

##### Navigational skills:

Using a key and cardinal points on a map will help you to orientate it.

##### Communication:

There are different types of communication that you can use. This could be visual, verbal or physical. This means you can communicate without talking.

##### Reflection:

Critically reflecting on when and why you are successful at solving challenges will help you to improve in future challenges.

#### Movement Skills

- balance
- co-ordination
- run at speed
- run over distance

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

**Social** communication, co-operation, collaboration  
**Emotional** determination, resilience, honesty, trust, confidence  
**Thinking** problem solving, evaluation, reflection, create, select and apply

#### Rules

Working with integrity means following the rules even when no-one else is watching. By having good integrity, we gain trust from others, learn to be dependable and form positive relationships.

#### Healthy Participation



- Listen carefully to safety rules for each challenge considering the space, equipment and other people.
- Work safely around others.

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



#### How will this unit help your body?

balance,  
co-ordination, speed,  
stamina

#### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### At a stretch

**What you need:** Three pieces of paper and a measuring tape (optional).

##### How to play:

- Begin standing on one piece of paper.
- Challenge:** How far away from the paper you are standing on, can you place one of the other pieces of paper?

##### Rules:

- You must remain in contact with the paper you are standing on throughout the challenge.
- You cannot throw or kick any of the paper.
- You cannot touch the floor around you.

Playing against someone else? Who can place the paper furthest away?

Plan, do and reflect. You have 3 minutes to practise before you measure.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

