

Year 4 Summer 2 Knowledge Organiser – PE

Run, Jump, Throw



Knowledge and Skills Organiser run jump throw

The **knowledge** and **skills** the children will learn within this unit are presented across the three domains – **Move, Solve, Connect**. These are explicitly linked to Ofsted's pillars of progression; **Motor competence, rules, strategies and tactics** and **healthy participation**.

Masterful Mover

By the end of Lower KS2, a Masterful Mover will:

- **Know what** techniques help improve my running, jumping, and throwing.
- **Know how** to use different body movements to run efficiently, jump with power and control, and throw accurately over different distances.

Skilful Solver

By the end of Lower KS2, a Skilful Solver will:

- **Know what** techniques I can use and adjust them based on the activity.
- **Know how** to apply running, jumping and throwing movements within different game situations.

Confident Connector

By the end of Lower KS2, a Confident Connector will:

- **Know what** it means to show resilience and determination when practicing and competing.
- **Know how** to stay motivated, support my peers, and challenge myself to improve.

Learning Theme Key Vocabulary
sprint accelerate speed spring leap distance
aim power trajectory



Curriculum links

- 'Use running, jumping, throwing and catching in isolation and in combination'
- 'Develop flexibility, strength, technique, control and balance'
- 'Compare their performances with previous ones and demonstrate improvement to achieve their personal best'

Where next?



Target, Control, Combine



beyond
the physical

Knowledge and Skills Organiser target control combine

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Masterful Mover

By the end of Lower KS2, a Masterful Mover will:

- Know what accurate aiming and controlled movement are when performing tasks that involve hitting or reaching a target.
- Know how to apply these skills by adjusting their body position, force, and technique to consistently hit a target or control an object with precision.

Skilful Solver

By the end of Lower KS2, a Skilful Solver will:

- Know what strategies and tactics are for effective target-based activities, such as understanding angles, timing, and coordination.
- Know how to plan their actions, combining different skills and techniques to achieve success in target-based games.

Confident Connector

By the end of Lower KS2, a Confident Connector will:

- Know what the importance of perseverance is when practicing target-based activities.
- Know how to encourage themselves and their peers, maintaining focus even when tasks are challenging or require multiple attempts to succeed.

Learning Theme Key Vocabulary

**aim direction accuracy coordination position
communicate collaborate compete cooperate**



Curriculum links

'Apply and develop a broader range of skills and use them in different ways'
'Use running, jumping, throwing and catching in isolation and in combination'

Where next?



