

YEAR 4 PE - Knowledge Organiser



Gymnastics



Gymnastics

In gymnastics the children complete a series of workshops in which the children move around independently and use equipment to aid in their stage of a skill. The children then learn to build routines using their practised skills.

Key Vocabulary

Tuck
Star
Straight
Pike
Straddle
Roll
Jump
Balance
Routine
Present
Cartwheel
Front to Back
Side to Side



I can name the 5 basic shapes in gymnastics
I can describe and perform a chosen roll or jump
I can identify a variety of cartwheels and perform one
I can perform individual and group balances
I know that to begin a routine I must 'Present'



I can select jumps, rolls and balances to create a routine individually and with a partner

Key Vocabulary

Shoulder Pass
Chest Pass
Bounce Pass
Position
C - Centre
GD - Goal Defence
GA - Goal Attack
GS – Goal Shooter
GK – Goal Keeper
Space
Dodge
Shoot

Netball

In netball the children play stuck in the mud with restrictions on who they can tag and who can tag them based on netball pairings on court. The children take part in games to encourage 'dodging' and finding space within an area.

Netball



I can confidently use the 3 main passes in a netball game
I can match positional partners in 5-a-side netball
I can choose the appropriate pass and move into a new space
I can use dodging to get away from my positional partner
I can describe and use the correct shooting technique

