



YEAR 4 PE - Knowledge Organiser



Tennis

- I can control the tennis ball using my racket
- I can throw and catch a tennis ball
- I can use a push serve in a tennis game
- I can use an upward tapping action with my ball and racket
- I can create a rally in a game situation
- I can describe when the ball is in or out

Tennis Key Vocabulary

- Tennis Racket
- Tennis Ball
- Push Serve
- Out
- In
- Upwards
- Tap
- Throw
- Catch
- Control
- Rally
- Left
- Right

OAA

- I can play games based on teamwork
- I can play games based on listening
- I can play games based on communication
- I can identify key areas of the school and make my way to that location
- I can complete an orienteering course finding letters and control point clips



OAA Key Vocabulary

- Teamwork
- Listening
- Communication
- Orienteering
- Photograph
- Map
- School
- Clip
- Letter
- Control Point
- Resilience

Health and Fitness

- I can describe how exercise affects my body
- I know that exercise is key to a healthy heart
- I can complete a fitness circuit that exercises different muscles in my body and begin to name them
- I know that yoga can improve my flexibility and core strength
- I know that yoga and stretching is good way to avoid injury



Health and Fitness Key Vocabulary

- Exercise, fitness, circuit, muscle, heart, heart rate, healthy, flexibility, yoga, stretching, core strength, sit ups, plank, wall sit, lunges, spotty dogs, squats, press ups, shuttle run