



“Whatever you do, work at it with all your heart”

Colossians 3:23

Net & Wall (Alternative Sports)

Year 4

Spring 1 & 2

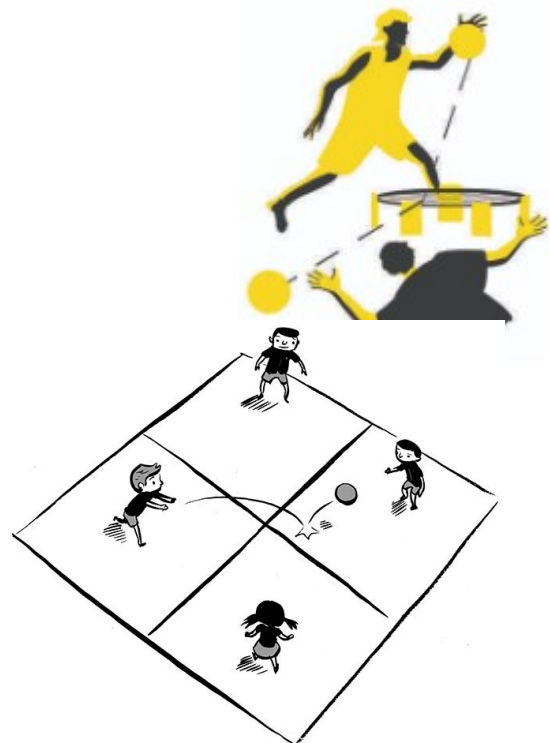
Key Knowledge:

Know that:

- ⇒ I need to use the palm of the hand for greatest power and control
- ⇒ In spikeball and 4square, the ball must bounce once before each strike
- ⇒ Use sideways movements to be close enough to the ball and avoid over stretching
- ⇒ I need to strike the ball harder when further away from the target/net
- ⇒ I need to strike the ball gently when closer to the target/net
- ⇒ The ball is not allowed to hit the rim of the spikeball net
- ⇒ The ball can only bounce once on the net/ground before it has to be struck

Key Vocabulary:

- ⇒ Spatial awareness—knowing where the space is or where it is going to appear next. Use this knowledge to attempt to hit the ball into space and away from opponent.
- ⇒ Anticipate—predicting where you think the ball is going to be hit and making subtle movements to prepare for this.
- ⇒ Rally—continuous hitting of the ball without either player making a mistake.
- ⇒ Sidesteps—a sideways step used to move towards the ball quickly.





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Gymnastics

Year 4
Spring 1 & 2

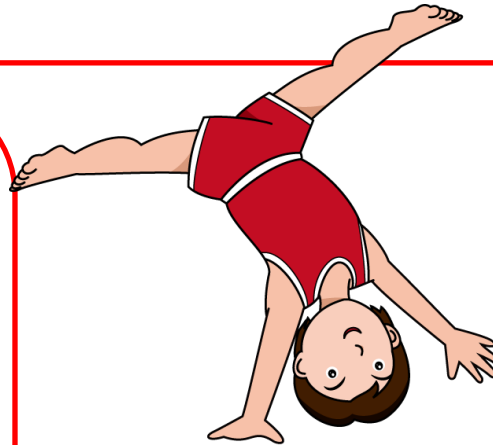
Key Knowledge:

Know that:

- ⇒ Three types of gymnastics leaps are scissor, 2 to 1 and stag.
- ⇒ All gymnastics moves should be performed with control and poise.
- ⇒ Keep arms straight above the head to help rotate the body when doing a jump turn.
- ⇒ A scissor and stag leaps are two types of leaps.
- ⇒ Teddy bear, shoulder, log and egg are types of rolls
- ⇒ 5 large body parts which can be used in a patch balance (side, shoulders, bottom, back, front)
- ⇒ 5 small body parts for a point balance (head, knees, elbows, feet, hands).
- ⇒ Moving one arm or one leg you can turn a symmetrical balance into an asymmetrical balance.

Key Vocabulary:

- ⇒ Extension-the height of the leg when it is raised into the air
- ⇒ Matching-Pupils perform exactly the same movements at the same time
- ⇒ Mirroring-Pupils perform their movements in a mirror image of each other





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Swimming

Year 4

All year

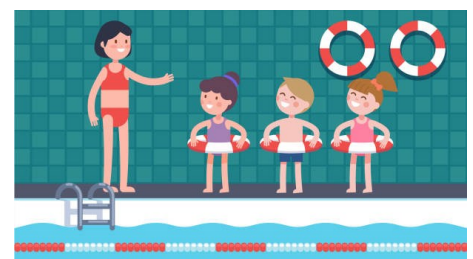
Key Knowledge:

Know that:

- ⇒ **Front crawl, arms enter the water and pull back to the 'pocket'**
- ⇒ Front crawl, legs kick slightly under the water
- ⇒ Backstroke, arms enter the water little finger first
- ⇒ **Backstroke, pull arms back to 'pocket' underneath the water**
- ⇒ Backstroke, maintain a steady kick underneath the water throughout
- ⇒ Breaststroke, arms enter the water with fingers and hands together
- ⇒ **Breaststroke, pull both arms together when in the water towards the body**
- ⇒ Breaststroke, bring legs towards the body pressing your heels together
- ⇒ Breathing out of the water should take place every 2-4 strokes
- ⇒ Wearing additional clothes in the water will make your body a lot heavier which will make it harder to swim

Key Vocabulary:

- ⇒ **Front crawl**-swimmer faces downwards and moves their arms alternately
- ⇒ **Tread water**-float in an upright position by moving their legs slightly
- ⇒ **Backstroke**-performed on the back with the arms lifted alternately out of the water in a backward circular motion and the legs extended and kicking.
- ⇒ **Breaststroke**-arms are pushed forwards and then swept back in a circular movement





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Athletics & Leadership

Year 4

Spring 2—Summer 2

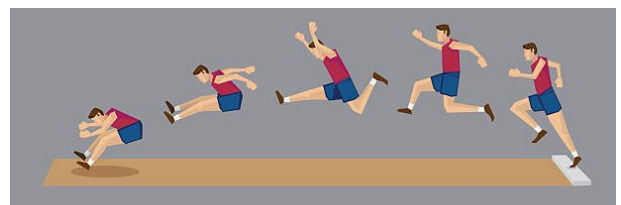
Key Knowledge:

Know that:

- ⇒ Jump leading with one leg when completing a running long jump
- ⇒ **Swinging arms forward when into the air will create momentum and drag the body forward more**
- ⇒ **A 'sprinting start' involves a crouching down on a hands and feet with one foot in front of another**
- ⇒ Raise knees slightly higher and create a longer stride when sprinting
- ⇒ When doing an endurance race, all runners can enter the most inside lane after 50m
- ⇒ When doing an endurance race, a runner should adopt a running speed which they can maintain throughout whilst also allowing them enough energy for a sprint finish
- ⇒ A howler should be released at a 45 degrees angle to get optimal distance
- ⇒ **After releasing a shotput, extend to tip-toes whilst balancing on one leg to generate as much height in throw and power as possible**

Key Vocabulary:

- ⇒ Stamina-being able to run from a long time at the same speed
- ⇒ Sprinting start- a hips raised, hands on the floor position used at the start of a sprint race
- ⇒ Extend-bending arm or legs to full position to help throw or jump further
- ⇒ Crouching start-one leg in front of the other used at the start of a sprint race





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Sending & Receiving

Year 4

Autumn 1—Spring 2

Key Knowledge:

Know that:

- ⇒ I need to use small sidesteps or similar to get hands and body behind the ball
- ⇒ I need to use 'cereal bowl' when below waist height and 'W for winning' when ball is above waist height
- ⇒ Using different movements and speeds creates space to receive the ball
- ⇒ I need to spread fingers underneath the ball when rolling
- ⇒ I need to bend my knees so the body and hands are almost touching the ground when receiving a rolling ball
- ⇒ Stepping towards target increases the distance of a throw
- ⇒ I need to make the decision of who to send/throw/roll the ball to quickly

Key Vocabulary:

- ⇒ **Spatial awareness**— knowing if there is space around your
- ⇒ **Consistency**— sending or receiving the ball well
- ⇒ **Decisive**—choosing what to do quickly
- ⇒ **Tracking**—watching a moving object and making movement adjustments accordingly
- ⇒ **Decision making**— deciding when to

