



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

Colossians 3:23

# Sending & Receiving

Year 4  
Autumn 1—Spring 1

## 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  
body

**Decision making**—  
deciding when to  
send the object

**Consistency**—  
sending or receiv-  
ing the ball well re-  
peated times

**Tracking**—watching a  
moving object and  
making movement  
adjustments accord-  
ingly





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French speaking countries in the world

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# Dance

Year 4

Autumn 1 — Spring 1

## Key Knowledge:

Know that:

- Eyes forward and straight back is good posture in dance.
- Dancers should change their formation during a dance by changing where they are positioned.
- Dancers get their ideas and motivation from many different sources.
- Dance movements can link to the rhythm of the music.
- Dance movements can be interpreted in different ways.
- Having control over the movement and placement of our body leads to a better performance.

## Key Vocabulary:

**Compose**-thinking and putting together a dance

**Tradition**-local dancing tradition, often strongly connected with local musical forms and/or local beliefs.

**Good Posture** - how the body is positioned. Pointed fingers and toes, straight head and back.

**Formation** - how a group of dancers position themselves to create a different shape or image

**Sources** - where ideas for dances or movements come from





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# Gymnastics

Year 4

Autumn 1 — Spring 1

## Key Knowledge:

Know that:

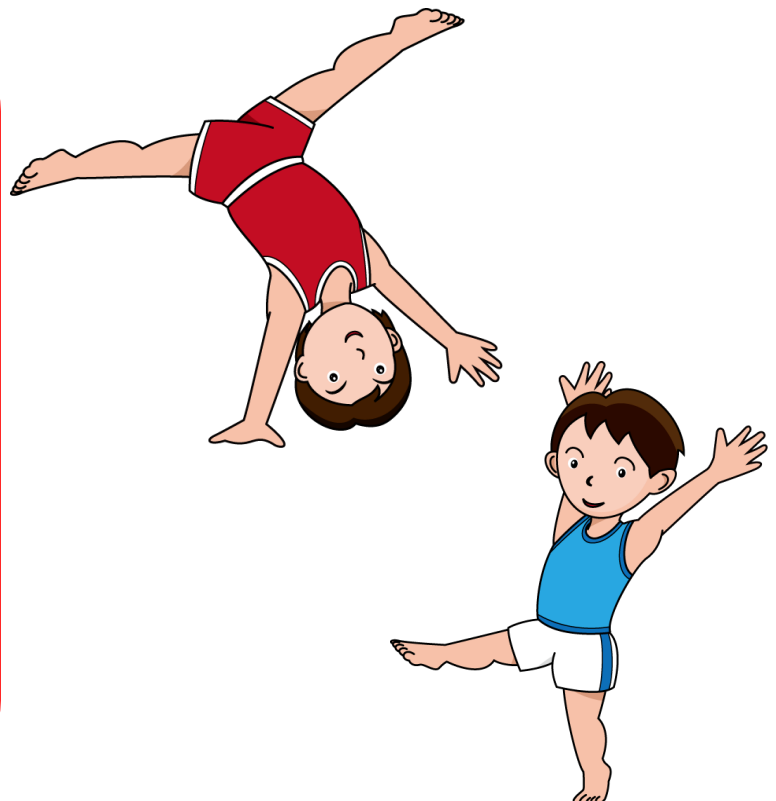
- ⇒ Three types of gymnastics leaps are scissor, 2 to 1 and
- ⇒ All gymnastics moves should be performed with control and poise.
- ⇒ Keep arms straight above the head to help rotate the body when doing a jump turn.
- ⇒ A scissor and stag leaps are two types of leaps.
- ⇒ Teddy bear, shoulder, log and 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**
- ⇒ 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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## 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 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

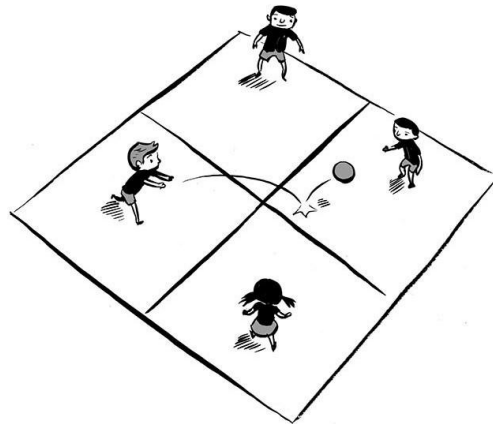
### Key Vocabulary:

**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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# Passing & Space

Year 4  
Spring 1 & 2

## Key Knowledge:

Know that:

*I should regularly scan around to be aware of where the space is in relation to defenders before receiving the ball*

⇒ Use short and loud communication to make teammates aware you are ready to receive the

⇒ Pass to a teammate when they are in space and in an advanced scoring position

⇒ Using quick movements helps to create space away from a defender. If

possible, it is better to pass forward closer to the scoring area.

## Key Vocabulary:

**Defender**-a player whose responsibility is to protect their own goal/area and make it hard for the other team to score.

**Communication**-using clear and loud instructions make teammates aware that you want to receive the ball.

**Attack**-attempting to pass the ball forward or so you are in a best position to score a point for your team.

**Defend**-standing near or 'marking' the opponents to make it harder for them to receive the ball and score a point.

