



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

Colossians 3:23

Outdoor Adventure Activities

Year 4
Summer 1 & 2

Key Knowledge:

Know that:

Ordinal compass points are: North East, South East, South West and North West

I need to search high and low at the feature to find a control

Visit the nearest feature first followed by the second nearest and so on.

Share own ideas and thoughts in a respectful and confident manner

If a features can be moved, it will not be on the map

All controls can be found without moving or lifting anything

Key Vocabulary:

Ordinal points- northeast (NE), southeast (SE), southwest (SW), and northwest (NW)

Information - the letter or number written on the control point

Feature-stand out points, lines, area or objects on a map

Reflect-think back about what went well and could be improved





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Striking & Fielding

Year 4
Summer 1 & 2

Key Knowledge:

Know that:

When bowling/throwing, receive the ball with greater speed to make it more challenging for the batter to hit the ball

Hold a rounders or cricket bat in a split foot stance with non striking foot closer to the bowler

Hold a rounders or cricket bat in a slightly raised position behind the body as the ball is being re-leased

When fielding, anticipate where you think the ball may be hit by beginning to move towards that space

When fielding, step towards the ball to receive and pick up the ball quicker

Use a short barrier to receive a slower moving ball or long barrier for a quicker moving ball

If a right handed batter, fielders should primarily be placed on the left hand side of the area and vis- versa for a left handed batter

Key Vocabulary:

Anticipate-before the strike, move slightly towards the area or space where you think the ball is going to go

Run out-a batter is out because another batter arrives at the same base as them.

Back stop-the fielder who stands directly behind the batter (or hitter)





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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

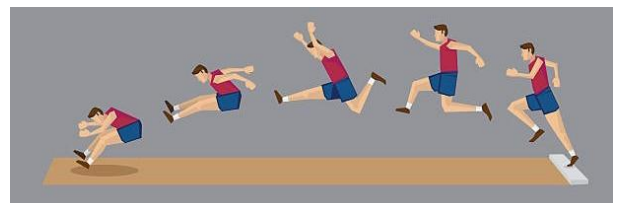
Key Vocabulary:

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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Passing & Space

Year 4
Spring 1—Summer 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 to get 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.

