

Physical Education Knowledge Organiser

Year 3 and 4 Target and Creative Games

National Curriculum Link: To play competitive games, modified where appropriate

To use running, jumping, throwing and catching in isolation and in combination

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> · Co-operation · Reflection · Respect <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> · accuracy · target · consistency · tactics · opponents 	<p style="text-align: center;">Previous learning</p> <p>In year 2 (games link), children will begin to perform fundamental movement skills at a developing level and start to master some basic movements in:</p> <ul style="list-style-type: none"> · Travelling skills · Sending skills · Receiving skills <p style="text-align: center;">Year 3/4 learning</p> <p>In year 3 and 4, children will master most fundamental movement skills from KS1 and start to develop sport specific skills and perform them with some accuracy.</p> <p>These skills will include:</p> <ul style="list-style-type: none"> · Dodging · Catching · Underhand throw · Overhand throw · Rolling a ball · Propelling a ball 	<p><u>Aim and success criteria of target and creative games for years 3 and 4</u></p> <ul style="list-style-type: none"> · Children will learn how games work through designing their own tag and target games. · Children will improve their FMS and start to understand how to design their game. · In year 4, they will learn how to apply simple tactics in a range of target games using a range of equipment. <p><u>Skills breakdown for target and creative games</u></p> <p>Running</p> <ul style="list-style-type: none"> · Definite flight phase · Stride length at max · Complete extension of support leg · Arms bent at 90 degrees and swing back and forwards in opposition to legs · Non-support knee bends 90 degrees <p>Overarm throw</p> <ul style="list-style-type: none"> · Arm is swung backward in preparation · Opposite arm is raised for balance/direction · Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm. · Definite turning of the body through legs, hips and shoulders <p>Catching</p> <ul style="list-style-type: none"> · Body moves directly in path of the ball
<p style="text-align: center;">Key knowledge</p>	<p style="text-align: center;">Future learning</p> <p>In years 5 and 6, children will continue to develop sport specific skills and perform them with consistency, accuracy, confidence and control.</p> <p>In year 6, children will also be expected to perform them with speed.</p> <p>The skills that will be focused on are:</p>	
<p>Children need to learn how to apply tactics in a games scenario.</p>		

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- *One handed throw*
- *Catching*
- *Dodging*
- *Sending and receiving skills*

- *Eyes follow the ball into hands*
- *Arms "give" on contact to absorb the force of the ball*
- *Arms adjust to flight of the ball*
- *Hands grasp ball in well-timed motion*

Rolling a ball

- *Opposite foot to arm forward*
- *Ball held in opposite hand to forward foot*
- *Distinct knee bend*
- *Forward swing transferring weight from rear to front*
- *Release at knee level or below*
- *Eyes are on the target throughout*

Supporting resources

Running



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Overarm throw



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Catching



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Rolling a ball



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