

# Physical Education Knowledge Organiser

## Year 4 Gymnastics

**National Curriculum links:** to develop flexibility, strength, technique, control and balance

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> <li>· Trust</li> <li>· Self-motivation</li> <li>· Evaluation</li> <li>· Problem-solving</li> </ul> <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> <li>· space</li> <li>· apparatus</li> <li>· agility</li> <li>· sequence</li> <li>· control</li> <li>· travel</li> <li>· support</li> <li>· extension</li> <li>· co-ordination</li> <li>· accuracy</li> <li>· flow</li> </ul>	<p style="text-align: center;"><b>Previous Learning</b></p> <p>In year 3, the children will master most fundamental skills from KS1 and start to develop sports specific skills and perform them with some accuracy and extension. These will be assessed through developing physical skills including;</p> <ul style="list-style-type: none"> <li>· Travel – feet and hands.</li> <li>· Balance – small body parts</li> <li>· Jump – 2 foot jump and land</li> <li>· Rolling – basic rolls</li> <li>· Apparatus</li> </ul> <p style="text-align: center;"><b>Year 4 Learning</b></p> <p>In year 4, children will master fundamental movement skills and start to develop sport specific skills performing them with consistency, accuracy and some control. These will be assessed through developing physical skills including;</p> <ul style="list-style-type: none"> <li>· Travel – feet and hands</li> <li>· Balance – large body parts, dish and arch, one-foot balance.</li> <li>· Jump – different shapes when jumping, jump ¼ and ½ turns.</li> <li>· Rolling – basic rolls</li> <li>· Apparatus</li> </ul>	<p><u>Aim and success criteria of educational gymnastics for year 4</u></p> <ul style="list-style-type: none"> <li>· Children will focus on improving the quality of their movement, e.g. by stretching fingers and pointing toes, to help them produce extension.</li> <li>· They will learn how to plan and perform actions and sequences and develop flow by linking actions smoothly.</li> </ul> <p><u>Breakdown of skills</u></p> <p><b>Hopping</b></p> <ul style="list-style-type: none"> <li>· Non-hopping leg is used to support take off and momentum of the hop with a rhythmical action</li> <li>· Greater body lean</li> <li>· Arms are co-ordinated with take-off</li> <li>· Lands and pushes off from the ball of the foot</li> <li>· Hopping is rhythmical and continuous</li> </ul> <p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>· Step-hop pattern is co-ordinated and smooth</li> <li>· Arms are used rhythmically in opposition to legs</li> <li>· Low vertical lift on hop</li> <li>· Land on ball of foot</li> </ul>
<p style="text-align: center;"><b>Key knowledge</b></p>	<p style="text-align: center;"><b>Future Learning</b></p>	
<p>Children will need to understand how to develop sports specific skills.</p> <p>They will learn how to</p>	<p>In year 5, children will continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. These will be assessed through developing physical skills including;</p> <ul style="list-style-type: none"> <li>· Travel – feet and hands</li> <li>· Balance – partner balance (counterbalance)</li> <li>· Jump – different ways of jumping and landing with shape</li> </ul>	<p><b>Side gallop</b></p> <ul style="list-style-type: none"> <li>· Rhythmical smooth action</li> <li>· Weight on balls of feet</li> <li>· Body faces front</li> <li>· Rear leg lands adjacent to or behind front foot</li> </ul>

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perform with co-ordination, accuracy and strength.

- Rolling – basic rolls
- Apparatus

- Low vertical lift

## **Ju mp**

- Arms swing back behind body in preparation
- Crouch is deeper and more consistent
- Arms swing forward with force during take-off and reach high
- Full extension of legs and feet at take off
- Body leans forward at landing

## **Supporting resources**

### **Hopping**



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### **Skipping**



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### **Side gallop**



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### **Standing jump**



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