

Physical Education Knowledge Organiser

Year 4 Invasion Games

National Curriculum links: To use running, jumping, throwing and catching in isolation and in combination

To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> · Respect · Co-operation · Teamwork <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> · accuracy · technique · invasion · apace · attacking · outwit · tactics · skills · strategies · territory · consistency 	<p style="text-align: center;">Previous Learning</p> <p>In year 3, children will master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy.</p> <p>The children will develop the following skills:</p> <ul style="list-style-type: none"> · running · dodging · passing · catching · bouncing <p style="text-align: center;">Year 4 Learning</p> <p>In year 4, the children will learn to master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy.</p> <p>The children will develop the following skills:</p> <ul style="list-style-type: none"> · running · a range of passes · dodging · catching · bouncing a ball · shooting a ball 	<p><u>Aim and success criteria of invasion games for year 4</u></p> <ul style="list-style-type: none"> · Children will continue to learn simple attacking tactics using a range of equipment and sport specific skills. · They will play small, uneven-sided games and think about how to use skills, strategies and tactics to outwit the opposition. · In invasion games, they will enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal.' <p><u>Skills breakdown for invasion 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>Throwing (overarm)</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.
<p>Key knowledge</p>	<p style="text-align: center;">Future Learning</p>	

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Children need to know how to move into space to receive a ball.

They must also work on how to feint or disguise a pass to outwit a defender.

In year 5, children will continue to develop sport specific skills and perform them with consistency, accuracy, confidence and control.

The lessons will focus on the following skills:

- running
- dodging
- a range of passing
- shooting
- catching
- kicking
- dribbling a ball

- Definite turning of the body through legs, hips and shoulders.

Catching

- Body moves directly in path of the ball
- 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

Bouncing a ball

- Ball held at waist height
- Ball pushed down to ground, following through with arm, wrist and fingers
- Relaxed fingertips control the bounce
- Can control the height of the bounce consistently

Supporting resources

Running



Overarm throw



Catching



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Bouncing a ball



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