



PE Knowledge Organiser

Year 4 Autumn Term

Fitness

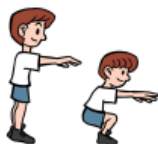
Key Knowledge and Skills:

Develop speed when sprinting: Run on the balls of your feet. Bend your elbows at 90° moving from your pocket to your mouth. Keep using high knees. Use the opposite arm to leg. Keep your head looking forward.



Develop strength using your body weight: Perform the movements slowly and with control. Squeeze your muscles to help to stay controlled.

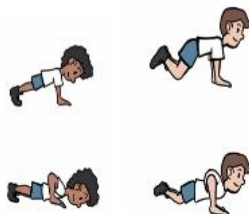
Squats



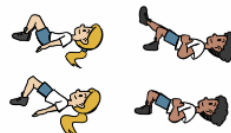
Sit ups



Press ups



Bridge



Develop coordination: Take your time to ensure you are ready for coordination exercises/activities as this will help you be more accurate and controlled.

E.g. partner catch: Stand in a balanced starting position with feet shoulder width apart and knees bent. Check that your partner is ready to receive the ball, looking at you with their hands out ready to catch. Call their name if they are not looking at you. Keep watching the ball. Hands out ready to catch.

Develop agility: Use small steps to change direction. Sink low and bend your knees, pushing off one foot to go in a new direction. Turn your hips to face the direction you want to go to next.



Key Vocabulary:

Vocabulary:	Definition:
Coordination	Use different parts of your body at the same time.
Agility	How quickly and easily we can move and change direction.
Stamina	Being able to keep a physical activity going over a period of time.
Speed	How fast we are.
Strength	How strong we are.
Balance	How well we can keep a steady position.

Develop balance: Focus on something still, squeeze your muscles to help you to remain stable, move slowly into your balance.

Hop



Leap



Jump



Develop stamina: Breathe steadily in through your nose and out through your mouth. Use a steady pace. Don't go too fast at the beginning.