



Physical Education

Knowledge Organiser

Year 3 and 4 Target and Creative Games

National Curriculum links: 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
<u>Values</u> - Co-operation - Reflection - Respect <u>Vocabulary</u> - accuracy - target - consistency - tactics - opponents	Previous learning	<u>Aim and success criteria of target and creative games for years 3 and 4</u> - 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.
	Year 3/4 learning	<u>Skills breakdown for target and creative games</u> Running - 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 Overarm throw - 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
	Future learning	Catching Body moves directly in path of the ball
Key knowledge	Children need to learn how to apply tactics in a games scenario.	
	In year 5 and 6, children will continue to develop sport specific skills and perform them with consistency, accuracy, confidence and control. In year 6, children will also be expected to perform them with speed. The skills that will be focused on are:	

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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



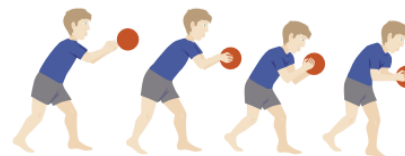
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Overarm throw



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Catching



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Rolling a ball



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