



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
<u>Values</u> - Respect - Co-operation - Teamwork <u>Vocabulary</u> - accuracy - technique - invasion - space - attacking - outwit - tactics - skills - strategies - territory - consistency	Previous learning	<u>Aim and success criteria of invasion games for year 4</u> - 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.'
	Year 4 learning	<u>Skills breakdown for invasion 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 Throwing (overarm) - 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.
	Future learning	

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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

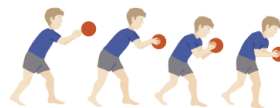
Running



Overarm throw



Catching



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Bouncing a ball



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