



Year 4 Physical Education - Summer Term: Athletics



1. Changes during exercise

Hotter
Heart beating faster
Deeper breaths



2. Throwing for distance

Hands/feet in opposition
Transfer of weight
Point of release



3. Throwing for accuracy

Hands/feet in opposition
Appropriate weight
Pull back and follow through in direction of throw

4. Take-off

Bend knees
Use arms for power
Head up

What skills, rules and techniques are used in athletics?



Landing

Land on two feet
Use arms for balance
Bend knees



5. Approach phase

Take-off on dominant foot
Controlled pace
Pump arms



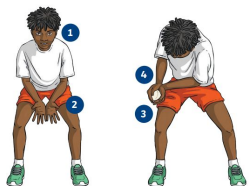
6. Team work

Communicate
Positive
Areas of improvement

accuracy	approach	balance	communicate	distance	dominant
follow through	heartbeat	landing	opposition	phase	take-off



Year 4 Physical Education - Summer Term: Cricket



1. Catching

Watching the ball

Hands together

Fingers pointing to the floor



2. Throwing

Side on stance

Point at target

Release from high

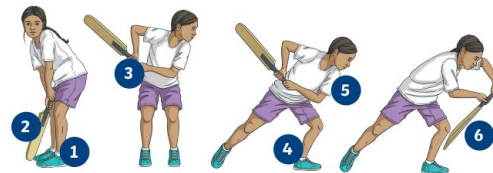
Follow through in direction of target

3. Striking

Head still, watching the ball

Contact ball with middle of bat

Appropriate foot movement



What skills, rules and tactics are used in cricket?

4. Attacking

Identify gaps to hit into

Angle bat/body to hit ball into gap

Follow through in direction of the gap

5. Defending

Place fielders evenly/equally to minimise gaps

Identify batters' strengths and place fielders accordingly

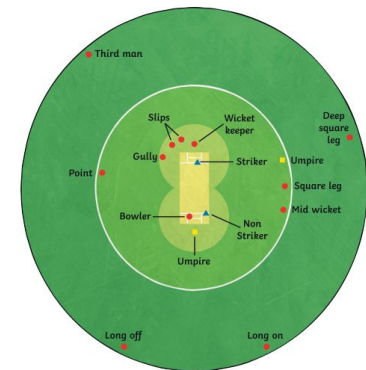


6. Group work

Communicate

Positive

Areas of improvement



attacking	bat/batter	catching	defending	direction	fielders
gaps	improvement	movement	stance	striking	target



Year 4 Physical Education - Summer Term: Rounders



1. Catching

Watching the ball
Two hands together
Cushion ball (soft hands)



Throwing under-arm

Arms, legs in opposition
Swing back and follow through in direction
Appropriate weight

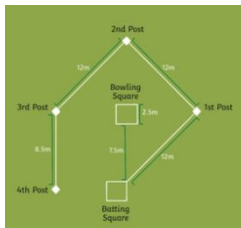


2. Throwing over-arm

Side on stance (in opposition)
Swing back, release from high, follow through
'Rabbit ears' grip

3. Fielding team

Communicate
Spread fielders around area (width and depth of area)
Change positions depending on the batter's strengths and weaknesses



What skills, rules and tactics are used in rounders?

4. Striking

Watch the ball
Side on (non-striking foot at front)
Swing back, contact, follow through



5. Striking into space

Look around to see where the space is
Turn body (hips and shoulders) to point in direction of space
Follow through in direction of strike

6. Group work

Communicate
Positive
Areas of improvement

bat/batter	catching	contact	cushion	depth	direction
fielders	follow through	grip	opposition	space	strike



Year 4 Physical Education - Summer Term: Tennis



1. Forehand

Dominant side

Non-dominant hand tracks ball
Contact with middle of racket



1 & 2. Direction

Stance sideways, directed towards target
Swing and follow through in direction of target
Contact ball at waist height



2. Backhand

Dominant hand at bottom
Use two hands
Contact on non-dominant side of body

3. Ready position

Both hands on racket
Track ball with eyes
Get in position for either forehand or backhand



What skills, rules and tactics are used in tennis?

6. Partner work

Communicate
Awareness (respond and react)
Plan and apply tactics

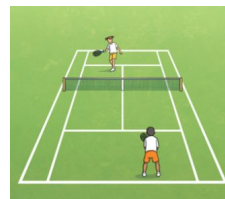
4. Under-arm serve

No bounce (before hitting)
Ball is hit cross court
Land inside 'service box' or area



5 & 6. Tactics

Move opponent (side to side, forwards and backwards)
Get the ball over (the net) and in (the court)
Return to centre of the court



backhand	contact	cross court	direction	dominant	forehand
hitting	non-dominant	opponent	position	racket	stance