



# Year 4 - Autumn - PE Knowledge Organiser

## What I already know...

Children will start this unit with differing levels of experience.

For this reason, they will be grouped according to their confidence and skill level.

## What I will learn...

- How to enter and exit the pool safely from a sitting position.
- How to move around the pool safely.
- How to jump into the water safely.
- The names and styles of different strokes: breaststroke, backstroke, front crawl & butterfly.
- How to turn or lift our head to breathe correctly during different strokes.
- The correct position for your arms and legs when pushing off the wall.

## Key Vocabulary

Width	The distance across the pool
Length	The distance from one end of the pool to the other
Pool Noodle	A float to support us when we learn to swim
Float	Something that doesn't sink in water
Goggles	Things we wear to protect our eyes
Stroke	The style we use to swim
Glide	Move smoothly in the water



## Making a difference at The Merton

Children's swimming lessons will be led by qualified instructors at a local pool. We will learn about pool safety and challenge ourselves to develop different swimming strokes. Children will be working towards being able to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water-based situations.

## Making a difference at home

Perhaps you could go swimming together as a family or look up some of the incredible British swimming champions we have in the UK such as Tom Dean, Adam Peaty, Ellie Simmonds and Freya Anderson?



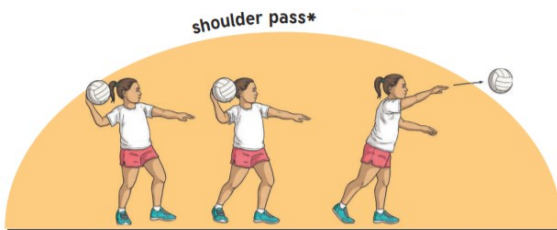
# Year 4 - Autumn - PE Knowledge Organiser

## What I already know...

Children already have an understanding of attacking and defending from previous PE units. Most children are able to pass and catch a ball accurately. They will use and develop these skills.

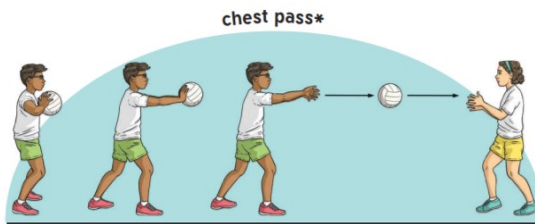
## What I will learn...

- To know the importance of warm ups / cooling down
- To develop their passing and shooting skills
- To develop an understanding of tactics
- To develop hand eye coordination skills
- To learn the rules for Bee Netball (Fliers)
- To develop an understanding of attacking and defending skills
- To develop their understanding of teamwork and communication skills



## Key Vocabulary

Dodging	A change of speed and direction in order to get into an empty space.
Shooting	A skill used by the Goal Shooter and Goal Attack within the game to score a goal.
Defending	A technique used to mark your opponent to stop them finding a space to receive the ball.
Chest Pass	A pass from your chest to the receiver's chest using two hands.
Bounce Pass	Passing the ball by bouncing it on the ground to another player.
Shoulder Pass	A one-handed netball pass for longer distances which follows a straight line between your shoulder and the receivers hands.



## Making a difference at The Merton

Children will learn the skills, tactics and rules for Bee Netball. They will develop their hand-eye coordination when practising throwing, catching and shooting and develop their attacking and defending skills.

[Bee Netball](#) (link)

## Making a difference at home

If you are enjoying learning to play netball in school, why not look to join a local club?

Don't forget to keep an eye on our netball players 'The Vitality Roses' this summer at the Commonwealth Games in Birmingham.