




# Year 4 Autumn 1: PE Knowledge Mat

## Football

Key Vocabulary		Images/ diagrams	Core Knowledge
Intercept	To collect the ball after an opponent has passed it but before it reaches its destination.	   	<ul style="list-style-type: none"> <li>➤ Inside hook- The Inside-Hook turn uses the inside of the foot to turn and then sprint away from the defender.</li> </ul>
Communication	Talking to and helping your team verbally to be make the best choices.		<ul style="list-style-type: none"> <li>➤ Outside hook- Use the outside of the foot to hook the ball back in the direction that you are going to. This turn is good for keeping your body between the ball and your opponent.</li> </ul>
Body position	Placing your body in the correct position to complete the next action.		<ul style="list-style-type: none"> <li>➤ Drag back- A drag back is when you place the bottom of the foot on the ball, rolling it backward, and turning with it.</li> </ul>
Accuracy	The action of kicking the ball towards the goal to score.		
Inside hook	Use the inside of the foot to turn and then sprint away from the defender		
Outside hook	Use the outside of the foot to hook the ball back in the direction that you are going to.		
Drag back	A drag back is when you place the bottom of the foot on the ball, rolling it backward, and turning with it.		




# Year 4 Autumn 2: PE Knowledge Mat

## Roman Dance

Key Vocabulary		Images/ diagrams	Core Knowledge
Collaborate	To work jointly with others on a project.	  	<ul style="list-style-type: none"> <li>➤ Choreograph - Is the act of designing dance</li> <li>Direction- Direction in dance, is the line taken by the body.</li> <li>➤ Direction can refer to shapes, movements, sequences of movements or relationships between dancers. Direction- may be forward or backward, Sideway or Diagonal Pathways.</li> <li>➤ In dance pathways refer to the path or pattern made by a body part - Pathways can be straight, angular, curving, symmetrical or asymmetrical.</li> </ul>
Choreograph	To choose and order a series of steps or movement in dance.		
Timing	Moving to the beat of music or another stimulus.		
Count	The number of beats in music that is being followed.		
Direction	The movement, shapes, and relationships between dancers.		
Unison	Performing a movement or series of movements at the same time as other dancers.		
Stimulus	The music, sound or concept that inspires the dancers movements.		

# Year 4 Spring: PE Knowledge Mat

## Gymnastics

Key Vocabulary		Images/ diagrams	Core Knowledge
<b>Travelling</b>	A way of travelling between each balance (skipping, rolling, sliding).		<ul style="list-style-type: none"> <li>➤ Perform a variety of shapes with good control when performing various skills.</li> <li>➤ Perform various jumps and develop travelling across the mat.</li> <li>➤ Teddy bear roll with a partner/group in sequence with pointed toes.</li> <li>➤ Perform matching and mirroring balance routines on apparatus.</li> <li>➤ Perform a bunny hop onto a variety of apparatus with control.</li> <li>➤ Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes.</li> <li>➤ Hopscotch across the floor to develop hurdle step onto low apparatus.</li> </ul>
<b>Matching</b>	To perform the exact same movement at the exact same time.		
<b>Mirroring</b>	To perform the exact same movement in the mirror image of another movement.		
<b>Elements</b>	Parts of a routine that must be performed.		
<b>Body Tension</b>	To tighten muscles in the body to allow accurate and strong movement.		
<b>Sequence</b>	A number of elements that are performed in an order.		
<b>Apparatus</b>	Any piece of equipment that is used in gymnastics.		