PE Year 4: Autumn 2

Football

Key Vocabulary for Football

Interception – gaining possession by preventing an opponent's pass reaching its destination.
Defend – to protect your team's goal from your opponent's shoots or attempts at scoring a goal.
Attack – attempting to progress towards an opponent's goal to score a goal.
Pitch – the area marked by white lines where the ball must remain during the game.
Tracking – following an attacker's movements.
Possession – having control of the ball.
Formation – positions you take up as a team.
Quadriceps – a large group of four muscles at the top of the leg.
Gluteals – the muscles found in the rear of the leg.

Key Knowledge for Football

Sending and receiving: know that cushioning a ball will help me to control it when receiving it. Dribbling: know that protecting the ball as I dribble will help me to maintain possession.
Space: know that moving into space will help my team keep possession and score goals.
Attacking: recognise when to pass and when to shoot.
Defending: know when to mark and when to attempt to win the ball.
Tactics: know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals.
Rules: know and understand the rules to be able to manage our own game.

Key Skills for Football

Sending and receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.
Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control.
Space: develop moving into space to help my team.
Attacking: change direction to lose an opponent with some success.
Defending: develop defending one on one and begin to intercept.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.
Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.
Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

Key Questions

Football
How do we control and keep possession of a ball?
How does cooperation impact upon a game?
When should we kick the ball ahead of us?
What is the most effective passing technique?
Why is space important?
What do we mean by first touch?
What is an effective turn?
Why should defenders shut down space?
Swimming
How does breathing affect buoyancy?
How do we keep ourselves and others safe?
How do we tread water?
In breastroke, which part of the stroke helps us gain distance?
Which stroke is best for water survival and why?
What does H.E.L.P. stand for?
When do we use the huddle position?

Swimming

Key Vocabulary for Swimming

Submersion – the whole body being under the surface of the water.
Floating – the body being suspended by the water.
Gliding – moving through the water using the momentum gained through swimming.
Rotation – the body moving around its own axis.
Sculling – moving the body using on small circular hand movements.
Treading water – moving to keep your head above the water, whilst reaming in the same place.
Stroke – a term used to describe the swimming technique used.

Key Knowledge for Swimming

Strokes: understand that keeping my legs together for crawl helps me to stay straight in the water.
Breathing: know that breathing out with a slow consistent breath enables me to swim for longer before needing another breath.
Water safety: know what to do if I fall in the water. Rules: understand the water safety rules.

Key Skills for Swimming

Strokes: develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl.
Breathing: demonstrate improved breathing technique in front crawl.
Water safety: are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.