

# Year 4: Physical Education

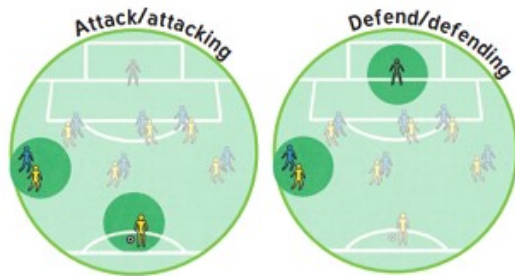
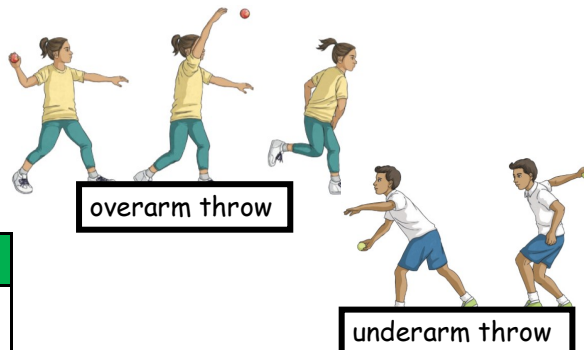
## Warm Up

We need to warm up before we exercise to pump blood around our bodies, move our joints and stretch our muscles. Each time we use muscles, our body uses energy.

### Games: Target Baggers

You will learn how to:

- send and receive a ball
- throw a ball at a target with control
- move to try and intercept a ball, either by attack or defence
- find and move into a free space when passing or receiving the ball
- select different positions in the team and identify strengths within the team
- create a scoring system with points or goals



Vocabulary	
court	a surface with markings suitable for sports
defending	protecting someone or something
net	a hoop with string dropping from it, used to score points
scoring points	needed to win the game
tactics	actions or steps taken to meet a goal or aim
target	an object or goal selected as the aim of attack

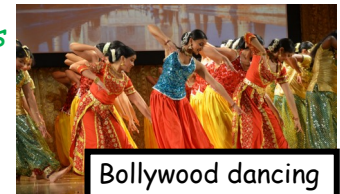
You should be adding exercise to your daily or weekly routines. You could join an exercise club such as gymnastics, football, karate or swimming club.

The more exercise you do, the more positive your mental health will be.

### Dance: Indian Delight

Within your dance, you will include:

- dance phases - clearly showing the beginning, middle and end
- aesthetic qualities of dance - design, costume, stimuli and content
- dynamic qualities - speed, energy and continuity
- space - levels, directions, pathways and body shapes
- dance styles and traditions



Bollywood dancing

#### Dance moves

- 'twisting the lightbulb' with stepping feet
- 'slide and clap'
- 'heel tap' with fisted hands, right elbow taps the left fist
- dip with circle arms
- waving hands down, then up

Vocabulary	
diagonal pathways	a pathway at an angle
direction	the way that you turn or move
gestures	when you move part of your body without using your body weight
heels	the back part of a human foot below the ankle
improvising	creating as you go along
linking	connecting or joining to something else
order	what comes first, second etc.
patterns	a repetitive action in dance
speed	how fast or slow a movement is
step slides	a dance move where you slide your foot back and make a step
timing	fitting movements to follow a rhythm
turns	rotating in space whilst moving