

Year 4: Physical Education

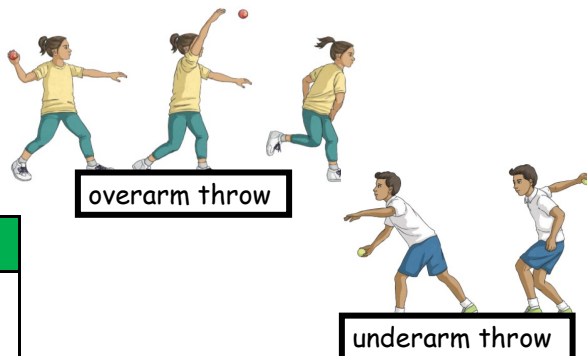
Warm Up

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: On the Attack

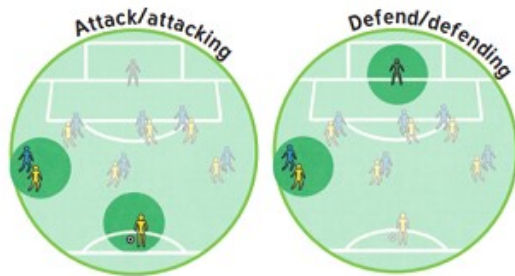
You will learn how to:

- select equipment you can send, receive and travel with.
- adapt and make your own rules.
- use a range of defence and attacking skills in invasion.
- explain the tactics that you have used.
- keep possession of the ball.
- keep your game going because you have skill and control.
- throw and catch in different ways.
- create and teach a warm-up to another group.



overarm throw

underarm throw



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. Can you name some benefits of physical activity on your wellbeing?

Gymnastics: Balancing Act

You will learn how to:

- balance on different combinations of points of your body.
- transfer your body weight out of balances fluently.
- show facing, beside, behind balances with a partner.
- balance on the floor and on the apparatus.
- create a gymnastic sequence with six actions.



Straddle Positions



sitting

standing

on back

on shoulders

supported

Tuck Positions



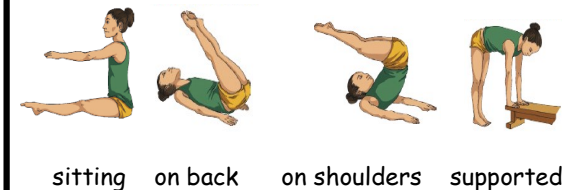
squatting

sitting

on back

on shoulders

Pike Position



sitting

on back

on shoulders

supported

Vocabulary

balance	To hold a pose.
control	To demonstrate power.
devise	To plan or create something.
direction	The way that you turn or move.
level	To be at a certain height, for example, floor level is at the same height as the floor.
sequence	The following of one thing after another.
smoothly	In a fluent manner.
speed	How fast or slow a movement is.
varying	To change or alter.