



# Year 4

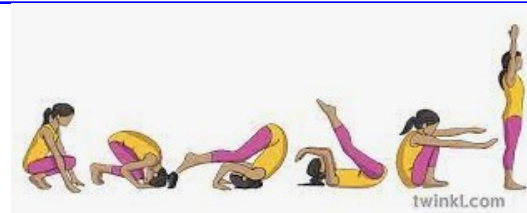
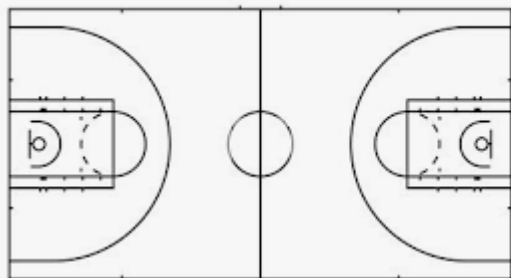


## PE Spring 1

- ◆ Each pupil will have two lesson's on PE a week and will need their PE kit in school each day.
- ◆ Earrings must be removed or taped up, and long hair must be tied back.
- ◆ Indoor kit is required for gymnastics lessons.

**HAND DRIBBLING CUES**

- 1 USING YOUR FINGER PADS. PUSH THE BALL DOWN TOWARDS THE GROUND
- 2 FIRMLY PUSH DOWN THE BALL WITH A FLEXIBLE WRIST
- 3 USE CONSISTENT FORCE AND KEEP THE BALL WAIST HIGH
- 4 YOU CAN ALTERNATE HANDS BUT DO NOT USE TWO HANDS AT THE SAME TIME
- 5 KEEP YOUR HEAD UP AND LOOK DOWN THE COURT
- 6 STAY ON YOUR TOES AND BE LIGHT ON YOUR FEET



This is how to perform a forward roll.

A sequence is linking together a number of movements.

We will be creating sequences with travel, balances, shapes and rolls.

With a partner and individually.

Vocabulary	Definition
Dribble	When we bounce the ball around the court to move to a different space.
Travel	Moving our feet with the ball without bouncing it.
Sequence	Linking a selection of movements together to perform to the class.
Shapes	A position we make with our body.
Counter Tension	A partner balance – a <u>pull</u> balance.
Counter Balance	A partner balance – a push balance.
Invasion game	Basketball is an invasion game, we are trying to get the ball to opponents end of the court.