

# PHYSICAL EDUCATION

## TERM 4

GRADE:4

### Swimming section:

1. There are 4 Fina strokes in swimming

1. Freestyle    2. Backstroke    3. Breaststroke    4. Butterfly

2. Freestyle, breaststroke and butterfly require a swimmer to put their head in the water and continue blowing bubbles.
3. Backstroke is the only Fina stroke that been swim with face-up so it doesn't need swimmer to blow in the water.
4. When you see a person struggling or drowning in the pool

**Don't Go**— Never just jump in because a drowning person can accidentally pull their rescuers under with them. Throw in a lifesaving device, rope, towel, or even pool noodle to help the drowning person without increasing risk to others.

**Get backup** — Call for help or inform others that someone is drowning, so they can call lifeguard, and let them know you're helping. Alert lifeguards; they're trained to assist.

### 5. Pool rules:

When you enter in any school pool or public pools you will find many signs around the pool area to show the rules that people need to obey

- **Do not** run around the pool area.
- **No** children under a certain age are allowed without adult supervision.
- **Do not** run or walk by the edge of the pool.
- **Do not** push friends in the water.
- **Do not** jump in the shallow end of the pool.
- Stay far from the deep area unless you can swim in the deep end.
- **No** food or loud music are allowed by the pool.

### Volleyball section:

Volleyball is a game, played by two teams, usually of six players on a side, in which the players hit a ball back and forth over a high net, usually with their hands, trying to make the ball touch the court within the opponents' playing area before it can be returned.

Aim of the game: to get the ball over the net and onto the floor of the opponents' court.

### Touches:

- A team is allowed to hit the ball 3 times.
- A player is not allowed to hit the ball twice in a row.
- A player is allowed to hit the ball with any part of their body.
- There are 3 main ways of hitting the ball, a dig [forearm pass] , a volley. And a spike.

### Contact:

- No part of a player's body is allowed to contact the net.
- A player is not allowed to cross the net-line into their opponent's court.
- A player is allowed to hit the ball outside of the court as long as they do not cross the lines of their opponent's court.
- If the ball hits the net, it is considered still in play as long as it is within the 3 touches.

### Service:

Each new round in the game is started with a serve. There are different types of serves, underhand, overhead, jump serve.

- A player is required to serve the ball from behind the backline.
- A correct serve is when the ball is hit from behind the back line, over the net, and into the opponent's court.
- If the ball touches the top of the net in service, but continues into the opponent's court, it is considered allowed.
- Players rotate in a clockwise direction for service.
- The same player serves for continuous points.
- Rotation occurs when service is returned to your team, after a point being scored against the opponent.

### Position:

- Only 6 players are allowed on the court at any given time.
- After the ball is served players are free to move around the court.
- There are 3 basic positions; setter, hitter, receiver.

### Scoring:

- A team scores by every mistake their opponent makes.
- Hitting the ball outside the court will be a point for the other team, or letting the ball touch the floor of your court.

Notice: in volleyball, where the ball is in the air, is not as important as it is where the ball lands. As long as the ball is in the air and within the 3-touch rule, it can be played. Where it lands determines whose point it will be.

- **Volley the ball:**

Place your hands directly above your forehead, joining your pointer fingers and your thumbs to make a diamond shape. Move your thumbs and pointer fingers 5 inches away from each other so your hands now make the shape of a ball.

Feet apart, knees bent.

Push the ball up and away from you using the pads of your fingers.

- **Digging the ball:**

Arms straight, elbows locked, forearms and palms must face out from the body.

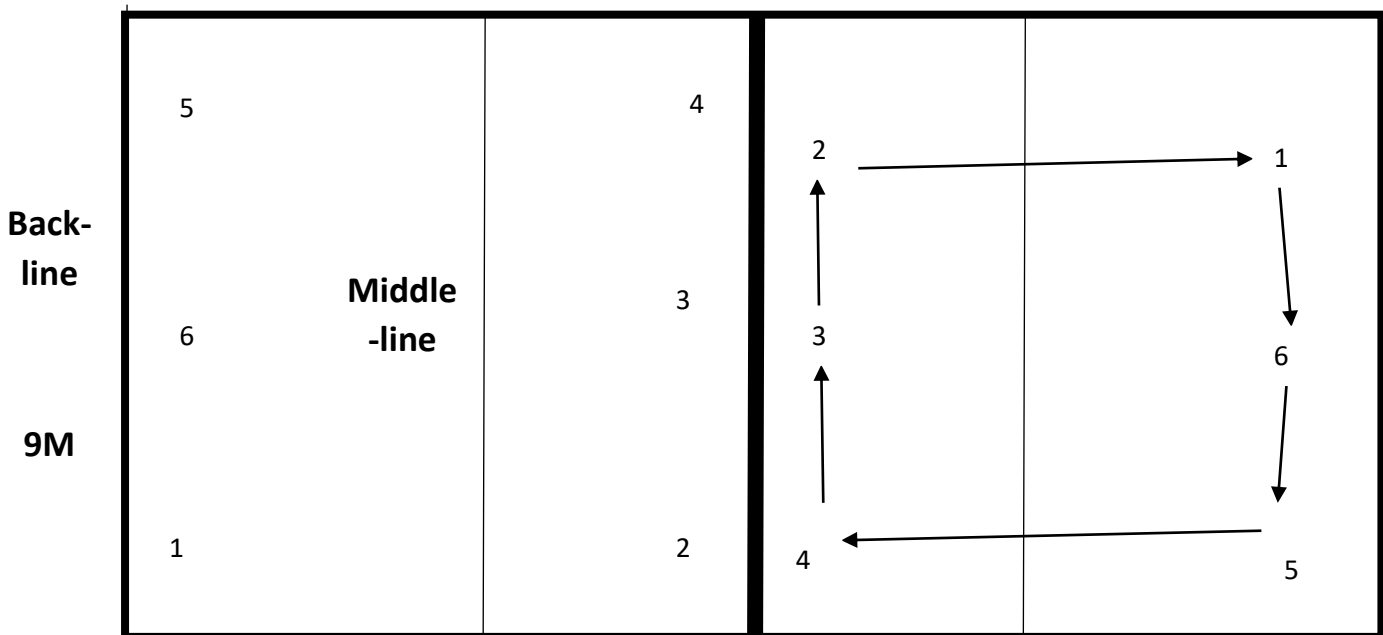
Place one palm into the other, curling one thumb over the other. Maintain straight arms, elbows and forearm.

Feet apart, knees bent, lean forward slightly. Arms should remain straight, and swing from the shoulders.

Ball should ideally make contact with the lower forearms for best control.

**volleyball court**

**Side-line 18M**



→ Rotation movement

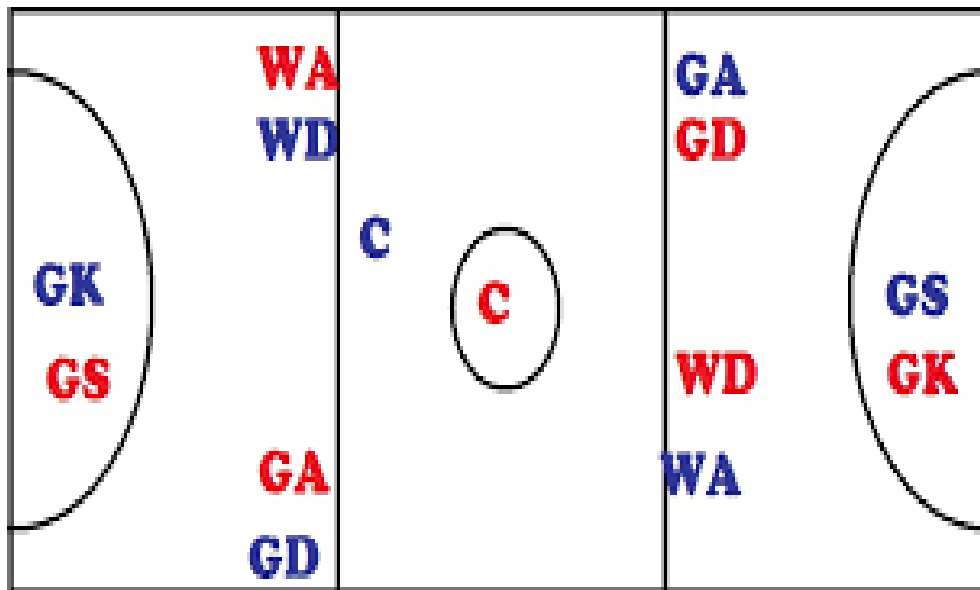
— Middle -line (attack-line)

█ Net line

**Netball section:**

**Netball players are:**

- Goal keeper (GK)
- Goal Defence (GD)
- Wing Defence (WD)
- Centre (C)
- Wing Attack (WA)
- Goal Attack (GA)
- Goal Shooter (GS)



 = Blue Team.

 = Red Team.