

# Year 4 – PE - Terms 1: Fitness



**Curriculum Key Question:**  
**How can I look after myself and others.**  
**Topic: How rotten were the Romans?**

Learning Intentions:

To develop an awareness of what your body is capable of.

Learning Intentions:

To develop speed and strength

Learning Intentions:

To complete actions to develop co-ordination.

Learning Intentions:

To complete actions to develop agility.

Learning Intentions:

To complete actions to develop balance.

Learning Intentions:

To complete actions to develop stamina.

**What should I already know?**

- How to complete exercises with control.
- How to show balance when changing direction.
- That there are different areas of fitness.

**Scientific Skills I will develop:**

- To share ideas and work with others to manage activities.
- To collect and record scores and identify areas I need to improve.
- To understand there are different areas of fitness and that each area challenged my body differently.
- To show balance when changing direction at speed.
- To show control when completing activities to improve balance.

## Key Skills: Physical

- Strength
- Speed
- Power
- Agility
- Coordination
- Balance
- Stamina



## Key Skills: S.E.T

- Social: Supporting others
- Social: Working safely
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Identifying areas of strength and areas for development



## Agility

Show balance when changing direction at speed.

## Balance

Show control whilst completing activities which challenge balance.

## Coordination

Explore increased speed when coordinating their bodies.

## Speed

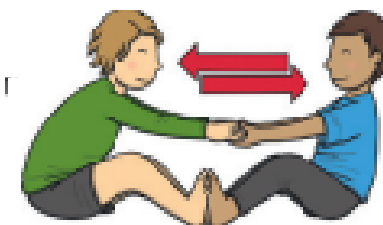
Demonstrate improved sprinting technique.

## Strength

Identify activities which help to strengthen different muscle groups.

## Stamina

Demonstrate using their breath to maintain their work rate.



**Key Vocabulary ( including definition:**

**Agility:** The ability to move and think easily and quickly.

**Coordination:** The working together of different muscles to carry out a complicated movement.

**Muscle:** Tissue in the body that moves parts of the body. Muscle is made up of bundles of fibres that move the body by tightening and relaxing.

**Progress:** Forward movement toward an end.

**Stamina:** The ability to sustain physical activity for a long time.

**Technique:** The way or method of doing or performing something.

