

Year 4 – PE - Terms 1: Fitness



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

What should I already know?

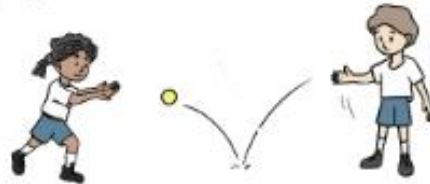
- How to complete exercises with control.
- How to show balance when changing direction.
- That there are different areas of fitness.

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

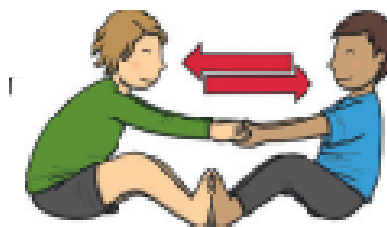


Key Skills: S.E.T

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



<p>Agility Show balance when changing direction at speed.</p>	<p>Balance Show control whilst completing activities which challenge balance.</p>	<p>Coordination Explore increased speed when coordinating their bodies.</p>
<p>Speed Demonstrate improved sprinting technique.</p>	<p>Strength Identify activities which help to strengthen different muscle groups.</p>	<p>Stamina Demonstrate using their breath to maintain their work rate.</p>



Key Vocabulary (including definition: (see parts of digestive system in previous box).

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.