

NATIONAL CURRICULUM:

use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.

PRIOR KNOWLEDGE:

pupils will take part in a range of activities that explore and develop different areas of their health and fitness. Pupils will be given opportunities to work at their maximum and improve their fitness levels, recognising how the activities make them feel.

KEY VOCABULARY:

Scores
Collecting
Improving
Developing
Speed
Strength
Co-ordination
Agility
Balance
Stamina

PE – Autumn 1 Year 4, Fitness

**Lesson Focus:**

1. To recognise different areas of fitness and explore what your body can do.
2. To develop speed and strength.
3. To develop co-ordination.
4. To develop agility.
5. To develop balance.
6. To develop stamina.

CONTEXT: In this unit pupils will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control.

STICKY KNOWLEDGE:

Collect and record my scores and identify areas needed to improve.
Use key points to help me to improve my sprinting technique.
Share ideas and work with others to manage activities.
Show balance when changing direction at speed.
Show control when completing activities to improve balance.
Have determination to continue working over a period of time.
Understand there are different areas of fitness and that each area challenges the body differently.

SKILLS:

Physical: agility, balance, co-ordination, speed, stamina, strength
Social: support others, work safely, communication
Emotional: perseverance, determination, honesty
Thinking: identify areas of strength and areas for development