

# P.E.

## Year 4 – Fitness



### About this Unit

Regular participation in physical activities can significantly improve your mood. Exercise releases endorphins, which are natural chemicals in the body that create a feeling of wellbeing. Exercise can also reduce stress and anxiety, improve sleep and give you more energy.

### Knowledge & Skills

#### Knowledge:

Keep your elbows bent when changing direction to help you to stay balanced. You need to squeeze different muscles to help you to stay balanced in different activities. If you begin in a ready position, you can react quicker. You need to pace yourself when running further or for a long period of time. A high knee drive, pumping your arms and running on the balls of your feet will give you more power. Strength comes from different muscles and it can be improved in different ways.

#### Skills:

I can use key points to help me to improve my sprinting technique.

I show balance when changing direction at speed.

I show control when completing activities to improve balance.

I show determination to continue working over a period of time.

## Golden Threads

### Motor competence – Manipulate objects

- agility
- balance
- co-ordination
- speed
- stamina
- strength

### Healthy participation

How will this unit help your body?

Agility, balance, co-ordination, speed, stamina

## Rules, strategies and & tactics

Identify your areas of strength and your areas for development. Then, think of everyday activities where you could practice e.g. standing on one foot while brushing your teeth will develop balance and co-ordination.

YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>I can go slower or stop then go again when I get tired.</p> <p>I can lean forward to speed up</p> <p>I can take small steps to change direction.</p> <p>I demonstrate balance when performing other fundamental skills.</p>	<p>I can use key points to help me to improve my sprinting technique.</p> <p>I show balance when changing direction at speed.</p> <p>I show control when completing activities to improve balance.</p> <p>I show determination to continue working over a period of time.</p>	<p>I demonstrate good balance and control when performing other fundamental skills.</p> <p>I show accuracy and power when throwing for distance.</p> <p>I can analyse my performance in relation to the fitness component being used.</p> <p>I can work with others to manage activities.</p>	<p>I can change my running technique to adapt to different distances.</p> <p>I can collect, record and analyse scores to identify areas where I have made the most improvement.</p> <p>I can work with others to organise, manage and record information at a station.</p> <p>I encourage and motivate others to work to their best.</p> <p>I work to my maximum consistently when presented with challenges.</p>

## Key vocabulary

Accelerate: speed up

Agility: the ability to change direction quickly

Co-ordination: moving two or more body parts at the same time

Decelerate: slow down

Dynamic: on the move

Power: speed and strength combined

Strength: the amount of force your body can use