

Subject: Physical Education	Year group: Year 4	Topic: iexercise Health & Fitness	Initiation & activation activities:
<p>Prior knowledge required: they are able to:  master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  participate in team games, developing simple tactics for attacking and defending  perform dances using simple movement patterns.</p>		<p>Vocabulary: running, throwing, jumping, fluidity, momentum, strides, posture, power, personal best, triple jump, control, consistency, fluency, strength, control, BPM, RHR, heart, lungs, cardiovascular, crunches</p>	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<ul style="list-style-type: none"> <li>• Can they describe how and why the body changes during exercise and why it's important.</li> <li>• Can they explain how to look after and maintain a healthy body.</li> <li>• SEN/Support - Can they use suitable equipment appropriately and move and land safely.</li> <li>• Can they describe how and why our bodies change during and after exercise and why it's important that it does.</li> <li>• <b>GD</b> - Can they describe what it means to be fit and healthy, and why it is important to look after your body.</li> <li>• Can they show awareness of speed and pace, as well as developing and practising fluency in running, walking and hopping skills.</li> <li>• Can they develop and practise a range of jumping techniques developing power, control, consistency and how to control landing.</li> <li>• Can they develop and practise different combinations of jumps; developing fluency and control in putting together jumps.</li> <li>• Can they combine skills to consistently demonstrate flexibility, strength, technique, control and balance.</li> <li>• Can they demonstrate confidence and competence in the Fundamental Movement Skills: Agility &amp; Fitness - Jumping &amp; Landing, Strength &amp; Balance - Posture</li> </ul>		

<ul style="list-style-type: none"><li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul> <p><i>SWIMMING IS TAUGHT ON SITE AT OUR MIDDLE SCHOOL</i></p>			
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