

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>		Vocabulary: running, throwing, jumping, fluidity, momentum, strides, posture, power, personal best, triple jump, control, consistency, fluency, strength, control, BPM, RHR, heart, lungs, cardiovascular, crunches	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • 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 • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team 	<ul style="list-style-type: none"> • Can they describe how and why the body changes during exercise and why it's important. • Can they explain how to look after and maintain a healthy body. • SEN/Support - Can they use suitable equipment appropriately and move and land safely. • Can they describe how and why our bodies change during and after exercise and why it's important that it does. • GD - Can they describe what it means to be fit and healthy, and why it is important to look after your body. • Can they show awareness of speed and pace, as well as developing and practising fluency in running, walking and hopping skills. • Can they develop and practise a range of jumping techniques developing power, control, consistency and how to control landing. • Can they develop and practise different combinations of jumps; developing fluency and control in putting together jumps. • Can they combine skills to consistently demonstrate flexibility, strength, technique, control and balance. • Can they demonstrate confidence and competence in the Fundamental Movement Skills: Agility & Fitness - Jumping & Landing, Strength & Balance - Posture 		

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