

## YEAR 4

# Fitness

## Scheme of Work

### Introduction

In this unit 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. They 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.

This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.

### Key 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

### Learning Objective

<b>LESSON 1</b>	To recognise different areas of fitness and explore what your body can do.
<b>LESSON 2</b>	To develop speed and strength.
<b>LESSON 3</b>	To develop co-ordination.
<b>LESSON 4</b>	To develop agility.
<b>LESSON 5</b>	To develop balance.

## Assessment Criteria

### YEAR 4

- I can collect and record my scores and identify areas I need to improve.
- I can use key points to help me to improve my sprinting technique.
- I share ideas and work with others to manage activities.
- 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.
- I understand there are different areas of fitness and that each area challenges my body differently.

## Links to the National Curriculum

### ENGLISH

- Learning of key vocabulary: see 'Knowledge Organiser' and 'Vocabulary Pyramid'
- Understand and follow instructions
- Communication skills

### MATHS

- Addition and counting
- Estimating distances

### SCIENCE

- Gather and record data

## Healthy Participation

Encourage pupils to focus on their own results and to identify where they see areas to improve. Try to avoid pupils comparing themselves with others in the class and to work within their own capabilities. All actions need to be performed with control.

This unit will develop agility, balance, co-ordination, speed, stamina, strength.

If pupils enjoy this activity, signpost them to local opportunities.

Encourage pupils to find home learning relevant to this unit on the Knowledge Organiser.

