

YEAR 4 TRACK FITNESS

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through using the track. In addition, we evaluate and recognise our own successes.

Fitness track:

We will learn to develop our fitness by performing different activities and games whilst running around the track. We will learn to build our stamina and breathe correctly. Additionally, we will work as a team and support our peers.

Key Vocabulary			
run	move	breathe	track
fitness	fast	slow	pace
time	personal best	stamina	posture



Questions to develop learning	5-star self-rating
Can I travel in different ways maintaining speed?	★ ★ ★ ★ ★
Can I travel over a distance balancing an object on my head?	★ ★ ★ ★ ★
Am I able to travel with an object between my legs?	★ ★ ★ ★ ★
Can I carry a baton to a friend and pass it on in a race?	★ ★ ★ ★ ★
Can I think about how I can improve my speed when travelling different ways?	★ ★ ★ ★ ★