

# YEAR 4 FITNESS TRACK

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 running. In addition, we evaluate and recognise our own successes.

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	sprint	jog	walk
breathe	pace	time	stamina
fitness	encouragement	fast	slow
relay	posture	competitor	distance



Self-reflection questions - Track	Yes	No	Working on
Did my fitness improve?			
Have I been able to run further than last year?			
Did I learn the importance of pacing myself when running?			
Did the number of laps I could complete in a set time increase?			
Have I applied the correct breathing techniques?			
Can I run at a range of different speeds?			
Did I run with the correct posture, strong arm drive, and high knee lift?			
Can I run in a relay and pass the baton smoothly and accurately?			