PE Year 4/5

Topic- Health Related Fitness

What is this topic about?

Within this unit, children will perform activities which develop the different fitness components of agility, balance, co-ordination, speed and power. Children will learn why we need to exercise safely and recognise different fitness components that help maintain good health. They will learn about resilience, determination and perseverance and how these are needed when things get hard.



I will show my PE skills by…

Sprinting
Throwing
Jumping
Competing in a relay
Balancing

At the end of the Topic I will…

Know how to perform a pull throw for distance.
Know how to perform balance type activities with control.
Know how to perform a long jump and speed bounce.
Know how to perform a sprinting technique with control.
Know the purpose of warming up and cooling down.
Know that regular physical activity helps maintain good health.
Know that determination is needed in fitness activities.



KEY VOCABULARY

determination, personal best, improvement, safety, sprint, competition, health, fitness, agility, balance, co-ordination, speed, power, exercise, resilience, perseverance, pull throw, distance, balance, sprint, warm up, cool down, technique.