

Medium Term Plan: Supporting Implementation of

Subject: Year 4 Summer 2 – Fitness:

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.

N/C links:

- Use running, jumping, throwing, catching 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

Prior Learning (what pupils already know and can do)

- They can go slower or stop and then go again when they get tired.
- They can lean forward to speed up.
- They can persevere when they find a challenge hard.
- They can take small steps to change direction.
- They can work safely with others.
- They demonstrate balance when performing other fundamental skills.
- They understand that there are different areas of fitness.

Long-term Learning (what pupils MUST know and remember) End Goals

- I can collect and record my scores and identify areas I need to improve.
- 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.

Key Vocabulary: accelerate, agility, balance, co-ordination, control, decelerate, direction, dynamic, muscle, progress, react, record, speed, stamina, static, strength, technique.

Session 1 – To recognise different areas of fitness and explore what your body can do.

Success Criteria

- Encourage those you are working with.
- Try your best at each station.

Whole Child Objectives

- Social: To support and encourage others.
- Emotional: To persevere to achieve my personal best.
- Thinking: To identify personal areas of strength and areas for development.

Session 2 – To develop speed and strength.

Success Criteria:

- Complete each exercise slowly and with control.
- Keep your elbows bent.
- Move your hands from your pocket to your mouth.

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- Run on the balls of your feet.

Whole Child Objectives:

- Social: To support and encourage others to persevere.
- Emotional: To persevere to achieve my personal best.
- Thinking: To identify which body part each strength exercise develops.

Session 3 – To develop co-ordination.

Success Criteria:

- Watch the ball and move your hands ready to catch it.

Whole Child Objectives:

- Social: To communicate with my partner to check that they are ready to receive the ball.
- Emotional: To play honestly and fairly.
- Thinking: To identify when co-ordination is used in everyday life.

Session 4 - To develop agility.

Success Criteria:

- Bend low and use small steps to change direction.
- Turn your hips to face the direction you are running.

Whole Child Objectives:

- Social: To show an awareness of others when moving around the space.
- Emotional: To persevere and not give up.
- Thinking: To recognize when I was successful and what I need to do to improve.

Session 5 –To develop balance

Success Criteria:

- Bend your standing knee to help you to stay balanced.
- Focus on something still.

Whole Child Objectives:

- Social: To work safely whilst travelling over equipment.
- Emotional: To show determination and work hard to achieve my personal best.
- Thinking: To understand how balance is important in everyday tasks.

Session 6 – To develop stamina.

Success Criteria:

- Breathe steadily in through your nose.

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- Don't go too fast at the beginning.

Whole Child Objectives:

- Social: To support and encourage others.
- Emotional: To challenge myself to persevere when I get tired.
- Thinking: To recognise changes in my body when I work for long periods of time.

Future learning this content supports:

To support the teaching of Fitness in Year 5.