

Year 4 Term 5

**Have we all have a place in the world?
PHYSICAL EDUCATION**



National Curriculum Links:

Develop flexibility, strength, technique, control and balance.

Take part in outdoor and adventurous activity challenges both individually and within a team.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Essential Prior Learning:

Begin to choose own pace according to distance being run.

Use all parts of the body to run more efficiently.

Know that jumping involves three stages: take-off, flight and landing; have some control over each.

Jump in different combinations for distance, hop, skip and jump.

Have a willingness to challenge yourself.

Running- Using the whole body

Progression in Skill:

Begin to estimate distances covered in set times and set targets.

Use a run up to lead into jumps to gain further distance; use body effectively to

generate maximum power when jumping for distance, e.g. driving arms to gain power.

Running technique: longer strides will enable you to cover more distance.

Jumping technique: use a run up, where appropriate, to increase distance jumped.

Jackie Joyner-Kersey (American) – excelled across multiple disciplines (heptathlon and long jump).

Long-term Memory Knowledge:

Have an understanding of the distance you can run in a set time and be able to set realistic targets.

Use a longer stride to cover more distance when running.

Use a run up to increase the distance you can jump, using the whole body to increase the distance covered.

Athletics is built up of a variety of events which can be individual and or made up by a team.

Know some of Jackie Joyner-Kersey's athletic achievements.

Key Vocabulary

Agility	to move quickly and easily.
Stamina	Physical/ mental energy for a prolonged period

Progression in Resources:

Stopwatches, meter stick, video about Jackie Joyner-Kersey

Relevance

Now	Children will seek to engage in athletic style games outside of school for pleasure.
Future	Children gain skills required in further years and an understanding of the rules of activities.
Aspiration	Children to play for county, be interested in the Olympics.