

PE - Fitness
Swans - Yr 4/5

Enquiry Questions

Can I develop an awareness of what my body is capable of?

Can I develop speed and strength?

Can I complete actions to develop co-ordination?

Can I complete actions to develop agility?

Can I complete actions to develop balance?

Can I complete actions to develop stamina?

Vocabulary

*fitness
balance
agility
co-ordination
speed
pace
control
muscle strength
steady progress
stamina*

National Curriculum Links

Pupils should develop an understanding of how to improve in different physical activities and learn how to evaluate and recognise their own success.

Pupils should be taught to develop flexibility, strength, technique, control and balance.

Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Questions to Consider...

Can you notice a difference in how exercise makes you feel physically?

Can you describe what your body feels like after an event?

Can you notice a change in your heart rate?

Are there some activities that make you feel more or less tired? What part of your body can you feel working?

Do you know what muscles are being used?

PE Value for the half term : Equality & Diversity and Resilience