



**Subject:** PE      **Topic:** Fitness/Indoor Athletics      **Year Group:** Year 4  
**Focus:** introduction to specific indoor athletics events (half a term) and fitness circuits (half a term)

**What I should already know:**

- To understand how to balance and how balance can be lost
- To change speed and direction
- Recognise and describe changes that occur in my body during exercise
- Know how to increase my heart rate
- To move in a variety of ways coordinating my body and showing that I am agile by changing direction quickly
- To perform simple patterns of movement and balance with control
- Use correct techniques for activities
- Discover what I find easy/hard
- Improve my own performance/fitness over time

**Vocabulary:**

Circuit, heart rate/breathing (increase/decrease), strength, coordination, stamina, speed, agility, flexibility, technique, aerobic, control accuracy, standing long jump, speed bounce, hurdles, ladders, cone drills, various fitness activities: burpees, skipping, step ups, jump jacks etc, rhythm, cool down.

**What I will know by the end of the unit:**

- Demonstrate correct techniques for activities
- Understand the need for warm up/cool down
- Recognise and describe the effects of exercise on their bodies
- Motivate themselves and others to participate
- Adapt targets to improve and self-assess

**Activities I can take part in to achieve my objectives:**

- Indoor athletics events – see docs to support planning
- Fitness circuits focused on the above and see docs to support planning