Year 4: Physical Education

Warm Up

We need to warm up before we exercise to pump blood around our bodies, move our joints and stretch our muscles. Each time we use muscles, our body uses energy.

Outdoor and Adventure: Where am I?

Use a simple map of the school, playground or field to complete a course with eight to twelve controls. Equipment you will need:







Vocabulary

A simplified drawing.

area of land or sea showing physical features.

A representation of an

Being very overweight. It

can put you at risk of serious health problems.

The action of finding

of a compass.

directions to the points

diagrams

map

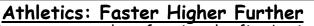
obesity

orientate





- To be successful you will need to: plan your ideas together;
 - orientate your map;
- mark your controls in the correct position on your map;
- find your own way back to the starting point;
- review what went well;



This involves using a run-up and performing the five basic jumps consecutively to reach the furthest distance possible. Equipment you will need:









selecting an appropriate order of jumps

jumping with control, coordination and balance





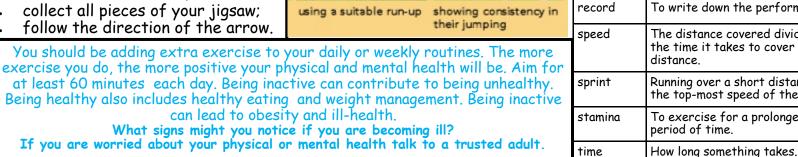
bending their knees when jumping

using their arms to propel themselves forward



jog	To run at a steady gentle pace.
measure	To use a scale to find out the amount of distance.
power	The speed and strength of movement.
record	To write down the performance.
speed	The distance covered divided by the time it takes to cover the distance.
sprint	Running over a short distance at the top-most speed of the body.
stamina	To exercise for a prolonged period of time.

Vocabulary



CRC Article 24: All children have the right to the best possible health. CRC Article 29: Education must develop every child's talents and abilities to the full.

