

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:



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;
- collect all pieces of your jigsaw;
- follow the direction of the arrow.

You should be adding extra exercise to your daily or weekly routines. The more exercise you do, the more positive your physical and mental health will be. Aim for at least 60 minutes each day. Being inactive can contribute to being unhealthy. Being healthy also includes healthy eating and weight management. Being inactive can lead to obesity and ill-health.

What signs might you notice if you are becoming ill?

If you are worried about your physical or mental health talk to a trusted adult.

Athletics: Faster Higher Further

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



using a suitable run-up

showing consistency in their jumping

Vocabulary

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.
time	How long something takes.