



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE/SUBJECT: Fitness

YEAR GROUP: 4

TERM: Spring 1

<p style="text-align: center;">Vocabulary</p> <ul style="list-style-type: none"> • Fitness • Circuit • Strength • Speed • Flexibility • Endurance • Control • Accuracy • Personal best • Target • Stretch 	<p style="text-align: center;">Skills</p> <ul style="list-style-type: none"> • Recognise and describe the effects of exercise on the body. • Know the importance of strength and flexibility for physical activity. • Explain why it is important to warm-up and cool-down. • Carry out activities to increase strength, flexibility, speed and endurance. 	<p style="text-align: center;">What we already know</p> <ul style="list-style-type: none"> • At KS1, children have taken part in different aspects of P.E. and have an awareness about what they need to do to stay healthy. They have been able to recognise and describe how the body feels during and after different physical activities.
<p>Illustration</p>	<p>Application/ Outcomes</p> <ul style="list-style-type: none"> • To perform above skills through different circuit activities. • To identify which element of fitness is being focussed on each week. • To set targets to improve personal best. 	<p>Concepts</p> <ul style="list-style-type: none"> • Circuits • Strength • Speed • Endurance • Flexibility • Personal best • Targets
<p>Other/Cross Curricular Links with English/Maths</p> <ul style="list-style-type: none"> • Maths – counting, timing, measuring. • PSHCE – turn taking, working with peers, target setting, challenge. 		<p>Adaptation for SEND</p> <ul style="list-style-type: none"> • Resource cards with ideas to support • Simplified activities • Less success criteria • Adult support • Selected learning partners