



## Links to the PE National Curriculum

- 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.

## Key questions...

- 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?

## Key Vocabulary:

Encourage pupils to use this language in your lessons.

\*Year 4 would use Year 3 and Year 4 vocabulary

### Year 3

- Fitness
- Speed
- Strength
- Balance
- Pace
- Control
- Steady

### Year 4

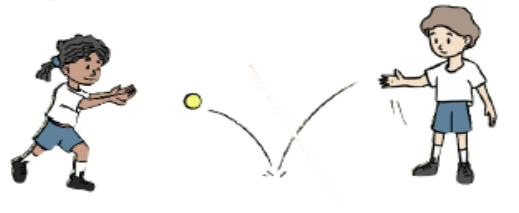
- Agility
- Technique
- Stamina
- Coordination
- Muscle
- Progress

## Key Skills: Physical

- Strength
- Speed
- Power
- Agility
- Coordination
- Balance
- Stamina

## Key Skills: S.E.T

- Social: Supporting others
- Social: Working safely
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Identifying areas of strength and areas for development



## Teacher Glossary

**Agility:** The ability to change direction quickly and easily.

**Balance:** The ability to stay upright or stay in control of body movement.

**Co-ordination:** The ability to move two or more body parts at the same time, under control, smoothly and efficiently.

**Stamina:** The ability to move for sustained periods of time.

**Power:** Speed and strength combined.

# Where this unit sits



## Assessment Criteria

### Year 2

- I can describe how my body feels during exercise.
- I can link different hoop skills to create a routine.
- I can show hopping and jumping movements with some balance and control.
- I persevere with new challenges.
- I show determination to continue working over a longer period of time.
- I understand that running at a slower speed will allow me to run for a longer period of time.
- I work with others to turn a rope and encourage others to jump at the right time.

### Year 3

- I can collect and record personal fitness data and I can recognise my strengths.
- I can complete exercises with control.
- I can persevere when I find a challenge is hard.
- I can provide feedback using key words.
- I can use key points to help me to improve my sprinting technique.
- I can work safely with others.
- I show balance when changing direction.
- I understand the benefits of exercise.

### Year 4

- I can collect and record personal fitness data and identify areas I need to improve.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can use key points to help me to improve my sprinting technique.
- I share ideas and work with others to manage activities.
- I show balance when changing direction at speed.
- I show control when completing activities to improve balance.
- I show determination to continue working at over a period of time.
- I understand there are different areas of fitness and that each area challenges my body differently.

### Year 5

- I can analyse my fitness data to identify areas of improvement.
- I can choose the best pace for a running event and maintain speed.
- I can encourage and motivate others to work to their personal best.
- I can identify how different activities can benefit my physical health.
- I can work with others to manage activities.
- I understand the different components of fitness and how to test them.
- I understand what my maximum effort looks and feels like and I am determined to achieve it.

## Progression of Skills Ladder

	Agility	Balance	Coordination	Year 5	Speed	Strength	Stamina
	Demonstrate improved body posture and speed when changing direction.	Change their body position to maintain a controlled centre of gravity.	Demonstrate increased speed when coordinating their bodies.		Identify the best pace for a set distance or time.	Demonstrate increased technique in body weight exercises.	Use their breath to increase their ability to move for sustained periods of time.
	Show balance when changing direction at speed.	Show control whilst completing activities which challenge balance.	Explore increased speed when coordinating their bodies.	Year 4	Demonstrate improved sprinting technique.	Identify activities which help to strengthen different muscle groups.	Demonstrate using their breath to maintain their work rate.
	Show balance when changing direction.	Explore more complex activities which challenge balance.	Can coordinate their bodies with increased consistency in a variety of activities.	Year 3	Explore sprinting technique.	Explore building strength in different muscle groups.	Explore using their breath to increase their ability to work for longer periods of time.
	Demonstrate improved technique when changing direction on the move.	Demonstrate increased balance whilst travelling along and over equipment.	Perform actions with increased control when coordinating their body with and without equipment.	Year 2	Can demonstrate running at different speeds.	Demonstrate increased control in body weight exercises.	Show an ability to work for longer periods of time.

Other units that progress into this activity are:

Gymnastics

Fundamentals