

PE Circuits Year 4

National Curriculum subject content:
Develop flexibility, strength techniques control and balance.
Compare their performance with previous ones and demonstrate improvement to achieve personal best.
<ul style="list-style-type: none"> ✓ Using running, jumping, throwing, and catching in isolation
National Curriculum theme: Links
<ul style="list-style-type: none"> ✓ Circuits ✓ Multi skills ✓ Listening and attention ✓ PHSE perseverance ✓ Maths compare data



Key Vocabulary:	
Accuracy	It is correct or as near to target as possible
Agility	The ability to change the position of the body quickly and with control.
Balance	The ability to stay upright and or in control of body movements.
Circuit	A sequence of activities
Circuit training	A type of fitness that involves completing several exercises in a circuit in short period of time.
Coordination	The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly, especially when having control of a ball.
Dribbling	Moving the ball close and under control
Fitness	The condition of being healthy and able to carry out activities as needed and wanted.
Improve	To work better at something / get better/ increase score
Personal Best	Your best achievement/ score
Safe	Being free from harm
Skills	Skills - Are learned abilities that athletes acquire through training and practice
Speed	- Speed is the ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.
Stamina	Being physically fit to compete
Stance	Position ready

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Sequence of Learning:					
Objectives (key knowledge):					
To know how to complete a variety of exercises safely. To know what a circuit is.	To learn how to move the body in a controlled and coordinated way.	To learn how to improve personal best. To learn to compare performance.	. To know the effects exercise has on our body. To learn strategies to increase speed and performance.	To learn to measure own performance.	To know how to compare own performance with previous ones and demonstrate improvement to achieve personal best. (Circuit compare results)
Fundamental Skills					
Warm up cool downs Stance handling equipment. Agility Agility running skills. Spatial awareness Spatial awareness and footwork. Agility the ability to rapidly change direction, accelerate or decelerate.	Complete a simple circuit. Flexibility Stretching to reach objects. The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Complete two circuits Round one how did you do. What strategies will you use to improve in round 2? Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions Hand eye coordination. Spatial awareness	Christmas Circuit Fun session. Agility ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/flexibility	Record own performance. Agility ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/flexibility	Use last session statistics and compare this week data. Circuit compare results. Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/flexibility