



SCHEME OF WORK

Year 4

Unit Overview:

In Year 4, children will recap and revisit the fitness and circuit activities. They continue to work towards improving their personal best (PB) while beginning to record and compare their results.

During the unit, children further develop their balance, strength, coordination and control while performing exercises across different stations. They will begin to refine their technique, focusing on correct body positioning when supporting their own body weight during exercises such as planks, balances and jumping movements.

Children will practise maintaining balance in more challenging situations, including holding positions for longer and performing movements while changing direction or speed. They will also develop their ability to coordinate movements more fluently when completing multi-step actions within circuits.

Throughout the unit, children will work collaboratively to design and lead short warm-ups, create their own exercises and communicate within their groups and take on mini coaching roles.

They will build on their understanding of why warming up is important, exploring how exercise affects the body such as raising the heart rate and preparing muscles for activity. Children will also continue to discuss healthy lifestyles, wellbeing and the benefits of regular physical activity.

Learning Intentions:

Lesson 1	How can you communicate to create a warm up?
Lesson 2	How can you beat your personal best (PB)?
Lesson 3	How can you improve your technique when performing at each station?
Lesson 4	How can you develop your strength during circuit training?
Lesson 5	How can you keep your balance when performing exercises?
Lesson 6	How do you co-ordinate your body when performing your exercises?
Lesson 7	How can you challenge yourself at each station?

Unit End Points:



Physical Me

- Can beat my PB at one station and am honest when recording scores.
- Can begin to improve my technique by listening to feedback from a teacher/partner.
- Can support my own body weight with control during exercises such as planks and balances.
- Can attempt to keep balance moving forwards, backwards and side to side.
- Can perform exercises with increasing coordination, control and consistency.



Thinking Me

- Can use key vocabulary and evaluate and improve their own performance.
- Can link key knowledge across the units.



Social Me

- Can communicate clearly with my group, listen to others, and share ideas.
- Can begin to show confidence when taking part in mini coaching opportunities.



Value Me

- Can demonstrate Key Values.



Healthy Me

- Can explain and lead a pulse raiser and describe how exercise improves my wellbeing.

End of Year Attainment Targets:

- Can begin to use running and jumping in isolation and in combination.
- Has developed flexibility control and balance.
- Can communicate with others during physical activities.
- Can compare their performances with previous ones.
- Can begin to recognise their own success.
- Children explain why warming up is important, including preparing muscles and reducing the risk of injury. Understand that regular exercise helps keep their body healthy and their mind feeling happy.



Physical Me

- AGILITY
- BALANCE
- COORDINATION
- RUNNING
- SPEED
- JUMPING
- STRENGTH
- POWER
- FLEXIBILITY
- CONTROL

Social Me



- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- UNDERSTANDING CONSTRUCTIVE "HELPFUL" FEEDBACK
- COLLABORATION
- COMMUNICATION

Thinking Me



- SELECT AND APPLY SKILLS
- USE TECHNICAL TERMS FOR MOVEMENTS
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- UNDERSTANDING HOW TO CONTROL MY BODY (TENSING CERTAIN MUSCLES)

Healthy Me



- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTAND WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE

Value Me



Throughout the PE lesson, teachers should highlight and reward any key values shown in individual, paired, or group activities. Use short reflections or "Value Me" shout-outs to celebrate pupils who show effort, cooperation, and self-improvement, connecting their physical progress with personal growth.



Health & Safety:

- Children to stay hydrated
- Warm up and down before and after the lesson
 - Children to wear appropriate footwear