

Year 4 PE Overview 2023 - 2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Swimming	Swimming	Gymnastics	Tag Rugby	Tennis	Athletics
	Football	Basketball	Fitness	Dance Inclusive Games	Cricket	Rounders
ACET Competitions	Football	Netball	Matball	Tag Rugby	All Stars	Rounders
Science Theme	Human Body: Naming the parts of the human body (organs/bones/muscles) and understand their function. Heart rate, pre and post exercise	Human body: Introducing key fitness terminology linking them to sports. E.g. Stamina, balance, agility, flexibility.	Human body: The effects exercise has on the cardiovascular and respiratory system.	Human Body: Hygiene: why it is especially important in sport?	Human Body: The importance of diet for a healthy lifestyle. Specifically look into sugar in food/drinks (Chang4life website has some great resources).	Human body: Linking their knowledge of fitness terms to the different athletic activities.
Y4 expectation	Use scientific names for muscles and bones (e.g quadriceps). Be able to describe what muscles they are using, e.g. when I perform this exercise, my ... muscle is...	Understand why different sports require different types of fitness and how different body types suit them.	Describe the functions of the heart, blood vessels and blood in relation to exercise. Know the difference between aerobic and anaerobic activity.	Link to: The effects of exercise on the body (sweating/going red etc).	Look at athletes diets and why they are different. What foods do they need and why? Get them to do a food diary/plan for an athlete or use the food scanner on C4L who can find the food with the most sugar?	Knowledge of successful athletes and their journey (resilience and hard work are needed). Link to clubs in their area/highlight success athletes in school.

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<p>RSHE Theme</p>	<p>Staying safe: Students to understand the importance of safety including; Water safety Why we need correct PE kit, footwear and equipment. Why we need to warm up/cool down.</p>	<p>Fair play/Sportsmanship. Understanding the importance of taking turns, following rules and taking care of their body.</p>	<p>Looking after our self and our family: Recipe of the week sent out, staff/parents put their photos on FB. How do I eat a healthy diet?</p>	<p>Our body: Understand that everyone is different and we need to be respectful of each other's; Different abilities Different views Different religions Changing bodies</p>	<p>How can we stay fit outside of school? What local clubs do we have?</p>	<p>Teamwork: Being proud to represent Thurcroft and their house team. What have they achieved this year? What could they change for the future?</p>
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