

YEAR 4 UNIT 1

OBJECTIVES

Children should learn:-

- to consolidate the quality and range of techniques they use for particular activities.
- to develop their ability to use simple tactics in different situations.
- to know and describe the short-term effects of exercise on the body.
- to describe and evaluate the effectiveness of performances.

UNIT FRAMEWORK

- (a) Independent use of mobility exercises and a range of pulse-raising problem-solving activities.
- (b) Engaging in a variety of pulse-raising running and avoiding games to develop nimble footwork, transference of weight and spatial awareness.
- (c) Developing techniques of:-
 - Running for speed and distance.
 - Throwing techniques-push and pull.
 - Jumping, high and low.
 - Sprint speed and take-over from behind.
 - Throwing for distance and accuracy.
 - Running over obstacles.
- (d) Working with a partner to count, measure, time and give peer assessment.
- (e) Using a range of equipment, techniques and body positions when throwing; exploring a range of take offs and landings when jumping high and long; experiencing a range of speeds and rhythms when running and understanding when to use the appropriate one.
- (f) Working together in groups or teams to engage in challenges, relays and problem-solving activities.

YEAR 4 UNIT 1

EXPECTED LEARNING OUTCOMES

By the end of this unit children will be able to:-

- run at different speeds smoothly and with consistency.
- demonstrate different combinations of jumps, showing control, co-ordination and consistency.
- throw a range of objects in to a target area accurately.
- recognise that there are different throwing, running and jumping styles and be able to choose the appropriate one for different situations.
- understand about pacing so they can keep going and maintain the quality of their actions.
- recognise that different events make different demands on the body.
- identify when the body is cool, warm, hot and record it.
- watch and describe specific aspects of running, throwing and jumping and suggest ways of improving.