

Year 4 Term 1 Week 11 - Short Term Planning



AREA OF LEARNING: Fitness circuits	DATE:	CLASS:
CURRICULUM LINKS: PE 1b	QCA TOPIC LINKS: PE 13	

<p>LEARNING INTENTIONS:</p> <ul style="list-style-type: none"> To develop skills learnt this term To improve fitness
<p>OBJECTIVES:</p> <ul style="list-style-type: none"> To use skills develop this term in a practical setting To refine skills learnt this term To increase and improve fitness

<p>RESOURCES:</p> <ul style="list-style-type: none"> Bats Balls Net/ hoop Cones Hoops
<p>EXPECTATIONS:</p> <ul style="list-style-type: none"> State to your pupils what your expectations are going to be of them are throughout these lessons i.e. listening, following instructions, good behaviour etc.

ASSESSMENT OPORTUNITIES

EVALUATION	
TEACHING OBJECTIVES	LEARNING INTENTIONS
TEACHING DELIVERY	FUTURE TARGETS



Founding partner
Northern Foods;
 working in partnership with
 Cargill, Frontier and Nestlé

Circuits



	LEARNING ACTIVITY	TEACHING POINTS
INTRODUCTORY ACTIVITY Time: 5 mins	Pupils should walk/ jog /run around the play area dodging and weaving in and out of each other so as not to bump into anyone else. Pupils play Follow my Leader frequently changing pace, direction and movement.	Change leaders frequently.
LESSON FOCUS Time: 30 mins	Circuits: Set out 8 circuits around the room, divide the class into small groups. Each group spends 3 minutes at each circuit before moving clockwise direction to the next one. Shout when pupils are to move on their circuit. 1. Bat and ball – how many times can pupils keepy-up? 2. 5 x Jumping jacks, 4 x star jumps, 3 x vertical jumps, 2 x star jumps, 1 x jumping jack. Repeat. 3. Aim a ball at a net/ hoop 4. Marking and shadowing with a partner, in a space marked out 4x4 m 5. Shuttle runs 6. Dribble a football around 4 cones 7. Throw and catch a ball with a partner 8. Hoola hoop – around waist	
CLOSING ACTIVITY Time: 5 mins	Run around the play area which has hoops spaced out around it. When you hear a whistle run to a hoop and step inside it. Reduce the number of hoops each time, so that hoops have to be shared.	Gradually reduce intensity exercise.