

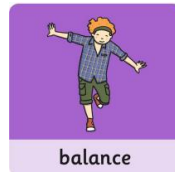
Year 4 Physical Education Must Knows - RealPE and RealGYM



Top Vocabulary	
Agility - move and change the direction and the position of the body	Balance - the ability to maintain a controlled body position during task performance,
Co-ordination - the brain's ability to control movement of different body parts at the same time.	Movement - moving the large muscles in the body
control - means your body is doing what your mind wants it to do	rules- Instructions set by an adult that tell you what to do in an activity
heart - a large muscle that pumps blood around our bodies	muscle- tissue in the body that moves parts of the body
sequence - repeated and/or organized patterns of movement.	oxygen - is a chemical in the air that we breathe. We need it to survive.
persevere - using your mind and body to overcome a challenge.	Mental health - physical activity helps our mental health and well-being

Fundamental Movement Skills

(ABC's)



Basic Fitness Components

- Strength - power need to move
- Stamina- allows you to move for longer
- Speed - allows you to move quickly
- Flexibility - allows you to move in a variety of ways

Warm up

We warm up our bodies and minds to get ready for exercise.

Cool down

We do a cool down to help the body recover safely from exercise.

Learning focus cogs

I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression

I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency

I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas

I know where I am with my learning and I have begun to challenge myself



I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement

I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down

Body changes in exercise

When we exercise our body changes. Our heart beats faster in order to pump blood around our bodies to our muscles. We also breath faster as our muscles need oxygen. After exercise we feel tired and our muscles ache.



RealGYM

The skill element of real gym is made up of 5 areas - Shape, Balance, Travel, Flight and Rotation.

