PE Year 4 Autumn 2

Health Education, Movement and Fitness to Music

- Perform various exercises improving strength, flexibility and cardio.
- Perform exercises in time with music.
- Improve fitness levels.
- Improve cardio through various exercises.
- Perform exercises without stopping.
- Explain what HIIT training is.
- Improve muscular strength through various exercises.
- Explain different exercises for muscle groups.
- Explain what HIIT training is.
- Improve strength through various exercises.
- Understand which exercises improve strength.
- Understand which exercises target which muscle groups.
- Understand what flexibility is and why it is important.
- Perform various flexibility exercises with good range of motion.
- Show excellent strength and cardio.



Select 5 children to stand at the spots at the front facing the rest of the class. One at a time, children perform an exercise for children to copy for 30 seconds.

Question

Can you improve my strength, flexibility and cardio?

Vocabulary

Strength, flexibility, cardio, muscle groups.