

Year 4 Pilates Curriculum Link: Develop flexibility, strength, technique, control and balance		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE Year Group: 4 Term: 1 (H2) Unit Name: Pilates</p> <p>Spiritual Development Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.</p>	<ul style="list-style-type: none"> • Begin to identify, repeat and remember actions and movements, selecting these actions and movements to compose their own short sequences. • Link actions to make a sequence with a clear beginning, middle and end. • Create interesting body shapes while holding balances with control. • Begin to show flexibility in movements. • Travel using a range of direction and speed, with control, co-ordination and care. 	<ul style="list-style-type: none"> • Compete against self and others in a controlled manner in teams and individually in a range of competitive activities beginning to use evaluation to improve performance.
Big Ideas	Year 4 Learning	Health and Fitness & Preparation
<p>Perform pilates sequences to link actions and sequences of movement and develop flexibility, strength, technique, control and balance.</p>	<ul style="list-style-type: none"> • To begin to identify, repeat and remember actions and movements, selecting these actions and movements to compose their own full sequence. • To be able to link actions to make a sequence with a clear beginning, middle and end with movements and actions showing fluidity and some control. • To carry out balances, recognising the position of their centre of gravity and how this affects the balance. • To show flexibility in movements. • To be able to travel using a range of direction, speed and levels with control, co-ordination and care. 	<ul style="list-style-type: none"> • Know and understand the reasons for warming up and cooling down. • Explain why exercise is good for your health and make some links to ways we can become healthier.

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
flexibility squat lunge pivot co-ordination	<ul style="list-style-type: none"> • Identify, repeat and remember actions and movements, selecting these actions and movements to compose their own full sequence. • Link actions to make a sequence with a clear beginning, middle and end with movements and actions showing fluidity and control. • Develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance. • Travel using a range of direction, speed and levels with control, co-ordination and care consistently. 	<ul style="list-style-type: none"> • Watch and describe performances of themselves and others - link this to describing how their performance has improved over time and offer improvements to others. • Use communication skills to illustrate what they are doing and respond to others.

Glossary

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