

PE		Year 4	
<b>Focus: Fitness</b>		Age related vocabulary	
Fitness	the condition of being physically fit and healthy.	Speed	the rate at which an athlete moves
Healthy	in a good physical or mental condition	Strength	being physically strong
Stamina	the ability to keep giving top physical or mental effort throughout a task or activity.	Coordination	the ability to select the right muscle at the right time
Balance	the athlete's ability to stay in controls of their body's position	Agility	the ability to move and change direction quickly and at speed whilst maintaining control

### Key Knowledge

- To become physically fit needs continued effort and regularly participation in physical activities.
- Increasing physical activity and involvement will help to develop muscle strength, speed, agility, coordination, balance and stamina.
- Perseverance and determination will help improve stamina
- Different physical activities work different parts of my body
- Diet plays a role in keeping fit and healthy

