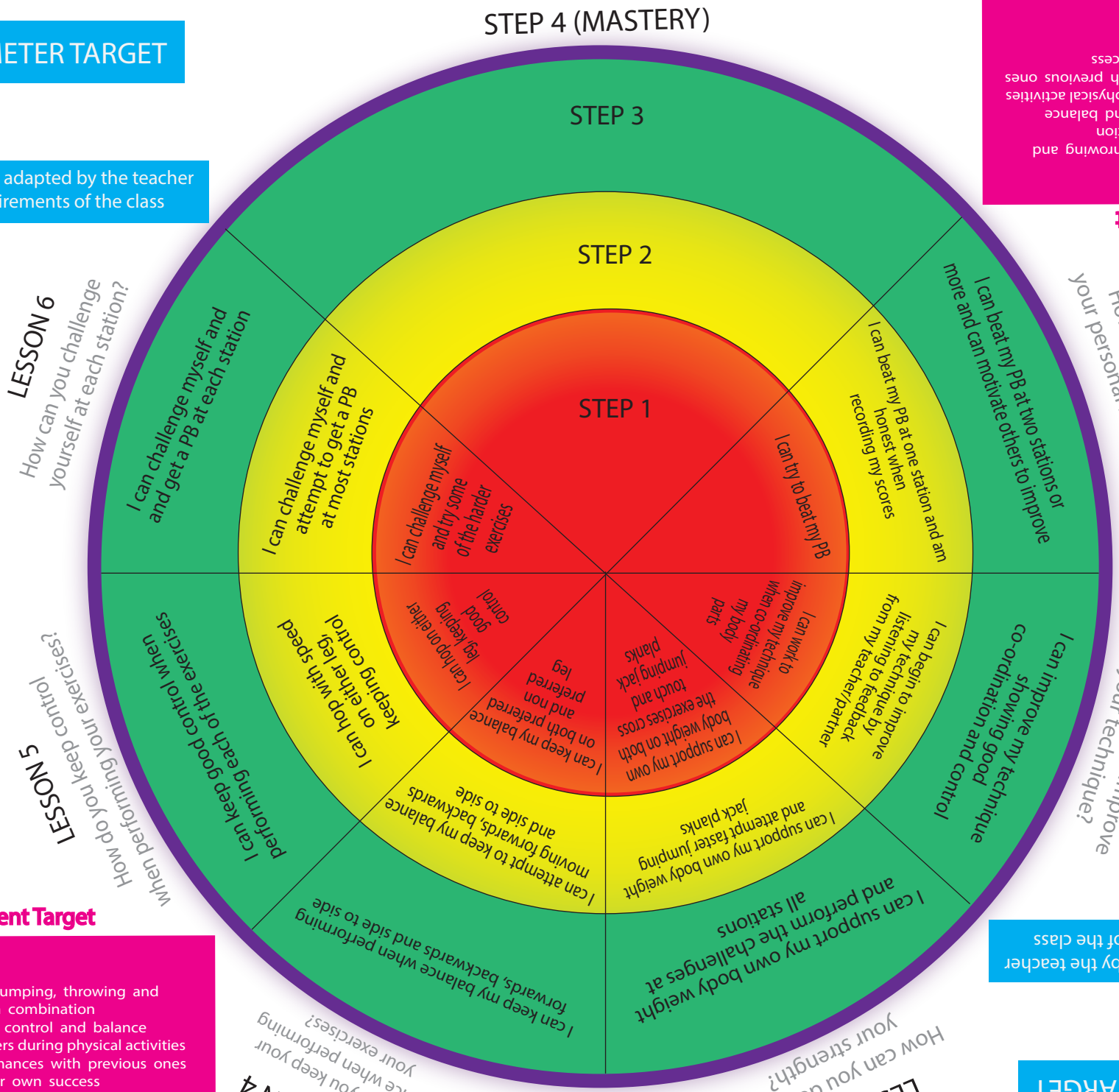
PROGRESS-O-METER TARGET

FITNESS
YEAR 4

This framework should be adapted by the teacher to meet the learning requirements of the class



LESSON 1
How can you beat your personal best (PB)?

LESSON 2
How can you improve your technique?

LESSON 3
How can you develop your strength?

LESSON 4
How can you keep your balance when performing your exercises?

LESSON 5
How do you keep control when performing your exercises?

LESSON 6
How can you challenge yourself at each station?

PRIMARY P.E. PLANNING

Year 4 Attainment Target

-Can begin to use running, jumping, throwing and catching in isolation and in combination
-Has to developed flexibility control and balance
-Can communicate with others during physical activities
-Can compare their performances with previous ones
-Can begin to recognise their own success

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