

**Prior Learning:** In year 2, children continued their pirate fitness. They progressed onto creating their own exercises, teaching to others to help them improve their balance, co-ordination and overall fitness. They looked at how exercise increased their Heart rate. They were also introduced to timing their own exercises and challenging themselves, and others to beat their previous scores.

## Key Skills

### Physical Me

Run	Speed
Jump	Strength
Balance	Power
Agility	Co-ordination

### Value Me:

- Positivity
- Determination

### Social Me

- Co-operation
- Encouraging others
- Motivation

### Thinking Me

- How can I improve?
- Giving feedback

## Key Vocabulary

Mountain climbers

Press up

Froggy Jumps

Squat

Seal Claps

Lunge

X-touch

Jumping Jack

TBE

## Key Knowledge

**Circuit:** Circuit training is a combination of six or more exercises performed with short rest periods between them

**TBE-** Total Body Extensions

**Balance:** Balance is a term used to describe the ability to maintain an upright position, e.g, stalk balance

- When exercising you may have to maintain balance when moving e.g. hopping on one leg



## Fitness Facts

Exercise boosts Brainpower

Movement helps you feel good

Exercise gives you energy

Fitness can be done anywhere  
- Even in a small space.

Fitness can help you make friends

Fitness exercises your heart.