

**Prior Learning:** In year one, children took part in some fun, fitness activities through our Pirate fitness sessions. Children developed their balance, agility and coordination, through pirate exercises. They were introduced to how their heart beats faster when exercising. They also looked at how they could improve their scores.

## Key Skills

### Physical Me

**Jump, step, hop, bounce**

**Balance, agility,  
Co-ordination**

**Walk, run, jog**

### Value Me:

- Perseverance
- Kindness
- Determination

### Social Me

- Co-operation
- Leadership
- Communicate
- Listening

### Thinking Me

- How can I improve my performance?

## Key Vocabulary

Co-ordinate

Teach

Timing

Heart Beat

Steady Pace

Speed

Challenge

Score

Seconds

## Key Knowledge

**Co-ordinate:** Getting the arms and legs to work together at the same time

**Speed:** The ability to move all or part of the body as quickly as possible

**Steady Pace:** Exercising at a speed where you can keep going without getting tired too quickly

**Heart Beat:** Your heart has to push so much blood through your body, that you can feel a little thump in your arteries each time the heart beats! You can feel a pulse in your wrist and your neck.

