

# **S** SCHEME OF WORK

## **Fitness - Year 1**

<b>Lesson 1</b>	How can you Balance on different parts of your body?
<b>Lesson 2</b>	How can you exercise for 40 seconds without stopping?
<b>Lesson 3</b>	How can you keep your balance when moving?
<b>Lesson 4</b>	How can you perform different exercises that make your heart beat faster?
<b>Lesson 5</b>	How can you co-ordinate different parts of your body to work at the same time?
<b>Lesson 6</b>	How can you record your score and then try and challenge yourself to beat it?

### **Overview of unit:**

Children will take part in some fun, fitness activities through our Pirate fitness sessions. Children will develop their balance, agility and coordination, through pirate exercises. They will be introduced to how their heart beats faster when exercising. They look at how they can improve their scores

### **Success Criteria (working at):**

#### **Year1**

- I can balance and hold the position on my tummy in an arch shape (when the shark is coming)
- I can complete most of the exercises for 40 seconds
- I can hop on one leg, then to the other, trying to keep my balance (on the stones)
- I can perform star jumps at a steady pace for the whole 40 seconds
- I can jump forwards and backwards with some control (on the rocks)
- I can count my score and write it down during most of the exercises



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## PHYSICAL ME

- AGILITY
- BALANCE
- COORDINATION
- JUMPING
- HOPPING
- SKIPPING
- CONTROL
- RUNNING
- BOUCNE
- BALANCE
- WALK
- RUN
- JOG

## SOCIAL ME

- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- DETERMINATION
- PEER ASSESSMENT
- PERSONAL BEST

## THINKING ME

- SELECT AND APPLY SKILLS
- HOW TO IMPROVE MY PERFORMANCE
- FEEDBACK TO A PARTNER / GROUP
- DISCUSSING AND SHARING IDEAS

## HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTANDS WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE

## End of Key Stage Attainments:

Has begun to master basic movements such as running

Has begun to Master basic movements such as jumping

Has begun to demonstrate agility, balance, co-ordination

Has begun to co-operate in physical activities

Can begin to compete against self/ others in a range of increasingly challenging situations.



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## Links to National Curriculum:

Literacy	<ul style="list-style-type: none"><li>• Acquiring wider vocabulary</li><li>• Discussion with peers</li><li>• Listening and following instructions</li></ul>
Numeracy	<ul style="list-style-type: none"><li>• Scoring</li></ul>
PSHE	<ul style="list-style-type: none"><li>• Listening to others</li><li>• Following instructions</li><li>• Communication, working in pairs / teams</li><li>• Perseverance, to improve on skills and scores</li><li>• Supporting their peers and showing good communication skills</li></ul>

## Health & Safety

- Children to stay hydrated
- Warm up and down before and after the lesson
- Children to wear appropriate footwear

