

S SCHEME OF WORK

Fitness - Year 2

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

Overview of unit:

Children are to take part in the pirate fitness activities. They will create their own exercises and then teach these to others. These will help improve their levels of balance, co-ordination and overall fitness. They will look at how exercise increases their heart rate. They will also be introduced to timing their own exercises and challenging themselves and others to beat their scores (a Personal Best 'PB').

Success Criteria (working at):

- I can make up my own exercises that help my balance
- I can complete all the exercises for 40 seconds confidently
- I can reach forward keeping balanced on one leg (reaching to get the apple)
- I can perform star jumps for 40 seconds, some of them at speed
- I can squat down moving my feet forwards and backwards with control (on the rocks)
- I can count my score during all the exercises and the next time try and beat my score



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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- TEACHING A PARTNER
- 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:

Can master basic movements such as running and begin to apply these in a range of activities

Can master basic movements such as jumping and begin to apply these in a range of activities

Can demonstrate agility, balance, co-ordination

Can co--operate in physical activities

Can compete against self in a range of increasingly challenging situations



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Links to National Curriculum:

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

Health & Safety

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

