

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:

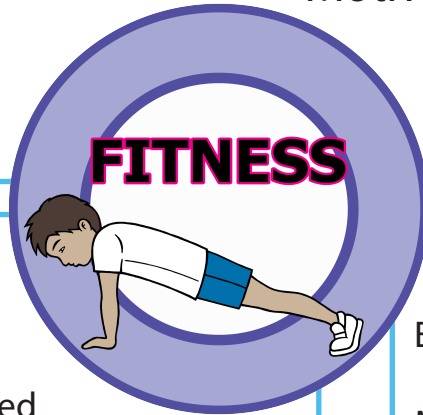
- Positivity
- Determination

Social Me

- Co-operation
- Encouraging others
- Motivation

Thinking Me

- How can I improve?
- Giving feedback



Key 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.

Key Vocabulary

Mountain climbers

Press up

Pulse

Squat

Seal Claps

Lunge

X-touch

Jumping Jack

TBE