

Prior Learning: In year 5, children progressed on their exercises and focused on technique. Their working time increased and resting time decreased, making the Individual stations more challenging. They competed against themselves, attempting to achieve a personal best. They developed their physical skills, for example their Power, balance, strength and co-ordination, whilst performing the exercises.

Key Skills

Physical Me

Run	Speed
Jump	Strength
Balance	Power
Agility	Co-ordination

Value Me

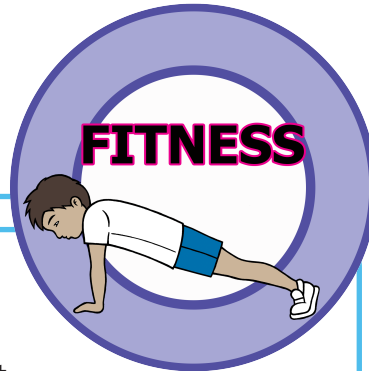
- Resilience
- Perseverance

Social Me

- Co-operation
- Collaboration
- Communication

Thinking Me

- How can I improve?
- Giving feedback



Key Knowledge

Explosive: Explosive power is movement that requires maximum power from the athlete in a very short amount of time.

Repetitions (Reps): A repetition, or “rep,” is one complete exercise movement, while a “set” is a group of consecutive reps.

Inclined: Using the incline in fitness means using a surface that is on a slope, or to make you work on a slope.

Isolated : Isolation exercises in weight training are exercises that involve only one muscle group or joint.

Fitness Facts

Regular physical activity can improve your muscle strength and boost your fitness.

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently.

When your heart and lung health improves, you have more energy to tackle daily tasks.

Exercise helps your body and your mind!

Key Vocabulary

Explosive

Inclined

Isolated

Combination

Repetitions

Set

Lateral

Load

Pulsing