

Prior Learning: In year 3, if children took part in fitness, they learned a variety of exercises, focused on techniques, and competed against themselves to achieve a personal best. They developed their physical skills, for example their balance, strength and co-ordination whilst performing the exercises.

Key Skills

Physical Me

Run	Speed
Jump	Strength
Balance	Power
Agility	Co-ordination

Value Me:

- Honesty
- Self belief

Social Me

- Co-operation
- Encouraging others
- Motivation

Thinking Me

- How can I improve?
- Giving feedback

Key Vocabulary

Personal Best

Circuit

Balance

Squat

Non-preferred

Control

Performance

Exercise

Station

Key Knowledge

Exercise : Exercise regularly, every day if possible, it is the single most important thing you can do for your health. In the short term, exercise helps to control appetite, you feel happy, and improve your sleep. In the long term, it helps reduce the risk of heart disease.

Personal Best (PB)- To beat your own score

Technique: Is the way you perform an exercise



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.