



Fitness

Key Words

Heart rate – the speed at which the heart beats. The average is 72 beats per minute.
Cardio-vascular fitness – the ability to exercise the whole body for long periods of time. This is sometimes called stamina.
Carotid artery – blood vessels on either side of your neck which you can feel to take your pulse.
Radial artery – blood vessels on your wrist that you can feel to take your pulse.
Reaction Time: the time between receiving a stimulus and initiating a response
Agility - the ability to change direction or position of the body quickly, while under control
Balance - holding a position still/steady
Speed - the ability to move your body or parts of your body quickly.
Power - the ability to move the body parts quickly while applying the maximum force of the muscles. Power is a combination of both speed and muscular strength.

Interesting Facts

The human body has 650 muscles
 The only exercise you should hold your breath for is swimming.
 The heart is the strongest muscle in the body.
 On average, a person walks 70,000 miles in their lifetime.



School Games Values



The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

Skills

In this unit we will be working on understanding and improving fitness levels. The children will learn how to measure their heart rate and understand why this changes during exercise.
 The children will practice sustained running and take fitness tests. They will record results of their tests. They will take part in circuit training exercises where they will be doing specific exercises for a set amount of time before moving onto the next station. These exercises will include star jumps, running, step ups, burpees, sit ups, planks and wall sits.
 They will develop their own skill related fitness test, demonstrate it to the group and evaluate it.

The Impact of Physical Activity

- Physical activity keeps the body strong and healthy and improves mental health by decreasing depression, anxiety, pain and loneliness.
- Physical activity also improves focus, school performance, sleep and energy levels.
- Those who undertake regular physical activity enjoy improved relationships and a more positive body image.
- Regular physical activity helps to develop your movement skills. It also, of course, helps bones become stronger and builds a healthy heart and stronger muscles. Physical activity also helps your child keep a healthy body weight.
- Exercise leads to improved motor skills (such as hand-eye co-ordination), better thinking and problem-solving, stronger attention skills and improved learning.