



Fitness



Key Words

Key Movement Skills:

Agility – the ability to change direction quickly.

Balance - the ability to maintain stability when stationary (static balance) or when moving (dynamic balance).

Co-ordination - moving two or more body parts at the same time.

Speed - how fast you are travelling.

Stamina - the ability to move for sustained periods of time.

Strength - the amount of force your body can use.

Key Vocabulary:

Accelerate - speed up.

Decelerate - slow down.

Control - being able to perform a skill with good technique.

Direction - forwards, backwards, sideways.

Dynamic - on the move.

Static - on the spot.

Muscle - tissue that helps us to move our bodies.

Progress - to improve.

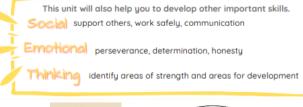
React - to respond to quickly.

Record - to make note of.

Technique - the action used correctly.



In this unit children will participate in a range of activities that explore and develop different areas of their health and fitness. Children will develop their perseverance and resilience and will be encouraged to support others. At the end of each lesson, children will identify how the activities made them feel and recognise their areas for improvement, suggesting activities that they could do to improve this specific area / skill.







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.

Skills

Agility:

Keep your elbows bent when changing direction to help you to stay balanced.

Stamina:

You need to pace yourself when running further or for a long period of time.

Balanc

You need to squeeze different muscles to help you to stay balanced in different activities.

Speed:

A high knee drive, pumping your arms and running on the balls of your feet will give you

Co-ordination:

If you begin in a ready position, you can react quicker.

Strength:

Strength comes from different muscles and it can be improved in different ways.

The Impact of Physical Activity

Regular physical activity can do so many wonderful things to your overall health and fitness. It helps improve memory, makes you feel happier and gives you more energy. Regular exercise helps to build strong bones, strengthen your muscles and even improves sleep.

Physical fitness includes many different parts and these elements are so important in everyday activities such as:

- Agility: if you need to dodge someone in a busy playground.
- Balance: when you put trousers on.
- Co-ordination: when brushing your teeth.
- Speed: when running after a bus.
- Stamina: when playing the whole of lunchtime.
- Strength: when carrying your school bag.

