

Year 1 FitnessWhat have I learned before?

- Understanding basic fitness, fundamental skills including running, jumping, dancing, hopping, skipping and climbing.

Things I need to know:

- Exercise is moving your body—it can be playing and being active in our free time. For example running, climbing and riding a bike/scooter.
- The heart is a muscle that sends blood around your body.

Vocabulary

<b>Balance</b>	To be able to hold a body position.
<b>Exercise</b>	Playing and being physically active.
<b>Jump</b>	To push both feet off of the floor.
<b>Moving</b>	Changing place and position of all or part of our bodies.
<b>Bounce</b>	To move up and down repeatedly.
<b>Body</b>	Collection of tissues, organs and systems that make up a human being.

By the end of the topic we will be able to...

- To participate in a variety of fun fitness activities that develop agility, balance and coordination.

## Key Questions

Why is a warm up important before exercise?

What exercises do you know that increase your heart rate?

Why is a cool down important after exercise?

## Key Knowledge

What happens when your body when you exercise?

1. Heart beats faster - your heart is pumping the blood around your body, warming your muscles up, getting them ready for exercise.
2. Your body feels and becomes warmer!
3. Your breathing gets faster.

Why is the heart special?

The heart muscle is special because of what it does. The heart sends blood around your body. Also the more you exercise, the stronger it gets!

Year 2 Fitness

## What have I learned before?

- In year one, children took part in some fun, fitness activities. Children developed their balance, agility and coordination, through pirate exercises. They were introduced to how their heart beats faster when exercising. They also looked at how they could improve their scores.



## Vocabulary

Co-ordinate	Getting the arms and legs to work together at the same time.
Teach	To give someone knowledge or skills.
Timing	Measure of how long is given for things to happen.
Heart beat	The heart is a muscle that contracts (squeezes) and makes the
Challenge	Something that tests your abilities.
Score	The total number of points gained by an individual or team.

By the end of the topic we will be able to...

- Create our own exercises and teach them to others in the class.

## Key Questions

How can you keep your balance?

What is important when exercising?

Why does your heart beat faster when you exercise?

## Key Knowledge

**Co-ordinate:** Getting the arms and legs to work together at the same time.

**Speed:** The ability to move all or part of the body as quickly as possible.

**Steady Pace:** Exercising at a speed where you can keep going without getting tired too quickly.

**Heart Beat:** Your heart has to push so much blood through your body, that you can feel a little thump in your arteries each time the heart beats! You can feel a pulse in your wrist and your neck.

Year 3 Fitness

What have I learned before?	Vocabulary
<ul style="list-style-type: none"> <li>Created our own exercises, teaching others to help them improve their balance, co-ordination and overall fitness. Looked at how exercise increased Heart rate. Introduced to timing own exercises and challenging themselves, and others to beat their previous scores.</li> </ul>	<p><b>Mountain climbers</b> Cardiovascular exercise—start in push up position and bring up a foot at a time like climbing a mountain.</p>
Things I need to know:	
<ul style="list-style-type: none"> <li>Exercise boosts Brainpower.</li> <li>Movement helps you feel good.</li> <li>Exercise gives you energy.</li> <li>Fitness can be done anywhere - Even in a small space.</li> <li>Fitness can help you make friends.</li> <li>Fitness exercises your heart.</li> </ul>	<p><b>Press up</b> Strength exercise—lay face down and raise and lower the body by straightening and bending arms.</p> <p><b>Squat</b> Strength exercise— deep knee bend and standing up again. Supports fundamental movements.</p> <p><b>Lunge</b> Strength exercise—can improve balance and leg strength. Step forward and bend front and back leg.</p>

By the end of the topic we will be able to...

- Use running, jumping, throwing and catching in isolation. Begin to develop flexibility, control and balance. Compare performances and recognise success.

### Key Questions

What is a key learning point for a lunge?

What was difficult when trying to improve your technique?

Do you complete your 60 minutes of physical activities each day?

### 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