

**Prior Learning:** In year 3/4, children 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:

- Passion
- Compete

### Social Me

- Co-operation
- Encouraging others
- Motivation

### Thinking Me

- How can I improve?
- Giving feedback



## Key Knowledge

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

**Engage Core:** Engaging your core means, squeezing your trunk (tummy/back/bottom) muscles to provide support for your spine and pelvis when exercising.

**Cardiovascular fitness** - Ability of the heart, lungs to transport oxygen around your body during exercise.

## Fitness Facts

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

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

Lateral Jump

Highland Fling

High Knee Claps

Shuttle Runs

Repetitions

Rebound Push up

Plank

Spotty dogs

Burpees