

**Prior Learning:** In year 5, children progressed on their exercises and focused on technique. Their working time increased and resting time decreased, making the Individual stations more challenging. They competed against themselves, attempting to achieve a personal best. They developed their physical skills, for example their Power, balance, strength and co-ordination, whilst performing the exercises.

## Physical Me

- |                |                      |
|----------------|----------------------|
| <b>Run</b>     | <b>Speed</b>         |
| <b>Jump</b>    | <b>Strength</b>      |
| <b>Balance</b> | <b>Power</b>         |
| <b>Agility</b> | <b>Co-ordination</b> |

## Key Skills

### Value Me:

- Resilience
- Perseverance

### Social Me

- Co-operation
- Collaboration
- Communication

### Thinking Me

- How can I improve?
- Giving feedback



## Key Knowledge

**Explosive:** Explosive power is movement that requires maximum power from the athlete in a very short amount of time.

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

**Inclined:** Using the incline in fitness means using a surface that is on a slope, or to make you work on a slope.

**Isolated :** Isolation exercises in weight training are exercises that involve only one muscle group or joint.

## Fitness Facts

Exercise helps your brain to function better.

Exercise gives you more energy.

Exercise is fun and sociable.

Exercise builds stronger muscles and healthy bones.

Exercise helps to decrease stress.

Exercise helps to prevent some diseases.

Exercise burns calories

Exercise strengthens the heart.

Exercise can become a part of your daily routine.

Exercise improves your mood.!

## Key Vocabulary

Explosive

Inclined

Isolated

Combination

Maximum

Set

Lateral

Load

Pulsing