

What should I already know?

- Explore and copy basic body actions and rhythms.
- Negotiate space using appropriate strategies.
- Developed safe jumping techniques.

Gems of Knowledge

What will I do?

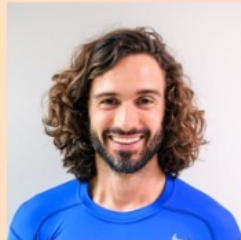
- Improve speed, agility and stamina
- Develop control, balance and coordination when completing a variety of tasks

What will I know?

- **Know** the benefits of exercise and explain why it is important to exercise regularly.
- Begin to explain why it is important to warm up and cool down before physical activity.



Fitness Fantatics!



FOCUS -

Systems in your body - knowledge and understanding of health and fitness.

Vocabulary

<p>Diet - The food you eat.</p>		<p>Stamina - How long you can exercise for.</p>	
<p>Agility - Moving quickly and easily.</p>		<p>Heart rate - How fast your heart is beating.</p>	
<p>Speed - How fast are you going?</p>		<p>Balance - Holding a shape.</p>	