

What should I already know?

- The importance of leading a healthy lifestyle.
- Understand the importance of warming up and cooling down.
- Understand what core strength is.

Gems of Knowledge

Procedural Knowledge:

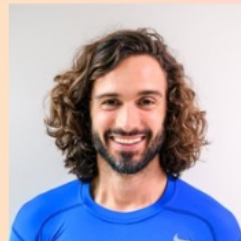
- Develop lower body and core strength, fitness, balance and coordination.
- Work well as part of a team to achieve success.
- Show self-belief and determination to manage and accomplish tasks.
- Demonstrate correct techniques of core strength exercises with control.

Declarative Knowledge:

- Understand what aerobic exercise is and how to develop it.
- Discuss the importance of leading healthy, active lifestyles.
- Identify parts of the body we are working during exercise.



Fitness Fantatics!



FOCUS -

Develop Strength - Power and Endurance

Vocabulary

<p>Power - Move with force or speed.</p>		<p>Coordination - Controlling your body's movements.</p>	
<p>Endurance - To be able to do an activity for longer periods of time.</p>		<p>Heart rate - How fast your heart is beating.</p>	
<p>Core Strength - Using the strength from the middle of your body to hold positions.</p>		<p>Aerobic - The body's use of oxygen.</p>	