

What should I already know?

- Understand the importance of leading healthy, active lifestyles.
- Identify the parts of the body we are using during exercise.
- Develop strength, balance, fitness and coordination.
- Show self-belief.
- Work well as part of a team.

Gems of Knowledge



Procedural Knowledge -

- Develop lower body and core strength.
- Develop fitness, speed and aerobic endurance.
- Show determination to complete tasks using the correct techniques.
- Develop stamina.

Declarative Knowledge -

- Understand and explain the benefit of good upper body strength.
- Develop an appreciation of exercise as a life long habit.
- Select an area of physical activity that you want to improve.

Fitness can be described as...

'the ability to meet the demands of the environment'

so 'Fitness' has different meanings for different sports, for example:

- A fit footballer is fast and agile.
- A fit rugby player is strong and powerful.
- A fit jumper needs a strong lower body.
- A fit thrower needs a strong upper body.

Vocabulary

FOCUS - Fitness

- Resilience, perseverance and communication.

<p>Core strength - The ability to maintain a position using your abdomen muscles.</p>		<p>Self-belief - Believing that you can achieve.</p>	
<p>Endurance - Not giving up, even when things get hard!</p>		<p>Aerobic - Any movement that makes your muscles need oxygen.</p>	
<p>Coordination - Control movements of different body parts at the same time.</p>		<p>Balance - Using your core strength to maintain a position.</p>	