# PE

## Y56 Cycle A - Spring 2

## Mr Bee's Bootcamp!

## 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.

#### Core strength -

The ability to maintain a position using your abdomen muscles.

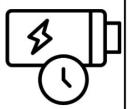


Self-belief Believing that
you can
achieve.



#### Endurance -

Not giving up, even when things get hard!



Aerobic - Any movement that makes your muscles need oxygen.



#### **Coordination**

- Control
movements
of different
body parts at
the same
time.



### Balance -

Using your core strength to maintain a position.

