

Year 5 Term 1 P.E: Fitness



Curriculum Key Question: How can I look after myself and others?
Topic: Earth and Space

What should I already know?

- I can collect and record personal fitness data and identify areas I need to improve.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can use key points to help me to improve my sprinting technique.
- I share ideas and work with others to manage activities.
- I show balance when changing direction at speed.
- I show control when completing activities to improve balance.
- I show determination to continue working at over a period of time.
- I understand there are different areas of fitness and that each area challenges my body differently



Key Skills: Physical

- Strength
- Speed
- Power
- Agility
- Coordination
- Balance
- Stamina

Key Skills: S.E.T

- Social: Supporting and encouraging others
- Social: Working collaboratively
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Analysing data



Key Vocabulary

- **Agility:** The ability to change direction quickly and easily.
- **Balance:** The ability to stay upright or stay in control of body movement.
- **Co-ordination:** The ability to move two or more body parts at the same time, under control, smoothly and efficiently.
- **Stamina:** The ability to move for sustained periods of time.
- **Power:** Speed and strength combined

Skills I will develop:

- I analyse my fitness data to identify areas of improvement.
- choose the best pace for a running event and maintain speed.
- encourage and motivate others to work to their personal best.
- identify how different activities can benefit my physical health.
- work with others to manage activities.
- understand the different components of fitness and how to test them.
- understand what my maximum effort looks and feels like and I am determined to achieve it.

Key Questions...

- How does exercise affect our body?
- Can you describe what happens in your body when you warm up?
- Can you identify other activities that can increase stamina, strength, agility, and flexibility?
- What muscles can you feel working during the different activities you do?