Year 5 Term 1 P.E: Fitness



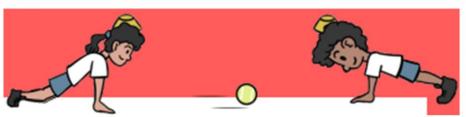
Curriculum Key Question: How can I look after myself and others? Topic: Earth and Space

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

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 Skills: Physical

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

Key Skills: S.E.T

- encouraging others
- Social: Working collaboratively
- Emotional: Perseverance
- Emotional: Determination











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

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?