

NATIONAL CURRICULUM: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.

PRIOR KNOWLEDGE: Pupils have taken part in a range of activities that explore and develop different areas of their health and fitness. Pupils have been given opportunities to work at their maximum and improve their fitness levels, recognising how the activities make them feel. Pupils will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils have been asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control.

KEY VOCABULARY:

Fitness
Different
Areas
Speed
Strength
Co-ordination
Agility
Balance

PE – Autumn 1 Year 5, Fitness



Lesson Focus:

1. To recognise different areas of fitness and explore what your body can do.
2. To develop speed and strength.
3. To develop co-ordination.
4. To develop agility.
5. To develop balance.
6. To develop stamina.

CONTEXT: In this unit pupils will take part in a range of activities that explore and develop different areas of their health and fitness. They will learn different components of fitness including speed, stamina, strength, co-ordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve on their personal fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement using the data they have collected.

STICKY KNOWLEDGE:

Analyse my fitness scores to identify areas for 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.

SKILLS:

Pupils to focus on their own results and to identify where they see areas to improve.
Avoid pupils comparing themselves with others in the class and to work within their own capabilities. All actions need to be performed with control.
This unit will develop agility, balance, co-ordination, speed, stamina, strength.