

Circuit Training

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through circuit training. In addition, we evaluate and recognise our own successes.

Circuit Training:

We will learn to develop flexibility, strength, technique, control and balance.

Key Vocabulary

jump	strength	bend	run
hop	breathing	squat	pace
bounce	sweat	balance	time
control	heart rate	movement	rep



Station	How many did you do? (Reps)	Time at each station
Hopping		
Star jumps		
Bunny jumps		
Burpees		
Leap Frogs		
Bounce a ball		

My greatest achievement this term was: _____

Next time I would like to improve: _____

Athletics

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through athletics. In addition, we evaluate and recognise our own successes.

Athletics:

We will learn to use running, jumping, throwing and catching in isolation and in combination. Also, compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary

run	jump	throw	catch
baton	ball	100m	short distance
long distance	height	distance	aim
pace	time	javelin	personal best
compete	competition	competitors	track



Rate your skill out of 5 stars

I can run over a longer distance	★ ★ ★ ★ ★
I can run over obstacles	★ ★ ★ ★ ★
I can throw for distance	★ ★ ★ ★ ★
I can throw for accuracy	★ ★ ★ ★ ★
I can jump for height and distance in a variety of ways	★ ★ ★ ★ ★