

KEEP FIT!



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 keep fit. In addition, we evaluate and recognise our own successes.

Keep Fit:

We will learn to develop fitness and strength through effective warming up, fitness training and stretching to build stamina to complete an exercise class. We will combine what we have learnt from gymnastics, circuit training and yoga to create our own aerobics class.

Key Vocabulary			
core	strength	endurance	stamina
reps	warm up	sit-ups	leg raises
star jumps	lunges	positive mental attitude	stretches
squats	yoga	floor work	meditation
rhythm	pace	timing	aerobics



Self-reflection questions - Keep Fit	Yes	No	Working on
Did I have fun during our PE lessons?			
Did my fitness improve?			
Do I understand the importance of being active?			
Did I find different ways to keep fit?			
Does being active improve my sleep and mental health?			
Did my heart rate increase during the lessons?			
Has my enjoyment of being active increased?			
Have I learned something new this term?			
Give an example of something you did well...			
Give an example of something you can improve...			

