

Fitness

<u>PE skills for this unit</u>	
Age Related Expectations: To describe how their body feels during exercise. To show hopping and jumping movements with some balance and control. To persevere with new challenges. To show determination to continue working over a longer period of time. To understand that running at a slower speed will allow them to run for a longer period of time. To work with others to turn a skipping rope and encourage others to jump at the right time	
<u>Knowledge for this unit</u> <ul style="list-style-type: none">• To know how my body feels during exercise.• To know how to use balance and control when jumping and hopping.• To know how to change the speed of running to a slower pace to allow me to run for a longer period of time• To know how to use a skipping rope	<u>Previous learning:</u> To recognise changes in their bodies when they exercise To share ideas with others in the class To discuss what exercise does to the body. To recognise how exercise makes you feel. To try their best in challenges set. <u>Vocabulary</u> <ul style="list-style-type: none">• Balance• Control• Pace

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To describe how their body feels during exercise.

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To understand that running at a slower speed will allow them to run for a longer period of time.

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Knowledge for this unit

- To know how my body feels during exercise.
- To know how to use balance and control when jumping and hopping.
- To know how to change the speed of running to a slower pace to allow me to run for a longer period of time
- To know how to use a skipping rope

Previous learning:

- To recognise changes in their bodies when they exercise
- To share ideas with others in the class
- To discuss what exercise does to the body.
- To recognise how exercise makes you feel.
- To try their best in challenges set.

Vocabulary

- Balance
- Control
- Pace