

Prior Learning

Have challenged themselves to develop strength and stamina. Worked on increasing flexibility, strength, balance, agility and coordination in a variety of activities.

Unit Focus

Take part in a variety of different types of exercises to improve fitness. Explore different workout structures and how they can impact fitness. Describe what happens to their body during exercise, including their heart rate.

We are learning...

1. to work as hard as we can for 20 seconds.
2. why we need to rest after exercise.
3. to track and count in fives each type of exercise,
4. what a ladder workout is.
5. to relax and be calm after we have exercised.
6. to challenge ourselves to beat our best score.

Key Questions

1. How does your body change during exercise?
2. What is your heart rate?
3. How much exercise should we do a day?

Equipment

Music player, upbeat music, cones and throw-down spots.

Vocabulary

Jumps, heart rate, squats, plank skipping, strength, heart, muscles, balance, control, stamina, improve, coordination, relax, star shape, tuck shape.

Concepts

Stamina

To be able to sustain effort over a period of time without slowing down or stopping.

Assessment overview

Head – Describe the effect exercise has on the body.

Hand – Have control of the body during exercise.

Heart – Show perseverance to complete activities without stopping.

