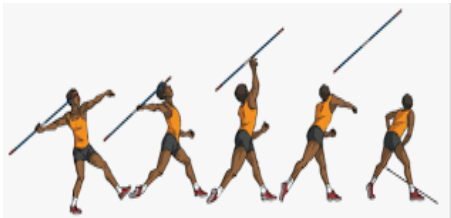


Knowledge Organiser Term 5 - Year 5 - Fitness and Circuits



Personal Challenges - a fantastic way to motivate yourself and have fun! Have a go and set a score.... Can you improve it to get a personal best?

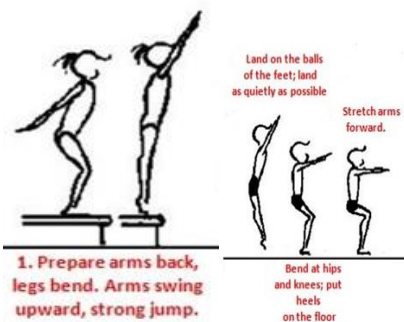


When we exercise, our heart rate and breathing will increase and we will breath deeper and quicker. We may get hot and sweaty; some muscles may start to ache.



Heart Rate: how many times the heart pumps blood around the body. Take your resting heart rate and see what happens when we exercise!

Jumping



Throwing for accuracy



Throwing for distance



Skipping



Catching



Target



improve your score!

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Key Vocabulary

A healthy active lifestyle is essential for physical and mental wellbeing. We should be physically active for at least 60 minutes a day. 30minutes in school, including PE and the Daily Mile.

A healthy diet involves eating from the 5 food groups: Carbohydrates, protein, fruit and vegetables, dairy (if applicable) and ats

Health and well being

Taking care of your lifestyle
and feeling good about
yourself

Technique

The way you perform a task.

Footwork - Position correctly,
maintain balance and have quick
feet to manoeuvre

Dodge

Use quick movements to avoid a
target/opponent

Co-operate and collaborate

Work together towards a goal