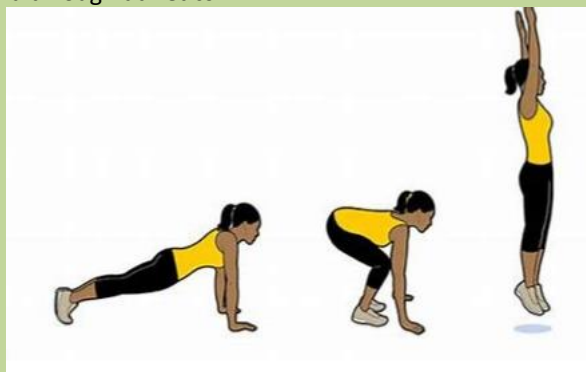


PE FLE Y5/6 Can I build up my stamina and complete a fitness circuit?

What I have learnt before: coordination and stamina through athletics.



Forever Facts

During exercise the body systems respond immediately to provide energy for the muscles to work.

Your heart rate and breathing will increase and you will breath heavier when exercising.

You may start to get hot, sweaty and your face might go redder in colour. Some of your muscles will start to ache whilst exercising.

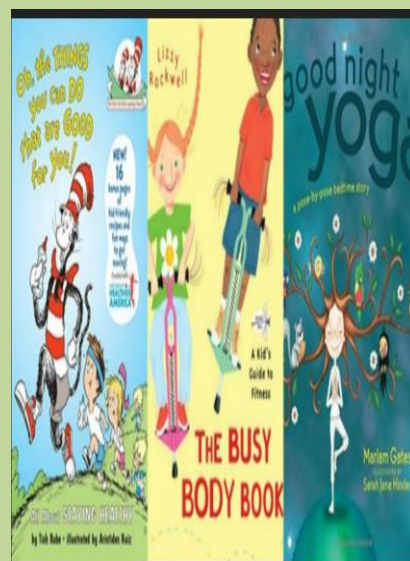
Skills

Follow a mixed plan of exercises.

To use the correct techniques at each station.

I can promote self-motivation by setting my own goals.

Exciting Books



Our Endpoint

To improve my stamina to complete a fitness circuit.

Subject Specific Vocabulary

Circuit Training

A type of fitness training that involves completing several exercises in a circuit, in a short period of time.

Exercise

An activity that requires physical effort, usually carried out to improve health or fitness.

Fitness

The condition of being healthy and able to carry out activities as needed and wanted.

Improve

To work to get better at something.

Intensity

A measure of how hard an exercise makes your body work.

Personal Development: To improve own physical and mental health through exercise. The jobs it can be used in are: professional athlete, fitness instructor, sports coach or manager, sports official