

### What should I already know?

- How my body changes when I exercise and be able to talk about this.
- To recognise how exercise makes me feel.
- Why it is important to warm up before exercising.
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### Key Knowledge

- To be able to describe how the body feels during exercise.
- How to hop and jump with some balance and control.
- That running at a slower speed will allow me to run for a longer period of time.
- How to work with others to turn a rope allowing others to jump.

### Key Vocabulary and definitions

March	To walk with steady, regular steps together with others.
Jog	A slow, steady running pace.
Sprint	To run at top speed.
Steady Pace	A comfortable speed of movement to allow you to move for longer.
Speed	A measurement of how fast something is travelling.
Tired	Needing to rest.
Breath	The air that flows into and out of the lungs during breathing.
Stamina	The strength to handle effort for a long time.
Strength	Having or showing good physical power.
Agility	The ability to move or think easily and quickly.
Co-ordination	When muscles work together to carry out a more complicated movement.

This unit will also help you to develop other important skills.

**Social** encourage others, communication

**Emotional** perseverance, determination

**Thinking** comprehension, identify strengths and areas for improvement

### About this Unit

Being fit means keeping your body strong and full of energy. Just like how we take care of our toys to keep them working well, we need to take care of our bodies too. When we're fit, our bodies can do lots of fun things like running, playing, and exploring.



### Ladder Knowledge



#### Agility:

Using small quick steps will help you to change direction.

#### Balance:

You can squeeze your muscles to help you to balance.

#### Co-ordination:

Some skills require you to move body parts at different times such as skipping.

#### Speed:

Take shorter steps to jog and bigger steps to run.

#### Strength:

Strength helps us with everyday tasks such as carrying our school bag.

#### Stamina:

You need to run slower if running for a long time.