

P.E.

Year 6 – Fitness



About this Unit

Regular participation in physical activities can significantly improve your mood. Exercise releases endorphins, which are natural chemicals in the body that create a feeling of wellbeing. Exercise can also reduce stress and anxiety, improve sleep and give you more energy.

Knowledge & Skills

Knowledge:

Agility requires speed, strength, good balance and co-ordination. Apply force to maintain control and balance. Co-ordination also requires good balance. Speed can be improved by training. Different distances require different speeds. You can build up strength by practicing in your own time. Different exercises can develop stamina which can be improved by training over time.

Skills:

- I can change my running technique to adapt to different distances.
- I can collect, record and analyse scores to identify areas where I have made the most improvement.
- I can work with others to organise, manage and record information at a station.
- I encourage and motivate others to work to their best.
- I work to my maximum consistently when presented with challenges.

Golden Threads

Motor competence – Manipulate objects

- agility
- balance
- co-ordination
- speed
- stamina
- strength

Healthy participation

How will this unit help your body?

Agility, balance, co-ordination, speed, stamina

Rules, strategies and & tactics

Identify your areas of strength and your areas for development. Then, think of set your plan to make improvements to that element of fitness. Retest yourself after a period of practice and make sure to notice how you feel. How challenging you find an activity is also a mark of level

YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>I can go slower or stop then go again when I get tired.</p> <p>I can lean forward to speed up</p> <p>I can take small steps to change direction.</p> <p>I demonstrate balance when performing other fundamental skills.</p>	<p>I can use key points to help me to improve my sprinting technique.</p> <p>I show balance when changing direction at speed.</p> <p>I show control when completing activities to improve balance.</p> <p>I show determination to continue working over a period of time.</p>	<p>I demonstrate good balance and control when performing other fundamental skills.</p> <p>I show accuracy and power when throwing for distance.</p> <p>I can analyse my performance in relation to the fitness component being used.</p> <p>I can work with others to manage activities.</p>	<p>I can change my running technique to adapt to different distances.</p> <p>I can collect, record and analyse scores to identify areas where I have made the most improvement.</p> <p>I can work with others to organise, manage and record information at a station.</p> <p>I encourage and motivate others to work to their best.</p> <p>I work to my maximum consistently when presented with challenges.</p>

Key vocabulary

- Abdominals: muscles in the stomach
- Agility: the ability to change direction quickly
- Calves: a muscle in the bottom back of leg
- Co-ordination: moving two or more body parts at the same time
- Motivate: to encourage
- Power: speed and strength combined
- Quadriceps: the muscles in the thighs