



**Subject: PE**

**Topic: Fitness**

**Year Group:**

**Year 6**

**Focus: high intensity and personal improvement**

**What I should already know:**

- Set targets for themselves and others
- Develop jumping techniques for standing long and triple jump, speed bounce
- Develop speed, stamina, control and power and know what these mean
- Understand why fitness is important and explain how it contributes to health and well being
- Perform skills and set up mini challenges

**Vocabulary:**

Circuit, improve, balance tests, speed, stamina, agility, control, power, compete, fair play, rules, coach, target setting, personal improvement, high intensity.

**What I will know by the end of the unit:**

- Compete as an individual as well as a member of a team
- Set own targets for personal performance and improvement
- Take on coaching roles
- Understand the need for and run own warm ups
- Follow specific techniques for activities

**Activities I can take part in to achieve my objectives:**

- Circuits – see docs to support planning