



Subject: PE

Topic: Fitness and Indoor Athletics

Year Group:

Year 5

Focus: core strength, abs and legs

What I should already know:

- Demonstrate correct techniques for activities
- Understand the need for warm up/cool down
- Recognise and describe the effects of exercise on their bodies
- Motivate themselves and others to participate
- Adapt targets to improve and self-assess

Vocabulary:

Targets, stamina, core strength, abdominals, power, control, competition, coach, score, fair play, rules, standing long jump, standing triple jump, speed bounce, sits ups, plank, squat.

What I will know by the end of the unit:

- 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

Activities I can take part in to achieve my objectives:

- Indoor athletics – see docs to support planning
- Fitness – circuits focused on core strength - see docs to support planning