



Subject: PE **Topic:** Fitness **Year Group:** Year 2

What I should already know:

- To balance and be aware of core strength
- To move with control and whilst changing direction showing awareness of others
- To coordinate my arms and legs in different ways
- To complete a circuit of different activities
- To describe what myself and others are doing
- To describe how my body feels during and after exercise
- To know why it is important to be healthy and active

Vocabulary:

Body changes (during exercise), heart rate/beat, agility, coordination, movement patterns, body parts, warm up, health, fitness, tag games, team games, circuit, star jumps, run, skip, jump, flexibility, stamina, exercise, muscles, aerobic, strength, how, why, what, feel, change, travel, techniques, easy, difficult, challenge, reason.

What I will know by the end of the unit:

- Recognise and describe changes that occur in my body during exercise
- Know how to increase my heart rate
- To move in a variety of ways coordinating my body and showing that I am agile by changing direction quickly
- To perform simple patterns of movement and balance with control
- Use correct techniques for activities
- Discover what I find easy/hard
- Improve my own performance/fitness over time

Activities I can take part in to achieve my objectives:

- Teaching of specific techniques to ensure correct so fitness can be improved
- Games/activities that increase heart rate
- Circuit activities considering – balance, strength, flexibility, stamina, techniques, skills, agility and coordination
- Skipping