

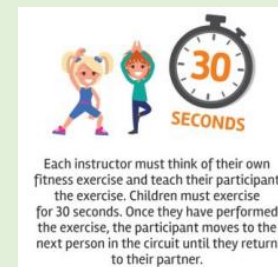
PE Year 5 Autumn 2

Health Education Movement and Fitness to Music

- Understand how different sports train.
- Perform a range of different exercises for strength, flexibility and endurance.
- Perform various exercises to improve muscular strength.
- Explain what muscular strength is.
- Improve muscular strength in various muscles.
- Perform various exercises to improve muscular strength.
- Explain what muscular strength is.
- Improve muscular strength in various muscles.
- Explain what endurance is.
- Perform various exercises and show excellent cardiovascular endurance.
- Control energy output to maintain exercise time.
- Explain what endurance is.
- Perform various exercises and show excellent cardiovascular endurance.
- Control energy output to maintain exercise time.



Children are going to perform as many star jumps as possible and must keep track of their own score.



Each instructor must think of their own fitness exercise and teach their participant the exercise. Children must exercise for 30 seconds. Once they have performed the exercise, the participant moves to the next person in the circuit until they return to their partner.

Question

Can you explain what you are learning?

Vocabulary

Strength, flexibility, endurance, muscular strength, cardiovascular, exercise,