

## Year 3 Autumn 2

## Health Education, Movement and Fitness to Music

- Listen to the teachers/educators command showing good timing when moving/exercising.
- Stand still and balance for short periods of time.
- Understand movement, exercise/fitness and what affects this has on our bodies.
- Try to take part in all the different types of movements/exercises with purpose.
- Perform various exercises showing good technique.
- Perform many exercises continuously without stopping.
- Understand how to participate in a circuit training exercise.



### Question

Can you show good technique?

### Vocabulary

Timing, moving, exercising, balance, technique, participate, circuit training.