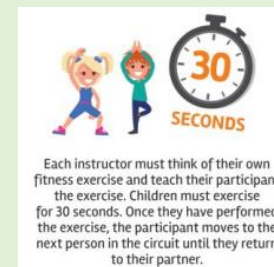


Year 5 Autumn 2

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.



Question

Can you explain what you are learning?

Vocabulary

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