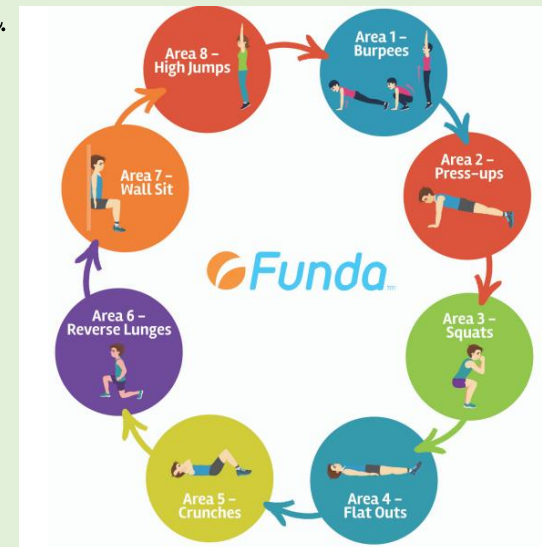


## Year 6 Autumn 2

## Health Education, Movement and Fitness to Music

- Perform exercises effectively linked to strength, endurance and flexibility.
- Explain a brief training plan for different sports.
- Show good strength, flexibility and endurance.
- Perform various exercises to build fitness levels.
- Maintain good technique and perform exercise over long periods of time.
- Explain what HIIT sessions are for.
- Perform multiple bodyweight exercises to improve strength.
- Show good upper body strength (arms, chest, shoulders).
- Show a good lower body strength (legs).
- Show a good range of motion and flexibility.
- Perform multiple flexibility stretches and movements.
- Explain why flexibility is important in sport.
- Understand and explain what body composition is.
- Understand how to train different body compositions.



### Question

Can you understand how to train different muscle groups?

### Vocabulary

Strength, endurance, flexibility, training plan, good technique, upper body, lower body, body compositions.