

# Knowledge Organiser: Fitness Year 5 and Year 6

# Yearó

#### Links to the PE National Curriculum

- Pupils should develop an understanding of how to improve in different physical activities and learn how to evaluate and recognise their own success.
- Pupils should be taught to develop flexibility, strength, technique, control and balance.
- Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

#### **Key Skills: Physical**

- Strength
- Speed
- Power
- Agility
- Coordination
- Balance

Social: Working collaboratively
Emotional: Perseverance
Emotional: Determination
Thinking: Analysing data

Social: Supporting and

encouraging others

Key Skills: S.E.T

#### **Key Questions...**

How does exercise affect our body?

Can you describe what happens in your body when you warm up?

Can you identify other activities that can increase stamina, strength, agility and flexibility?

What muscles can you feel working during the different activities you do?

### **Key Vocabulary:**

Encourage pupils to use this language in your lessons.

- agility
- control

technique

power

speed

- generate force
- strength
- analyse

continuous

balance

- stamina
- measure

- co-ordination
- component
- record

## **Teacher Glossary**

**Agility**: The ability to change direction quickly and easily. **Balance:** The ability to stay upright or stay in control of body movement.

**Co-ordination:** The ability to move two or more body parts at the same time, under control, smoothly and efficiently.

Stamina: The ability to move for sustained periods of time.

Power: Speed and strength combined.

