

Health Related Fitness

Year 5 & 6 HRF



Children will learn how and why we warm up in different ways for different events. They will work on specific areas of fitness and get the opportunity to set up their own circuit challenges too

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Sustain my pace when running. Motivate myself to do my best in a range of exercises	Show determination and perseverance. Run for a period of time, maintaining a good pace	Perform a variety of exercises demonstrating good technique Work with determination	Perform exercises with control and good technique. Show a desire to improve on previous performances	Improve on previous performances. Prepare properly for exercise.	Communicate and negotiate with others to agree what we are going to do as a group Work as part of a group to set up a circuit of exercises.
KNOWLEDGE I know.....	The physical and mental benefits of regular exercise. Why flexibility is important.	Why core strength is important in most sports. Why stamina is very important in some sports	How to develop all round strength for my body. Why relaxation and stretching is an important part of all athletes training	Why it is important to warm up prior to exercise. How drinking water can rehydrate the body	What factors have contributed to any improvement in performance. How to measure elements of fitness	What exercises will develop core strength How to set up a circuit of exercises
ASSESSMENT I can...	Can lead others in warming up, knows why it is important and can work actively across whole sessions	Knows what they need to do to improve and what others need to do to improve their performance.	Enjoys competing and challenging him/herself to improve across all areas.	Can lead others in warming up, knows why it is important and can work actively across whole sessions	Knows what they need to do to improve and what others need to do to improve their performance.	Enjoys competing and challenging him/herself to improve across all areas.