



Key Vocabulary

Exercise
Fitness
heart rate
Co-ordination
technique

In this unit, children will understand how to prepare the body for exercise and to understand what fitness means.

Key Points of Learning

Experience some of the changes that occur during exercise.

Raise heart rate.

Develop agility and co-ordination.

Perform simple patterns of movement.

Learn new moves and perform them with good technique and balance.

Demonstrate the correct technique for activities.

Discover which activities individuals find easy or difficult.

Develop agility and co-ordination.

Perform simple patterns of movement.

Develop agility and co-ordination.

Useful Websites

[BBC PE](#)

