



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.
- To complete a range of circuit-based activities and understand the reason for doing them.
- To understand what happens to the heart rate during exercise.

Useful Websites

[BBC PE](#)

