



Key Vocabulary

Core,
Circuits, snake charmer,
popcorn, bridge, squat
thrust, burpee, running
squat, hoops, sit ups,
step ups,

In this unit, children will develop strength and agility developing techniques for moves that are similar to pilates. Children will use circuit based activities to perform core strength and agility exercises and be able to fluidly link the two together.

Key Points of Learning

Develop agility and strength.
Be able to perform core strength moves with accuracy and link with agility moves.
Understand how hula hooping helps to improve core strength.
Develop activities into a circuit in order to improve core and fitness levels.
Master technique of new skills learnt.
Understand how each circuit is helping to make us fit and strong.
Improve on previous circuit based activities and complete the circuit.

Useful Websites

[BBC PE](#)

