



Key Vocabulary

Challenge, Heart Rate, Aerobic Fitness, Direction, Personal Fitness, Circuit, Burpee, Spotty Dogs, Plank, Lunge, Squat, Tricep, Bicep, Cardiovascular, Muscular, Core, Abdominals

In this unit pupils will develop understand the importance of aerobic fitness. They will appreciate why different muscles and areas of the body need different workouts and the important of a warm up and cool down. Pupils will develop coordination and agility as well as balance. Pupils will be able to identify how to improve stamina and muscle strength in different areas of the body.

Key Points of Learning

To understand the key points of fitness
To understand how to prepare your body for exercise
To understand what happens to heart rate during exercise
To complete circuit based aerobic activities and understand why they are important to body health
To be able to balance successfully
To apply coordination

Evaluate own fitness levels and performance and identify areas of strength and weakness

Useful Websites

[BBC PE](#)

