

## KS1 Circuits: What is my personal best and how can I improve it?

In the Circuits unit this half term, we will be finding out what our base level of fitness is, working hard on improving our fitness and measuring how much we can improve it by through post testing.

### In this unit children will:

- Complete a pre-assessment of how many skills can we complete in 1 minute per activity
- Improve their personal best level of fitness through High Intensity Interval Training.
- Develop strength, technique, control and stamina.
- Be physically active for sustained periods of time.
- Lead healthy, active lifestyles
- Master basic movements including running, jumping, balance, agility and coordination.

### Prior Learning

**KS1: mastering basic movements**

### Cross Curricular Links

**Science- The Human Body**

**PSHE- Healthy Active Lifestyles, diet**

**Maths- Counting, tallying, recording**

### Key Vocabulary

**Healthy** – In good physical and mental condition.

**Fit**- Being physically active and completing exercises without exhaustion.

**Exercise**- activity requiring physical effort

**Circuits**- activities in a sequence

**Personal Best**- To try and beat your best score.

**Heart Rate**- The speed at which your heart beats.

**Pulse**- The feel of your heart beating, this can be checked against your wrist, heart or neck for the best results.

**Muscles**- surround bones and help the skeleton move. With exercise they can grow their muscles.

## Key Skills Covered

Speed Steps  
Jumping Jacks  
High Knees  
Spotty Dogs  
Scissor Legs  
Agility Cones  
Hurdles  
Bench Bunny Hops  
Bench Pulls  
Squats  
Step Ups  
Burpees  
Plank  
Shuttle Runs  
Bicycle legs  
In and Out Cones  
Jogging on the spot  
Superman



## Health and Safety

- 1) Children will work to their own limits and not push themselves to the point of exhaustion.
- 2) Children will inform the teacher of any injuries at the beginning of lessons.
- 3) Children will either be bare foot or wearing shoes as appropriate, long hair will be tied back and earrings will be taken out or taped.
- 4) Children will take their drinks to circuits lessons and asthmatic children will take their inhalers.

## Key Questions

- Why do we need to exercise?
- Why does my heart beat faster when I exercise?
- How can I be fit and healthy?
- How can I beat my personal best?