

LKS2 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-unit multi stage fitness test to gain a base level of fitness.
- Complete a post-unit multi stage fitness test to note an improvement in the level of fitness.
- 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
- Learn about mastering different personal skills and different types of training

Prior Learning

KS1: mastering basic movements

Cross Curricular Links

Science- The Human Body

PSHE- Healthy Active Lifestyles, diet

Key Vocabulary

Flexibility- to move a body part through a full range of movement at a joint.

Coordination- to use the senses with the body parts during movement

Agility- To be able to change and control the direction of your body in motion.

Power- to do strength performance at a maximum pace, a combination of both speed and strength

Multi Stage Fitness Test- Sets a base level of fitness commonly known as the 'bleep test'.

Fartlek Training- Exercising at varying speeds

Interval Training- Periods of exercise and then rest in intervals

Continuous Training- Working for extended periods of time without stopping.

Key Skills Covered

Jumping Jacks

Spotty Dogs

Half Press Ups

Scissor Legs

Agility Cones

Hurdles

Sit Ups

Bench Bunny Hops

Bench Pulls

Mountain Climbers

Squats

Tricep Dips

Boxing Jabs

Step Ups

Burpees

Plank

Shuttle Runs

Multi Stage Fitness Test

Bicycles

Toe Touch Abs

SAQ Ladders

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

- How do I build big muscles?
- What should I eat when I am training?
- How can I be fit and healthy?
- How can I beat my personal best?