

## UKS2 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 key vocabulary for muscles used, the respiratory system and the effects exercise has on the body.

### Prior Learning

**KS1: mastering basic movements**

**LKS2: Circuits**

### Cross Curricular Links

**Science- The Human Body**

**PSHE- Healthy Active Lifestyles, diet**

### Key Vocabulary

**Aerobic Exercise** – Exercising with oxygen.

**Anaerobic Exercise**- Exercising without oxygen.

**HIIT**- High Intensity Interval Training, training for sharp bursts then resting.

**BMI**- Body Mass Index,

**Body Composition**- Ratio of body fat to lean muscle mass.

**Cardiovascular Fitness**- Circulatory and respiratory systems supplying oxygen to muscles for an extended period of time.

**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.

**Lactic Acid**- A build up from anaerobic exercise causes DOMS.

## Key Skills Covered

Narrow Arm Press Ups

Sit Ups

Alternate Squat Thrusts

Russian Twists

Squats

Tricep Dips

Boxing Jabs

Step Ups

Crunches

Burpees

Plank

Moving Plank

Power lunges

Shuttle Runs

Multi Stage Fitness Test

Alternation leg abductions

Double Arm Wave with Power Squats

Reverse sit ups

Bicycles

Toe Touch Abs

Medicine Ball Throws

SAQ Ladders

Plyometrics



## 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

- What is my BMI and what does it mean?
- How does what I eat effect my body composition?
- What are the different types of training and which works best for increased fitness?
- How can I beat my personal best?