



Physical Education

Health and Related
Exercise Year 5

Unit Purpose

The unit of work will ensure that all pupils understand the meaning of **strength, flexibility** and the **cardiovascular** elements of **fitness**.

Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.

Inspire Me

Did you know... that after just 20 minutes of exercise, your body will have started to grow new brain cells at a rapid rate! This means that by exercising, we are increasing our capacity to learn!



Key Success Criteria

- P** Pupils will be able to complete fitness assessments and participate in circuits that will develop their fitness.
- C** Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- S** Pupils will develop life skills such as encouragement and responsibility as they encourage their partners through the circuits.
- W** Pupils will develop life skills such as self motivation, resilience and integrity as they strive to improve their own performances.



Vocabulary for Learning

Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

Strength: Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.



Sport Specific Vocabulary

Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Fitness Assessment/Test A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.





Physical Education Dodgeball Year 4

Unit Purpose

The unit of work will develop pupils' ability to apply the principles of **attack** vs **defence** in games.

Pupils will apply their **throwing**, **catching** and **dodging** skills combining these with their understanding of team work to try and win the game.

Inspire Me

Did you know... a record was set for a dodgeball game with the most players on 25 September, 2012 by the University of California. The game consisted of a whopping 6,084 players.



Key Success Criteria

- P** Pupils will be able to apply a secure understanding of dodging, throwing, jumping, ducking and catching skills to outwit their opponents and win the game.
- C** Pupils will demonstrate an understanding of the importance of apply skills at the right time (where, when and why) in order to win a game.
- S** Pupils will develop life skills such as encouragement and cooperation as they collaborate with others and apply the rules of the game.
- W** Pupils will continue to develop and apply life skills such as integrity and self motivation as they strive to improve their own performance and understanding.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we are in possession of the ball or when we throw the ball. The aim of the game for the attackers is to throw their ball hitting an opponent.

Defender: We are considered a 'defender' when we are not in possession of the ball or when the ball is not in our control. The aim of the defenders is to avoid being hit by the ball.



Sport Specific Vocabulary

Dodge: is a method of moving quickly from one side to the other to avoid being hit by a ball.

Ducking: Is a method of defending to avoid being hit by a ball. It involves a defender lowering their body towards the floor, allowing the ball to travel over them.

Jumping: Is a method of defending to avoid being hit by a ball. It involves a defender raising their body towards the air, allowing the ball to travel under them.

Aiming: is when the attacker in possession of the ball directs their throw towards a specific target.

