

### Links to the PE National Curriculum

- Pupils should develop an understanding of how to improve in different physical activities and learn how to evaluate and recognise their own success.
- Pupils should be taught to develop flexibility, strength, technique, control and balance.
- Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Key Skills: Physical

- Strength
- Speed
- Power
- Agility
- Coordination
- Balance
- Stamina

### Key Skills: S.E.T

- Social: Supporting and encouraging others
- Social: Working collaboratively
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Analysing data



### Key Questions...

- How does exercise affect our body?
- Can you describe what happens in your body when you warm up?
- Can you identify other activities that can increase stamina, strength, agility and flexibility?
- What muscles can you feel working during the different activities you do?

### Key Vocabulary:

Encourage pupils to use this language in your lessons.

- |                         |                    |                  |
|-------------------------|--------------------|------------------|
| • <b>agility</b>        | • <b>technique</b> | • <b>speed</b>   |
| • <b>balance</b>        | • <b>control</b>   | • <b>power</b>   |
| • <b>generate force</b> | • <b>strength</b>  | • <b>analyse</b> |
| • <b>continuous</b>     | • <b>stamina</b>   | • <b>measure</b> |
| • <b>co-ordination</b>  | • <b>component</b> | • <b>record</b>  |

### Teacher Glossary

- Agility:** The ability to change direction quickly and easily.
- Balance:** The ability to stay upright or stay in control of body movement.
- Co-ordination:** The ability to move two or more body parts at the same time, under control, smoothly and efficiently.
- Stamina:** The ability to move for sustained periods of time.
- Power:** Speed and strength combined.