



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.

Overview/Prior Learning

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.

Prior Learning

KS1: mastering basic movements

Cross Curricular Links

Science- The Human Body

PSHE- Healthy Active Lifestyles, diet

Maths- Counting, tallying, recording

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.



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 skills covered

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?

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

