** Frogs – PE – Fitness**

***Key skills to do:***

* Demonstrate improved body posture and speed when changing position.
* Change their body position to maintain a controlled centre of gravity.
* Demonstrate increased speed when coordinating their bodies.
* Identify the best pace for a set distance or time.
* Demonstrate increased technique in body weight exercises.
* Use their breath to increase their ability to move for sustained periods of time.

***Key Skills:***

Physical:

* Strength, speed, power, agility, coordination, balance, stamina.

Social:

* Supporting and encouraging others, working collaboratively

Emotional:

* Determination, perseverance

Thinking:

* Analysing data

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Strength | Speed | Power |
| Balance | Technique | Control |
| Force | Measure | Record  |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |
| **Agility** | The ability to change direction quickly and easily.  |
| **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.  |
| **Analyse**  | To look at technique or results with a focus.  |
| **Continuous**  | To move for a longer period of time without stopping.  |
| **Component**  | Part of an exercise or sequence.  |

***Concept check questions. Test yourself:***

How can I assess my own fitness?

How could I improve my fitness?

Why is it important to be physically active?

How do I collect fitness data?

What are the different areas of fitness?