



# Frogs – PE – Fitness

## Key Skills:

### Physical:

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

### Social:

- Supporting and encouraging others, working collaboratively

### Emotional:

- Determination, perseverance

### Thinking:

- Analysing data

## 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.

## Words to know and spell (Tier 2 Vocabulary)

Strength	Speed	Power
Balance	Technique	Control
Force	Measure	Record



## Words to understand and spell (Tier 3 Vocabulary)

<b>Agility</b>	The ability to change direction quickly and easily.
<b>Co-ordination</b>	The ability to move two or more body parts at the same time, under control, smoothly and efficiently.
<b>Stamina</b>	The ability to move for sustained periods of time.
<b>Analyse</b>	To look at technique or results with a focus.
<b>Continuous</b>	To move for a longer period of time without stopping.
<b>Component</b>	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?