PE

Year 5

Health Related Exercise

Why do we need to keep fit and healthy? How do we keep fit and healthy?

What is the cardiovascular system? How does aerobic fitness affect our body?

What does flexibility mean? Why do we need to be flexible? How does flexibility affect our body?

What is meant by strength? How does strength affect our body? Which sports rely on athletes being strong?

Can I plan and complete a 10 station circuit training exercise?

What do we mean by fitness? What are the dangers of leading an unhealthy lifestyle?

Celebration/Evaluation

Plan and complete a 10 station circuit training plan, explaining the importance of keeping fit and healthy on our body.

Key Vocabulary

Cardiovascular system, strength, flexibility, fitness, circuits,

What to revisit?

Year 6 science—health and fitness, circulatory system and function of the heart

Year 5 PHSE—impact of smoking, drugs and alcohol