



PE
Year 6

Health Related Exercise



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

I can record my personal bests in fitness? I can use motivation to beat my personal bests.

I can concentrate on isolated body parts to improve my technique. I have good technique at each station and can support others to improve theirs

What is a repetition ion of movement? I can complete a series of movements in fitness and can use the correct terminology.

I can challenge myself to complete a range of different movements in fitness? I can explain the muscles involved.

I can work with a partner giving and receiving feedback to improve both our techniques and performance.

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