



# Physical Education

## Health and Related Exercise Year 5

### Unit Purpose

The unit of work will ensure that all pupils understand the meaning of **strength, flexibility** and the **cardiovascular** elements of **fitness**.

Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.

### Inspire Me

**Did you know...** that after just 20 minutes of exercise, your body will have started to grow new brain cells at a rapid rate! This means that by exercising, we are increasing our capacity to learn!



### Key Success Criteria

- P** Pupils will be able to complete fitness assessments and participate in circuits that will develop their fitness.
- C** Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- S** Pupils will develop life skills such as encouragement and responsibility as they encourage their partners through the circuits.
- W** Pupils will develop life skills such as self motivation, resilience and integrity as they strive to improve their own performances.

### Vocabulary for Learning

**Cardiovascular System:** The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

**Strength:** Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

**Flexibility:** Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

**Fitness:** Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.



### Sport Specific Vocabulary

**Circuits:** Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

**Personal Best:** Your personal best means doing something better than you ever have before! A personal best is about improving your own performance, not competing against others.

