



KS2 Fitness 1

Key Questions:

Where could you feel your heart beating?

What body part did you feel you worked the most today?

Can you discuss what is happening to your body when you exercise?

National Curriculum Links:

Develop an active and healthy lifestyle



Sequence of learning

- To keep moving during the 20 second period
- To raise the heart rate
- To work consistently across each activity
- Develop strength by performing a range of exercises
- To accurately score rounds and reps
- Keep track of where they are in an exercise
- To know what happens to my body when I exercise



Final Outcome:

To improve my scores from Week 3, showing my fitness has increased.

Key Vocabulary

Tabata	Type of workout that lasts 4 minutes- 8 rounds of 20 seconds workout/ 10 seconds rest
rest	Gives your body time to recover
EMOM	Every Minute on the Minute
reps	The number of times you perform a movement
AMRAP	As Many Reps As Possible
Ladder workout	The number of reps increases after each round
improve	Get better

