

Fitness Track

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through using the track. In addition, we evaluate and recognise our own successes.

Fitness track:

We will learn to develop our fitness by performing different activities and games whilst running around the track. We will learn to build our stamina and breathe correctly. Additionally, we will work as a team and support our peers.

Key Vocabulary			
run	move	breathe	track
fitness	fast	slow	pace
time	personal best	stamina	sprint
stamina	relay	walk	jog



Rate your track fitness out of 5 stars	
I can run at different speeds	★ ★ ★ ★ ★
I can run at different speeds: walking, jogging and sprinting	★ ★ ★ ★ ★
I can complete the track without stopping	★ ★ ★ ★ ★
I can participate in a relay race around the track	★ ★ ★ ★ ★
I can participate in different running games to build my stamina	★ ★ ★ ★ ★

Gymnastics – Rolling and Travelling

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through gymnastics. In addition, we evaluate and recognise our own successes.

Gymnastics:

We will learn to develop our movement, speed, shape and balance. In addition, we will compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary		
core	strength	curl
roll	warm-up	shape
pencil	cool-down	sequence
egg	balance	movement
Teddy bear	wide	straight
shape	thin	instructions



Rate your shape, travel and balance out of 5 stars	
I can perform a variety of rolls including a pencil, egg and teddy bear roll.	★ ★ ★ ★ ★
I can work with a partner to perform a sequence of rolls.	★ ★ ★ ★ ★
I can compose, remember and perform a sequence of rolls combined with travelling.	★ ★ ★ ★ ★
I can show control when performing different rolls.	★ ★ ★ ★ ★
I can link movements together to make my sequences flow	★ ★ ★ ★ ★