

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	posture



Rate your track fitness out of 5 stars

I can run at different speeds	★ ★ ★ ★ ★
I know the difference between walking, jogging and sprinting	★ ★ ★ ★ ★
I can run half the track without stopping	★ ★ ★ ★ ★
I can complete the track without stopping	★ ★ ★ ★ ★
I can participate in a relay race around the track	★ ★ ★ ★ ★

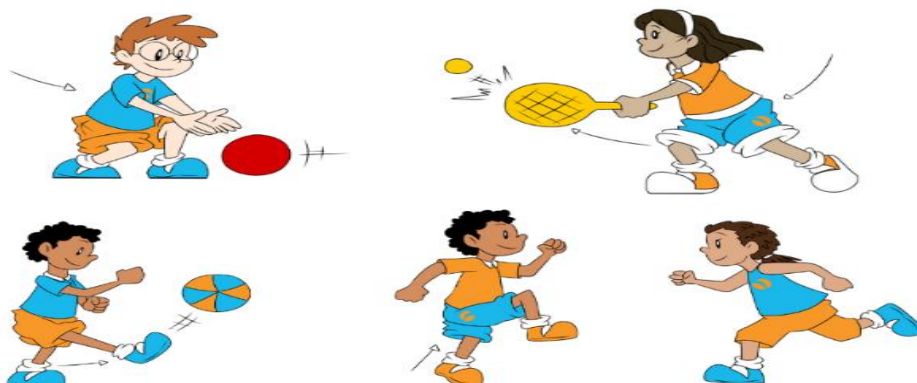
BALL SKILLS

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 ball skills. In addition, we evaluate and recognise our own successes.

Ball Skill:

We will learn to develop our passing, bouncing and control by completing different ball skills activities. In addition, we will compare our performances with previous ones and demonstrate improvement to achieve our personal best by rating ourselves out of 5.

Key Vocabulary		
ball	catch	pace
dribble	technique	time
throw	posture	precision
kick	control	accuracy
hit	coordination	



Rate your skills out of 5 stars	
I can bounce a ball	★ ★ ★ ★ ★
I can throw different size balls	★ ★ ★ ★ ★
I can kick different size balls	★ ★ ★ ★ ★
I can dribble a ball	★ ★ ★ ★ ★
I can hit a ball with a racket	★ ★ ★ ★ ★