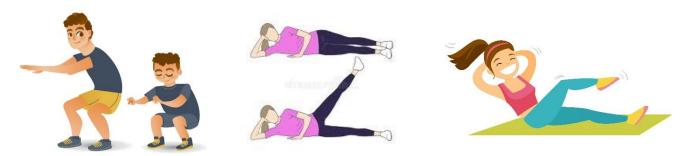


This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve ours skills through keep fit. In addition, we evaluate and recognise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

## Keep Fit:

We will learn to develop fitness and strength through effective warming up, fitness training and stretching to build stamina to complete an exercise class. We will combine what we have learnt from gymnastics, circuit training and yoga to create our own aerobics class.

Key Vocabulary						
core	strength	endurance stamina				
reps	warm up	sit-ups	leg raises			
star jumps	lunges	positive mental attitude	stretches			
squats	yoga	floor work	meditation			
rhythm	pace	timing	aerobics			



Self-reflection questions - Keep Fit	Yes	No	Working on
Did I have fun during our PE lessons?			
Did my fitness improve?			
Do I understand the importance of being			
active?			
Did I find different ways to keep fit?			
Does being active improve my sleep and			
mental health?			
Did my heart rate increase during the			
lessons?			
Has my enjoyment of being active			
increased?			
Have I learned something new this term?			
Give an example of something you did well			
Give an example of something you can			
improve			