

### Knowledge

- ❖ Children will be able to describe the effects of exercise on their body.
- ❖ They will be able to describe the role of the human heart.
- ❖ They will begin to recognise how to improve their own work.



### Safeguarding

- ❖ Ensure appropriate warm-ups and cool downs.
- ❖ Follow the safety procedures recommended by Hampshire e.g., wearing of jewellery, carrying equipment safely.
- ❖ Ensure the children are appropriately dressed and have correct footwear.

### Prior Knowledge and Skills

- ❖ What circuit training is and that taking part can improve health and fitness.
- ❖ To talk about how they feel after exercise and why it is important to warm up before they begin
- ❖ To remain balanced while travelling along a straight or curvy line
- ❖ To complete activities independently, remembering how to perform each skill.

### Skills

Most children will be able to:

- ❖ Use a pivot movement to change direction;
- ❖ Identify which activities they need to improve;
- ❖ Perform different types of jumps with control and use more than one type of jump in an activity;
- ❖ Explain how they feel after exercise;
- ❖ Show some control and accuracy when rolling a ball and aiming for a target;
- ❖ Identify similarities and differences between their own performance and that of someone else;
- ❖ Combine skills within an activity;
- ❖ Identify which skills are needed for a particular activity;
- ❖ Complete activities independently and record their scores;
- ❖ Suggest some ways that a partner can improve their performance;
- ❖ Identify improvements shown on their scorecard.

### Key Vocabulary

- ❖ circuit
- ❖ combine
- ❖ evaluate
- ❖ grip
- ❖ leap
- ❖ step-up
- ❖ training
- ❖ travel