

Knowledge

- ❖ To know what circuit training is and that taking part can improve health and fitness.
- ❖ Talk about how they feel after exercise and why it is important to warm up before they begin
- ❖ Be able to say that they can improve a skill by practising.



Prior Knowledge and Skills

- ❖ To describe how their bodies change during and after exercise e.g. feel warm, heart beats faster, breathing gets faster.
- ❖ To perform basic movements such as skipping, running, jumping, hopping.
- ❖ To travel with a ball, using some control.

Skills

Most children will be able to:

- ❖ go round an obstacle showing some control;
- ❖ perform a leap, successfully taking off from one foot and landing on the other;
- ❖ hop and jump with control to complete a circuit activity independently
- ❖ keep a beanbag balanced on a part of their body while weaving between cones
- ❖ remain balanced while travelling along a straight or curvy line
- ❖ roll a ball along a path and begin to show some control over its speed
- ❖ travel forwards while bouncing and catching a ball with growing control;
- ❖ complete activities independently, remembering how to perform each skill and record their score
- ❖ identify which activity they need to improve
- ❖ tell a partner what they are doing well in their performance and identify an area for improvement
- ❖ identify improvements shown on their scorecard.

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.

Key Vocabulary

- ❖ circuit
- ❖ evaluate
- ❖ grip
- ❖ leap
- ❖ training
- ❖ travel