



Physical Education: Fitness (circuits)

Year 3

Key Knowledge

Being fit means our bodies are strong and healthy. When we're fit, we have more energy to do fun things like play games with friends, run around at the park, or even just go for a walk with family.

Just like when we're learning something new at school, getting fit takes practice too.

We can practice by doing activities that get our hearts pumping and our muscles moving. That could be running, jumping, swimming, riding bikes, or even dancing! The more we do these activities, the stronger and fitter we become.

Getting fit is good for our brains too. When we're active, it helps us focus better in school and makes us feel happier overall.

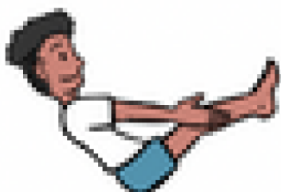
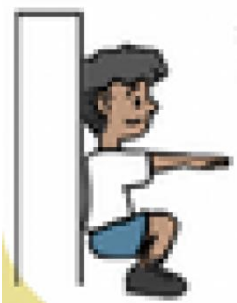
Key Fitness Vocabulary

Speed	rate of movement.
Pace	rate of movement / the step or stride itself.
Control	maintain possession of the ball.
Steady	having a regular movement.
Muscle	tissue in the body of animals and humans that moves parts of the body.
Strength	condition of being strong.

Key Vocabulary for Fitness

Pace and Distance

Throwing Technique - Shot Put

Agility	Speed	Balance	Strength	Co-ordination	Stamina
					
Agility helps us with everyday tasks like completing chores faster.	Leaning slightly forwards helps to increase speed. Leaning your body in the opposite direction to travel helps to slow down.	Balance helps us with everyday tasks like getting dressed.	When completing strength activities, they need to be performed slowly and with control to help you to stay safe	Co-ordination helps us with everyday tasks like tying shoelaces.	Stamina helps us in other life activities like playing games
Identify your areas of strength and your areas for development. Then, think of everyday activities where you could practice e.g. standing on one foot while brushing your teeth will develop balance and co-ordination.					