

Fitness

Key Vocabulary for Fitness

Strength – the contraction of muscles provides strength
Balance – using muscle strength to hold a position or pose
Technique – the manner or ability in which technical skills are used
Agility – the ability to change direction at pace
Stamina – performing physical exercise for a sustained period
Anaerobic – performing without taking in oxygen
Cardiovascular – activities that raise the pulse or increase the flow of blood

Key Knowledge for Fitness

Agility: understand how agility helps us with everyday tasks.
Balance: understand how balance helps us with everyday tasks.
Coordination: understand how coordination helps us with everyday tasks.
Speed: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.
Strength: know that when completing strength activities, they need to be performed slowly and with control to help me to stay safe.
Stamina: understand how stamina helps us in other life activities.

Key Skills for Fitness

Agility: show balance when changing direction. Balance: explore more complex activities which challenge balance.
Coordination: coordinate my body with increased consistency in a variety of activities.
Speed: explore sprinting technique.
Strength: explore building strength in different muscle groups.
Stamina: explore using my breath to increase my ability to work for longer periods of time.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

PE Year 3: Summer 1

Key Questions

Fitness

How does encouragement impact upon performance?
Why should we be respectful when competing?
What is the most effective technique for sprinting?
What types of exercises develop strength?
What is coordination?
How do we use our bodies to change direction quickly?
What are stationary and dynamic balances?
Why is perseverance important?

Dodgeball

How do players who play honestly and fairly impact upon the game?
What techniques are best for hitting a moving and stationary target?
How do we trick or outwit an opponent?
Is a jump, dodge or duck the best tactic?
How do we communicate with our teammates?
Which is best - catch or dodge?
What are the rules for blocking?
How do we protect our king or queen?

Target - Dodgeball

Key Vocabulary for Dodgeball

Rules – laws of the game that need to be followed to ensure a fair game is played
Dodge – the use of agility to avoid being hit by a ball
Receiver – a player waiting to obtain a ball
Block – using a legal body part to prevent the ball from hitting yourself or a team mate
Interception – obtaining the ball by anticipating its path to trajectory
Possession – holding the ball personally or as a team
Formation – positions that a team take up to carry out a plan
Quadriceps – four muscles found in front of the thigh
Gluteals – the muscles found in the human buttocks

Key Knowledge for Dodgeball

Throwing: know to throw slightly ahead of a moving target.
Catching (dodgeball): know that beginning in a ready position will help me to react to the ball.
Striking: know that using a bigger swing will give me more power.
Tactics: know that using simple tactics will help my team to achieve an outcome e.g. spread out so that we are harder to aim for.
Rules: know the rules of the game and begin to apply them.

Key Skills for Dodgeball

Throwing: explore throwing at a moving target.
Catching (dodgeball): begin to catch whilst on the move.
Striking: begin to strike a ball with accuracy and balance.