



PE Focus:

Health Related Fitness

Autumn

Term1

Key Knowledge

I can understand how to take a pulse and explore the effects of exercise on pulse rates.

I can evaluate the effect of different fitness activity on pulse rates.

I can explore a range of fitness skills and record performances.

I can explore fitness skills during circuit training.

I can improve the quality of fitness skills performed during circuit training.

I can create and perform a short circuit.

Key Vocabulary

Heart rate – the speed at which the heart beats.

Pulse— the regular beating of the arteries that is caused by the beating of the heart. The pulse can be felt in the wrist or neck.

Circuit— a series of fitness activities to complete on rotation.

Drill— this is another term used for a circuit.

Evaluate—making a judgement.

Resting heart rate— the speed at which your heart beats when you are resting.

Improvement—the act of getting better at something.



Equipment

Stopwatches

Cones

Benches

Mats

Circuit station cards

Circuit recording sheet



Instructions

Heart rate—you can find your heart rate by feeling your pulse. One place to feel your pulse is on your wrist in a straight line at the base of your thumb.

Squats

1. Stand with feet a little wider than hip width, toes facing front.
2. Drive your hips back—bending at the knees and ankles and pressing your knees slightly open.
3. Sit into a squat position while still keeping your heels and toes on the ground, chest up and shoulders back.
4. Strive to eventually reach parallel, meaning knees are bent to a 90-degree angle.
5. Press into your heels and straighten legs to return to a standing upright position.

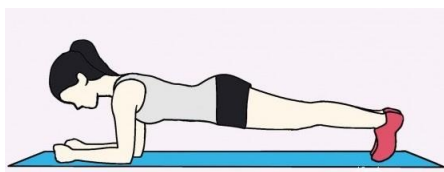
Sit ups

1. Lie on the floor facing the ceiling with a slight bend in your knees and arms bent at the elbows and hands lightly touching your head by the ears. Engage your core and lift your upper body. Return to the start position and repeat.

Step ups—stepping up and down from the bench. For more of a challenge, try to do this quickly.

Star jumps—stand tall with your arms by your side and knees slightly bent. Jump up, extending your arms and legs out into a star shape in the air. Land softly, with your knees together and hands by your side.

Visuals



Plank



Sit up

Taking a pulse

