



Pinner Wood School



Year Group	6	Term	Autumn 2	Subject	PE (outdoor)	Topic	Outdoor PE - circuit training Health and Related Exercise
						Key Question	n/a
Prior Learning and other Curriculum Links	Year 5 - chose a suitable pace for an event, perform jumps with some technique Year 4 - coordination work Year 2 - looked at balance, jumping from two feet to two feet with turns				Skill statements	<ul style="list-style-type: none"> • Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness. • Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility. • Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits. • Pupils will refine life skills such as self motivation, resilience and self discipline as they strive to improve their own performances. 	
Fundamentals	<ul style="list-style-type: none"> • Health and Related Exercise: be able to keep pace over a long distance, perform a range of jumps showing power, control and consistency and both take off and landing in our circuits. Understand why exercise is important for fitness, health and well-being. 				Key Facts/Sticky Knowledge	<ul style="list-style-type: none"> • Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies. • Strength: Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort. 	

			<ul style="list-style-type: none"> • Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion. • Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.
Our Curriculum Journey	The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.		
Key Vocabulary (revisited)	Run, hop, skip, balance, direction, travel, pattern, rules	Key Vocabulary (new)	<p>Aerobic, flexibility, strength, cardio</p> <p>Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time. Fitness Assessment/Test A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.</p>