

## PE Circuits Year 5

### National Curriculum subject content:

Develop flexibility, strength techniques control and balance.

Compare their performance with previous ones and demonstrate improvement to achieve personal best.

- ✓ Using running, jumping, throwing, and catching in isolation

### National Curriculum theme: Links

- ✓ Circuits
- ✓ Multi skills
- ✓ Listening and attention
- ✓ PHSE perseverance
- ✓ Maths comparing data
- ✓ Health and wellbeing



### Key Vocabulary:

Accuracy	It is correct or as near to target as possible
Agility	The ability to change the position of the body quickly and with control.
Balance	The ability to stay upright and or in control of body movements.
Circuit	A sequence of activities
Circuit training	A type of fitness that involves completing several exercises in a circuit in short period of time.
Coordination	The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly, especially when having control of a ball.
leader	A person who guides and or leads a group.
Fitness	The condition of being healthy and able to carry out activities as needed and wanted.
Improve	To work better at something / get better/ increase score
Personal Best	Your best achievement/ score
Safe	Being free from harm
Skills	Skills - Are learned abilities that athletes acquire through training and practice
Speed	- Speed is the ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.
Stamina	Being physically fit to compete
Stance	Position ready
Perseverance	To do something despite difficulties
wellbeing	A positive happy healthy being

**PE Circuits Year 5**

<b>Sequence of Learning:</b>					
<b>Objectives (key knowledge):</b>					
<p>To learn and understand the importance of warming up and cooling down before and after exercise.</p> <p>To know what a circuit is.</p>	<p>To learn that different exercises need to be performed at different levels of intensity.</p>	<p>To learn and understand how exercise can boost mental health and wellbeing.</p>	<p>To learn strategies to increase speed and performance.</p> <p>To learn how exercise can improve physical strength.</p>	<p>To learn how to compare own performance with previous ones and demonstrate improvement to achieve personal best. (Circuit compare results)</p>	<p>To learn how to work as group.</p> <p>To learn to lead a small group training session/ circuit.</p>
<b>Fundamental Skills</b>					
<p>.Agility Agility running skills. Spatial awareness Spatial awareness and footwork. Agility the ability to rapidly change direction, accelerate or decelerate.</p>	<p>Flexibility Stretching to reach objects. The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination</p>	<p>Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions Hand eye coordination. Spatial awareness</p>	<p>Agility ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/flexibility</p> <p>Perseverance</p>	<p>Agility ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/flexibility</p>	<p>Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination/flexibility</p> <p>Teamwork</p>

