



## Physical Education

Health and Related  
Exercise Year 6

### Unit Purpose

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.

### Inspire Me

**Did you know...** that in 2020, Mathew Fraser earned the title of Fittest Man on Earth for the fifth consecutive year! Matthew started out as an Olympic weightlifter and was a junior national champion.



### Key Success Criteria

- P** Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness.
- C** Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- S** Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits.
- W** Pupils will refine life skills such as self motivation, resilience and self discipline as they strive to improve their own performances.

### Vocabulary for Learning

**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.

**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.



### Sport Specific Vocabulary

**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.

