

**What prior knowledge should students have?**

- Pupils have begun to understand how important PE is leading a healthy, active lifestyle.
- Pupils engage in competitive physical activities, working with and against peers.
- Pupils begin to vary speed of running based on given commands. To identify how to jump and land safely.

**What skills will students learn? (Disciplinary Knowledge)**

- Children will understand the purpose of a circuit and how it can improve fitness.
- Children will be able to skip with control and balance on the spot.
- Children will start to master basic movements that will develop balance, agility and co-ordination.
- Children will develop and improve their core strength, agility and balance with the assistance of a hoop.

**What key knowledge will be taught? (Substantive Knowledge)**

- Children will be able to record their scores accurately and to begin to understand how targets can be set to improve their fitness.
- Children will know how to reflect on the progress they've made over the weeks and how it has a positive effect on their physical and mental health.
- Children will understand that it's important to work collaboratively with others to motivate each other to improve.
- Children will know that it's important to make the activities harder (longer time or harder activity) to gain improvements.

**Health and Safety**

- Children will work to their own limits and not push themselves to the point of exhaustion.
- Children will inform the teacher of any injuries at the beginning of the lesson.
- Children will either be bare foot or wearing shoes as appropriate with hair tied back.
- Children will take their water bottles to circuit lessons and have the appropriate medicine (inhalers) within the hall.

Key Vocabulary	Definition
Healthy lifestyle	A way of living that promotes good health and well-being.
Co-ordination	The ability to move different parts of the body together in a smooth and controlled way.
Pulse	The feel of your heart beating, this can be checked against your wrist, heart or neck for best results.
Core strength	The strength of the muscles that support the spine and pelvis. These muscles are important for stability, balance, and injury prevention. They also help to power everyday movements, such as lifting, carrying, and bending.
Fitness	The state of physical well-being that allows an individual to perform daily activities with optimal performance, endurance, and strength