

# Knowledge Organiser

## Fitness Year 4

### About this Unit

Regular physical activity can do so many wonderful things to your overall health and fitness. It helps improve memory, makes you feel happier and gives you more energy. Regular exercise helps to build strong bones, strengthen your muscles and even improves sleep.

Physical fitness includes many different parts such as agility, balance, co-ordination, speed, stamina and strength. These elements are so important in everyday activities such as these examples...



- Agility: if you need to dodge someone in a busy playground.
- Balance: when you put trousers on.
- Co-ordination: when brushing your teeth.
- Speed: when running after a bus.
- Stamina: when playing the whole of lunchtime.
- Strength: when carrying your school bag.



Can you think of any other examples of when these elements of fitness would be useful?

### Key Vocabulary

**accelerate:** speed up  
**agility:** the ability to change direction quickly  
**balance:** the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)  
**co-ordination:** moving two or more body parts at the same time  
**control:** being able to perform a skill with good technique  
**decelerate:** slow down  
**direction:** forwards, backwards, sideways  
**dynamic:** on the move  
**muscle:** tissue that helps us to move our bodies  
**progress:** to improve  
**react:** to respond to quickly  
**record:** to make note of  
**speed:** how fast you are travelling  
**stamina:** the ability to move for sustained periods of time  
**static:** on the spot  
**strength:** the amount of force your body can use  
**technique:** the action used correctly



### Ladder Knowledge



#### Agility:

Keep your elbows bent when changing direction to help you to stay balanced.

#### Stamina:

You need to pace yourself when running further or for a long period of time.

#### Balance:

You need to squeeze different muscles to help you to stay balanced in different activities.

#### Speed:

A high knee drive, pumping your arms and running on the balls of your feet will give you more power.

#### Co-ordination:

If you begin in a ready position, you can react quicker.

#### Strength:

Strength comes from different muscles and it can be improved in different ways.

### Movement Skills

- agility
- balance
- co-ordination
- speed
- stamina
- strength

This unit will also help you to develop other important skills.

**Social** support others, work safely, communication

**Emotional** perseverance, determination, honesty

**Thinking** identify areas of strength and areas for development

### Strategy

Identify your areas of strength and your areas for development. Then, think of everyday activities where you could practice e.g. standing on one foot while brushing your teeth will develop balance and co-ordination.

### Healthy Participation



- Focus on your own results without comparing them with others in the class.
- Work within your own capabilities.
- All actions need to be performed with control.



If you enjoy this unit why not see if there is an athletics club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength



### Home Learning

#### Stickman

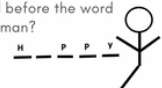
**What you need:** A pen and piece of paper, one player, one person to choose the words.

#### How to play:

- One person (the word master) chooses a word and draws lines on the paper, one for each letter.
- The player guesses a letter that could be in the word. If they are correct the word master writes the letter on the correct line.
- If the named letter is not in the word the word master draws part of a stickman and the player must complete 10 of one of the below exercises.

star jumps / hops / sit ups / jumping twists / press ups

- Can the player guess the word before the word master draws a complete stickman?
- NB. stickman to include head, body, two arms and two legs



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Head to our youtube channel to watch the skills videos for this unit.



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