

# **Knowledge Organiser** Fitness Year 1

## Ladder Knowledge



Agility:

Looking ahead will help you to balance.

Balance:

# Co-ordination:

Using the opposite arm to leg at the same time helps you to perform skills such as running and throwing.

#### Speed: Strength:

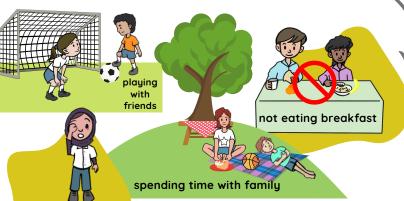
Swinging your Exercise helps arms will help you to become you to run stronger. faster.

Stamina: Moving for a

long time can make you feel hot and breathe faster.

### About this Unit

There are lots of things that can change our mood. How would each of the events below change uour mood?



Exercise can really help to improve our mood and make us or keep us feeling happy. There

are lots of different exercises we can do e.a.

• run

- amui
- co-ordination
- stamina
- strength
- agility
- balance

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

social communication, co-operation, support, work safely, kindness

kindness, perseverance, honesty, independence, determination

Thinking comprehension, creativity, problem solving, reflection, feedback

Keep trying lots of different activities outside of school to find something you enjoy.





Behave and move in a safe way.

This unit will help

you to:

move different body

• move for a long time

balance

• be faster

• be stonger

change direction quickly

parts at the same time



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

### What's the Time Mr Wolf?

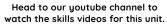


What you need: 2 or more people

#### How to play:

- · One person begins as 'Mr Wolf' and starts facing away from everyone else approx. 8m
- · Everyone asks 'What's the time Mr Wolf?' Mr Wolf calls out a time.
- Whatever time is called is the number of steps you are allowed to take towards Mr Wolf.
- If Mr Wolf calls 'dinner time!', everyone must run away from Mr Wolf.
- · Whoever is caught returns to the start line. The winner is the player who touches Mr Wolf.

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## Key Vocabulary

not much

sleep

mood exercise active

fast muscles bones

healthy quick brain

safe heart breathing

strona memory calm

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