

Knowledge Organiser

Fitness Year 3

About this Unit

Being fit means our bodies are strong and healthy. When we're fit, we have more energy to do fun things like play games with friends, run around at the park, or even just go for a walk with family.

Just like when we're learning something new at school, getting fit takes practice too.

We can practice by doing activities that get our hearts pumping and our muscles moving. That could be running, jumping, swimming, riding bikes, or even dancing! The more we do these activities, the stronger and fitter we become.

Getting fit is good for our brains too. When we're active, it helps us focus better in school and makes us feel happier overall.



Key Vocabulary

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

muscle: tissue that helps us to move our bodies

progress: to improve

speed: how fast you are travelling

stamina: the ability to move for sustained periods of time

strength: the amount of force your body can use

technique: the action used correctly



Ladder Knowledge



Agility:

Agility helps us with everyday tasks like completing chores faster.

Speed:

Leaning slightly forwards helps to increase speed. Leaning your body in the opposite direction to travel helps to slow down.

Balance:

Balance helps us with everyday tasks like getting dressed.

Strength:

When completing strength activities, they need to be performed slowly and with control to help you to stay safe.

Co-ordination:

Co-ordination helps us with everyday tasks like tying shoelaces.

Stamina:

Stamina helps us in other life activities like playing games.

Movement Skills

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

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

Social collaboration, support

Emotional concentration, perseverance, determination

Thinking comprehension, observation

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.



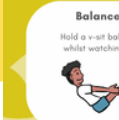
How will this unit help your body?

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

Home Learning



Fitness



Balance

Hold a v-bar balance whilst watching tv.



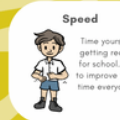
Co-ordination

Brush your teeth with their non-dominant hand.



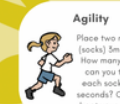
Strength

Sit against a wall in a squat for 50 seconds. Slowly progress adding 10 seconds each time.



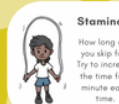
Speed

Time yourself getting ready for school. Try to improve your time everyday.



Agility

Place two markers (socks) 5m apart. How many times can you touch each sock in 50 seconds? Can you beat your score?



Stamina

How long can you skip for? Try to increase the time for 1 minute each time.

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



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