How do I exercise safely?

Key Vocabulary	Fitness
Coordination	The ability to move different parts of the body smoothly and accurately at the same time.
Posture	How you hold your body when standing, sitting, or moving. Good posture keeps your spine aligned and helps prevent injuries.
Self – belief	Confidence in your own ability to try hard, improve, and complete fitness challenges, even when they feel difficult.
Stretch	To lengthen muscles gently to improve flexibility, warm up the body, or cool down safely after exercise.
Stamina	Your ability to keep going during longer activities without getting tired quickly — sometimes called endurance.
Agility	How quickly and easily you can change direction or move your body in response to something.
Balance	The ability to stay steady and controlled, whether you're standing still or moving.

Steps to Success in Fitness
To move at speech with control and in a safe way
To change direction with coordination
To perform a variety of jump combinations
To move on and across apparatus
To balance with control – both when stationary and on the move
To play and compete against others.