

Y3 and Y4
Strength/Agility/Fitness
What might we do to
improve core strength?

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Key Words	Definition	Key Exercises	
Core strength	The foundation of balance and posture by developing torso muscles.	Sit up/ Crunch - from a lying position, tighten the core and sit up fully or partly.	Bicycle kicks – similar to sit up but bring knees to opposite elbows.
Stamina	The ability to sustain physical activity	Bridging - Laying flat on back, raise hips and bum off floor and hold.	Plank – For an easier exercise, a plank can be done resting on the knees.
Pace	The speed at which an activity is undertaken	Press up - laying with face, palms and toes facing down, keeping legs and back straight, extending arms straight to push body up and back down again.	
Extension	Stretching the body, muscles and joints.	Coaching Points	
Circuit	A series of exercises combined to target different areas of the body.	Equipment – Try altering exercises using weights or balls. Balancing exercises become harder when resting on a ball. Weights can be used to extend exercises such as squats or planks.	
HIIT	High intensity interval training – short bursts of exercise with rest breaks	Time – Increasing the length of exercise increases difficulty. Try to build to longer bursts of exercise. Encourage children to try and beat their times.	
Rhythm	Completing an activity in time to a beat or music	Breathing – Breathing well is important. Take slow, deep breaths and encourage children to tighten their core as they breath out.	



Assessment Focus

- Show control when I am working
- Show strength and suppleness
- Create/ Improve work in pairs
- Take the lead when in a group

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12