



St George's Central CE Primary School and Nursery

Key Words	Definition	Key Exercises	
Core strength	The foundation of balance and posture by developing torso muscles.	Speed ladders – Used for agility. Alternate the no. of steps taken inside the ladder.	High knee – A running technique where the knees are brought up to hip level.
Stamina	The ability to sustain physical activity.	Jumping Jack – Star jumps from standing position to arms/legs extended outwards	Skipping – A good cardio exercise for increasing heart rate.
Cardio/Aerobic Exercise	Physical activity of different intensities aimed at increasing heart/breathing rate.	Burpee – A movement from a lying position to a squat thrust.	Shuttle runs – Over a range of distances to record and beat times
Heart Rate	The rate at which the heart beats. Exercise will increase heart rate.	Coaching Points	
Breathing Rate	The rate at which breathing occurs. Higher rates mean more oxygen is required.	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.	
Agility	The ability to move quickly and easily	Time – Increasing the length of exercise increases difficulty. Try to build to longer bursts of exercise. Encourage children to try and beat their times.	
Calories	A unit of measurement used to describe how much energy a food/drink contains	HIIT – Children should be encouraged to work as hard as they can and as fast as they can for short bursts of time with rests built in between.	



Assessment Focus

- Show fluency and consistency
- Combine action, balance and shape
- Demonstrate stamina
- Sequence ideas to specific timings

'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