



Headteacher: Mr M Grogan

St George's Central CE Primary School and Nursery

KS1

Strength/Agility/Fitness

What does exercise do to my body?

Key Words	Definition	Key Exercises	
Core strength	The foundation of balance and posture by developing torso muscles.	Bridging – Feet, shoulders and head on the floor. Lift body into the air.	Crab walks – children walk on hands and feet in different directions.
Agility	The ability to move quickly and easily.	Plank – For an easier exercise, a plank can be done resting on the knees.	Squat – To increase difficulty, try squat jumps or holding equipment.
Fitness	A key factor of being healthy and able to complete exercise.	Wheelbarrow walking – In pairs, children walk on hands with partner holding feet.	Hoop work – Vary the position of spin to include waist, arms and legs.
Posture	The position the body is held when sitting or standing.	Coaching Points	
Technique	The way that a task or activity is carried out.	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.	
Abdominals	The stomach muscles, crucial to building core strength.	Time – Increasing the length of exercise increases difficulty. Try to build to longer bursts of exercise. Encourage children to try and beat their times.	
Circuit	A sequence of activities put together to focus on areas of fitness.	Breathing – Breathing well is important. Take slow, deep breaths and encourage children to tighten their core as they breath out.	



Assessment Focus

- Use equipment safely
- Copy and repeat sequences
- Curl, tense, stretch and relax my body
- Work on my own and with a partner
- Find different ways to follow a rule
- Perform sequences of movements
- Plan a sequence of movement

'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