

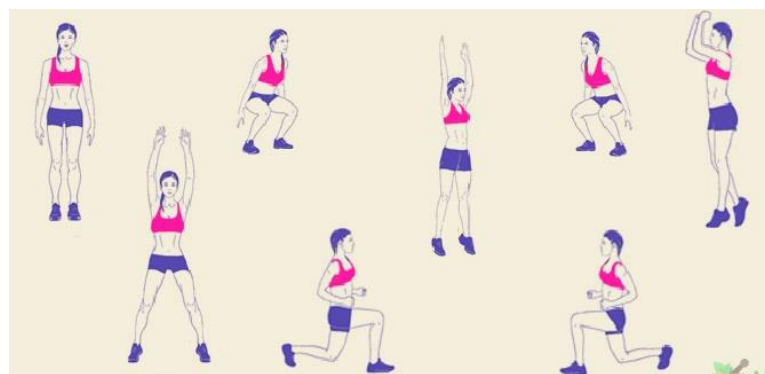


Headteacher: Mr M Grogan

Y3 and Y4
Strength/Agility/Fitness
How might we improve
strength and stamina?

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.	Lunges – one leg positioned forward with knee bent, thigh perpendicular to floor and foot flat on the ground. The other leg is positioned behind.	Squat – To increase difficulty, try squat jumps or holding equipment.
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.
Pace	The speed at which an activity is undertaken	Burpee – A movement from a lying position to a squat thrust.	Sit up/ crunch - from a lying position, tighten the core and sit up.
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.	
Boxercise	A type of workout involving martial art movements in time to music.	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 strength and suppleness
- Adapt sequences for different areas
- Take the lead when in a group
- Follow a routine within a time limit

'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