



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.	Plank – For an easier exercise, a plank can be done resting on the knees.	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.
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.	Sit up/ crunch - from a lying position, tighten the core and sit up.
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.	
Repetitions	'Reps' are the number of times an exercise is completed before a rest.	Time – Increasing the length of exercise increases difficulty. Try to build to longer bursts of exercise. Encourage children to try and beat their times.	
Boxercise	A type of workout involving martial art movements in time to music.	Breathing – Breathing well is important. Take slow, deep breaths and encourage children to tighten their core as they breath out.	



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