

What should I already know?

- How to improve speed, agility and stamina.
- How to develop my jumping techniques and land safely.
- Understand the benefits of regular exercise.
- What makes up a healthy diet.

Gems of Knowledge

What will I do?

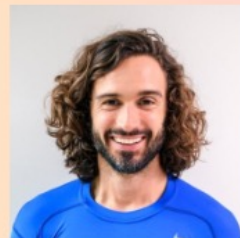
- Improve speed, agility and stamina
- Develop the safe jumping technique to gain height and distance.
- Develop control, balance and coordination when completing a variety of tasks.
- Work well as a team.

What will I know?

- How to discuss healthy & unhealthy foods, and why eating well is good for you.



Fitness Fantatics!



FOCUS -

Understanding the effects of exercise.

Vocabulary

<p>Diet - The food you eat.</p>		<p>Stamina - How long you can exercise for.</p>	
<p>Agility - Moving quickly and easily.</p>		<p>Heart rate - How fast your heart is beating.</p>	
<p>Speed- How fast are you going?</p>		<p>Balance - Holding a shape.</p>	