

What should I already know?

- The importance of leading a healthy lifestyle.
- Understand the importance of warming up and cooling down.
- Understand what core strength is.

Gems of Knowledge

Procedural Knowledge:

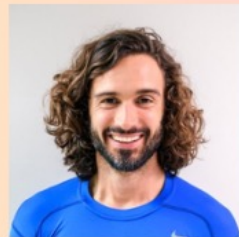
- Develop lower body and core strength, fitness, balance and coordination.
- Work well as part of a team to achieve success.
- Show self-belief and determination to manage and accomplish tasks.
- Demonstrate correct techniques of core strength exercises with control.

Declarative Knowledge:

- Understand what aerobic exercise is and how to develop it.
- Discuss the importance of leading healthy, active lifestyles.
- Identify parts of the body we are working during exercise.



Fitness Fantatics!



FOCUS -

Understanding the benefits of physical activity

Vocabulary

<p><u>Diet</u> - The food you eat.</p>		<p><u>Coordination</u> - Controlling your body's movements.</p>	
<p><u>Agility</u> - Moving quickly and easily.</p>		<p><u>Heart rate</u> - How fast your heart is beating.</p>	
<p><u>Core Strength</u> - Using the strength from the middle of your body to hold positions.</p>		<p><u>Aerobic</u> - The body's use of oxygen.</p>	