

What should I already know?

- What upper body strength is and the importance of this.
- The impact exercise has on both physical and mental health.
- Develop lower body and core strength, fitness, speed and aerobic endurance.
- Apply and link learned fundamental movement skills.

Gems of Knowledge

What will I do?

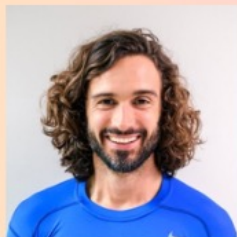
- Develop upper and lower body strength, speed, aerobic endurance, and fitness.
- Link actions and combine movements.
- Complete circuit training to the best of your ability.



What will I know?

- Take responsibility for your own warm up, know the importance of warming up.
- Compare own and others performances to previous ones, recognise and explain what went well and discuss what you find easy and difficult.
- Understand how physical activity and exercise can improve mental wellbeing.
- Understand why core strength is important.

Fitness Fantatics!



FOCUS -
Strength, Power and Endurance

Vocabulary

<p>Upper body strength - Power of your arms and shoulders_</p>		<p>Core Strength - Using the strength from your abs to hold positions.</p>	
<p>Aerobic - The body's use of oxygen.</p>		<p>Heart rate - How fast your heart is beating.</p>	
<p>Endurance How long can your body continue with this level of activity?_</p>		<p>Mental health Your emotional wellbeing</p>	