

# PE

Lynher Autumn 2 2023

Fitness and Circuits

# I can complete a 30 on, 30 off bodyweight circuit.

We had to complete four exercises, carrying out 30 secs of exercise and then 30 secs of rest and repeat it four times. We then had 2 minutes rest before moving to the next exercise.

To benefit from the exercise we need to do it properly.



# I can complete two timed fitness challenges to the best of my ability.

We had to complete a challenge and used a stopwatch to see if we had improved the next time.

We need to improve our stamina to last the challenge.

I think I can be faster next time.

I am happy to have completed both challenges, I am happy with my times.



# I can work as a group and carry out a range of fitness circuits, recording our scores.

We had to complete 5 exercises, 45 seconds on and 30 seconds off. Recording our score to see if we can beat our target in the next round.



We have to use our honesty when recording our scores and only score the ones we did correctly.

The 30 second break allowed me to recover before the next move.

It was tricky to align our bodies correctly for the plank, but when we were in the correct position you could feel it!



# I can independently carry out a range of fitness circuits, recording my score.

We did a range of independent activities and noticed our stamina had improved. We then finished with a class plank off!

I was able to do 12 more sit ups in the time compared to last time

I was pleased I could complete a circuit



What I have learnt before: coordination and stamina through athletics.



### Forever Facts

During exercise the body systems respond immediately to provide energy for the muscles to work.

Your heart rate and breathing will increase and you will breath heavier when exercising.

You may start to get hot, sweaty and your face might go redder in colour. Some of your muscles will start to ache whilst exercising.

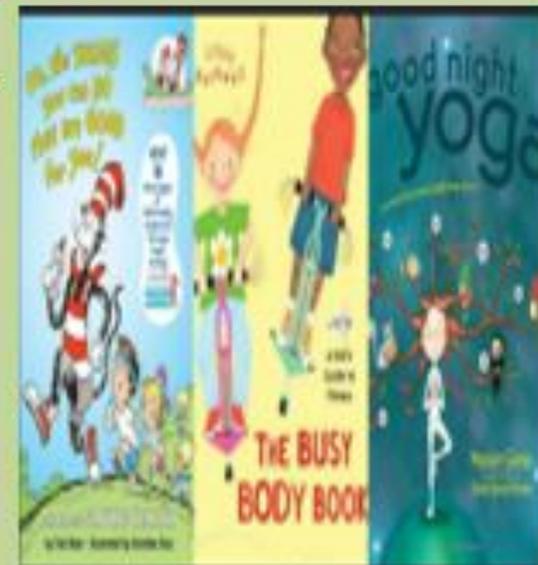
### Skills

Follow a mixed plan of exercises.

To use the correct techniques at each station.

I can promote self-motivation by setting my own goals.

### Exciting Books



### Our Endpoint

To improve my stamina to complete a fitness circuit.

### Subject Specific Vocabulary

#### Circuit Training

A type of fitness training that involves completing several exercises in a circuit, in a short period of time.

#### Exercise

An activity that requires physical effort, usually carried out to improve health or fitness.

#### Fitness

The condition of being healthy and able to carry out activities as needed and wanted.

#### Improve

To work to get better at something.

#### Intensity

A measure of how hard an exercise makes your body work.

**Personal Development:** To improve own physical and mental health through exercise. The jobs it can be used in are: professional athlete, fitness instructor, sports coach or manager, sports official