



FITNESS

KNOWLEDGE ORGANISER

KS1



Overview

- Fitness** is the our ability to exercise (to be physically active).
- General fitness** is about being fit in order to lead a healthy and happy life.
- General fitness may include keeping our heart, lungs, muscles and bones strong.
- Specific fitness** is about being fit in a particular area, perhaps for a sport or an occupation.
- We can **improve our fitness** by regularly exercising and eating a healthy diet.



Social and Emotional

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well.



Selecting and Applying
There are lots of different ways that we can stay healthy. We should select and apply those that will have the desired impact on our bodies and minds.

Keeping Safe
Follow the rules and listen to the instructor's advice. Use a mat and apparatus safely.



Building Confidence
Some fitness activities can be difficult or uncomfortable. It is important that we believe in ourselves and build confidence whilst we exercise.

Focus and Perseverance
Focus is all about putting all of our concentration into something, to do our best to get it right. Perseverance is about keeping going even when something is difficult or tiring.

Challenging Myself
Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

- Fitness
- Body
- Mind
- Wellbeing
- Stamina
- Flexibility
- Speed
- Agility
- Strength
- Training
- Diet
- Circuit
- Cardio

Physical (there are many different physical poses that children may perform, these are examples)

Skill	Definition	How do I do this?
Stamina	Stamina is our ability to keep doing something for a long time.	-Do not start activities too quickly, or you will tire before long. Maintain a steady and comfortable pace throughout, and speed up towards the end if you feel that you are able to.
Speed	Speed is our ability to do things quickly.	-You can improve the speed at which you can do something by regularly practicing it. We should also make sure that we learn the correct technique for activities (e.g. sprinting technique).
Agility	Agility is how well we can change our body's position.	-Running around things, jumping over things and balancing on things all use our agility. Agility can be improved by practicing being flexible (e.g. yoga) and well-balanced (e.g. gymnastics).
Strength	Strength is about being strong; having power over something.	- Strength helps us to lift heavy things, strike things harder and repeat movements without making muscles tired. We can make our muscles strong by doing exercises that contract them.
Flexibility	Flexibility is our ability to bend and stretch.	-Yoga, Pilates and stretching are all ways that we can improve our flexibility. Stay active – being inactive can make our joints stiffen up!

Thinking/ Strategic

Skipping

Skipping is one of the best exercises for cardio (heart and lung) fitness. Remember to jump on balls of the feet and maintain steady rhythm. Hands at waist height.



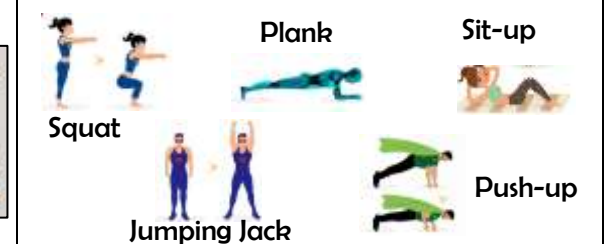
Circuits

Circuit training involves completing different fitness activities with a short rest period in between. An exercise 'circuit' means to have completed all of the exercises in the program.



Bodyweight Exercises

Bodyweight exercises involve us lifting and moving our bodies in order to develop our muscle and bone strength, and also our lung and heart capacity.



Health and Safety

- Exercise in safe spaces. Be mindful of others.
- Make sure that you are mindful of who/ what is around you.
- Warm up properly including stretching your muscles.
- Build up to more difficult exercises over time.
- When your partner is trying tricky moves, make sure that you are watching carefully.
- Make sure that apparatus/ mats are set up properly.
- Make sure that apparatus is put away properly.
- Warm down after exercising.
- Remove jewellery and wear suitable clothing/ equipment.