



# Year 5 - Autumn 1 - PE Knowledge Organiser

## What I already know...

- To develop an understanding of how to improve in different physical activities and learn how to evaluate and recognise their own success.
- To develop flexibility, strength, technique, control and balance.
- to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Key Vocabulary

<b>Agility</b>	The ability to change direction quickly and easily.
<b>Balance</b>	The ability to stay upright or stay in control of body movement.
<b>Co-ordination</b>	The ability to move two or more body parts at the same time, under control, smoothly and efficiently.
<b>Stamina</b>	The ability to move for sustained periods of time.
<b>Power</b>	Speed and strength combined.

## What I will learn...

### Fitness

To analyse my fitness scores to identify areas for improvement.

To choose the best pace for a running event and maintain speed.

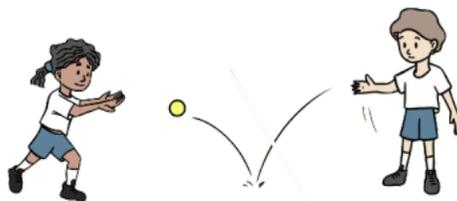
To encourage and motivate others to work to their personal best.

To identify how different activities can benefit my physical health.

To work with others to manage activities.

To understand the different components of fitness and how to test them.

I understand what my maximum effort looks and feels like and I am determined to achieve it



## Making a difference at The Merton

In this topic, the children will develop agility, balance and coordination skills through completion of a number of challenges. Children will work individually, collaboratively in pairs and groups to work on their fitness levels. They will be encouraged to analyse their fitness scores and identify areas for improvement. Pupils are also given the opportunity to lead a small group to help encourage and motivate others to work to their personal best.

## Making a difference at home

Have a look at The Body Coach—Joe Wicks who does some incredible fitness programs for all of the family to enjoy!

Why don't you see if you can set up a circuit in your garden or local park for you and your friends to do?