

Knowledge Organiser Fitness Year 1

Ladder Knowledge



Looking ahead will help you to balance

Balance:

Using the opposite arm to lea at the same time helps you to perform skills such as running and throwing.

Co-ordination:

Swinging your Exercise helps arms will help you to run

faster.

you to become stronger.

Strength:

Moving for a long time can make you feel hot and breathe faster.

Stamina:

About this Unit

There are lots of things that can change our mood. How would each of the events below change your mood?



spending time with family

Exercise can really help to improve our mood and make us or keep us feeling happy. There are lots of different exercises we can do e.g.







- jump
- co-ordination
- stamina
- strength
- agilitu
- balance

This unit will also help you to develop other important skills.

Social communication, co-operation, support, work safely, kindness

Emotional kindness, perseverance, honesty, independence, determination

Thinking comprehension, creativity, problem solving, reflection, feedback

Keep trying lots of different activities outside of school to find something you enjoy.



uour local area.



Behave and move in a safe way.



This unit will help you to:

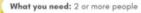
- change direction quickly
- balance
- move different body parts at the same time
- be faster
- · move for a long time
- be stonger

Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

What's the Time Mr Wolf?





How to play:

- · One person begins as 'Mr Wolf' and starts facing away from everyone else approx. 8m
- . Everyone asks 'What's the time Mr Wolf?' Mr Wolf calls out a time.
- . Whatever time is called is the number of steps you are allowed to take towards Mr Wolf.
- . If Mr Wolf calls 'dinner time!', everyone must run away from Mr Wolf.
- · Whoever is caught returns to the start line. The winner is the player who touches Mr Wolf.



Head to our youtube channel to watch the skills videos for this unit.



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not much

sleep

exercise mood active

fast muscles bones

healthu quick brain

safe heart breathing

memory strong calm



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