


Objectives

- To know why exercise is important for good 
- To use equipment appropriately and move and land safely.
- To explain how the body feels before, during and after exercise.
- To explain why we need to warm-up and cool down.
- To describe how and why my body changes during and after exercise.

Learning Points



Health and Fitness

- Exercise can have a positive effect on our mood and how we feel.
- Changes to the body during and after exercise include increased breathing rate, as we breathe faster the harder we work.
- During exercise our body temperature rises, resulting in sweating, which helps us to keep cool.

Agility Ball Chasing


- Start quickly and accelerate by pushing off hard with your feet.
- Drive your arms from 'hips to lips'.
- Keep watching the ball and concentrate on your timing.

Fundamental Movement Skills Focus



Agility Ball Chasing (FUNS Station 11)

Over a distance of up to 10 metres and turning both ways:


- Roll a ball, chase and collect it in a 
- balanced position facing the opposite direction.
- Chase a ball rolled by a partner and collect it in a balanced position facing the opposite direction.

 Green

- Starting in a seated/lying position, throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction.
- Starting in a seated/lying position, chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction.





Static Balance Floor work (FUNS Station 3)

- Hold a mini-front support position. 
- Reach round and point to the ceiling with either hand in a mini-front support.



 Green

- Place a cone on my back and take it off with the other hand in a mini-front support.
- Hold a mini-back support position.
- Place a cone on my tummy and take it off with the other hand in a mini-back support.


Key Vocabulary

fatigue	Tiredness of your body/ muscles
accelerate	Being still or stable during physical activity
mini-front support	
mini-back support	

Success

- Starting and stopping quickly 
- Timing to get in the right position 
- Balance/control when collecting ball

Review Questions

- How does exercise make you feel? 
- What changes have you noticed in your body before, during and after exercise?