

Objectives

- To explain how the body feels before, during and after exercise.
- To use equipment appropriately and move and land safely.
- To explain why we need to warm-up and cool down.
- To describe how and why my body changes during and after exercise.
- To begin to describe the basic fitness components
- To consider how often and how long I should exercise
- To begin to record and monitor how hard I am working.



Learning Points



Health and Fitness

- Changes to the body during and after exercise include increased heart rate - it beats faster as we work harder.
- During exercise our body temperature rises, resulting in sweating, which helps to regulate our body temperature.
- Warming up helps prepare our bodies for exercise, by gradually warming and preparing our muscles and joints for the activity to follow.

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 timing.

Fundamental Movement Skills Focus



Agility Ball Chasing (FUNS Station 11)

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

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

- Chase a large rolled ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
- Chase a large bouncing ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction. Red

Static Balance Stance (FUNS Station 2)

- Stand on a low beam with a good stance for 10 seconds. Green

On a line and then a low beam, maintaining balance:

- Receive a small force from various angles. Red
- Raise alternate feet 5 times.
- Raise alternate knees 5 times.
- Catch a ball at chest height and throw it back.

Key Vocabulary

basic fitness components	The parts that make up total fitness including flexibility and muscle strength.
Static Balance	A balanced position while remaining still.
Accelerate	To increase speed of movement
Stance	A strong and balanced standing position
Body temperature	The temperature of our bodies that may change during exercise

Success

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



Review Questions

- Where and when can you practise improving your agility?
- Why is it important that we warm up?

