

## Key Vocabulary

Core strength		The strength of the muscles in your stomach and back.
Flexibility		To be able to bend and move easily.
Agility		To be able to move quickly and easily.
Stamina		Doing something for a long period of time without getting tired or giving up.
Adaptations		Making changes to something.
Motivate		To cheer yourself and others on, believing you can achieve something.



## Year 4 – Gymfit circuits

### Techniques

Sit ups



Press ups on knees and feet



SQUATS



### What I need to know:

#### Skills

- I can perform a simple ball-skill circuit with understanding and accuracy.
- I can work with a partner in a skill-based situation.
- I understand how sport-specific skills can be put into a circuit.
- I can perform indoor athletics events and understand their adaptations.
- I can demonstrate correct technique in most activities.

### Health and Fitness

- I can develop personal fitness levels, particularly strength and stamina.

### Evaluating and Improving

- I can self-motivate and motivate others.
- I can perform, evaluate and improve my own and others' work.
- I can identify the key skills needed to provide accurate and tactful evaluative feedback to peers.