





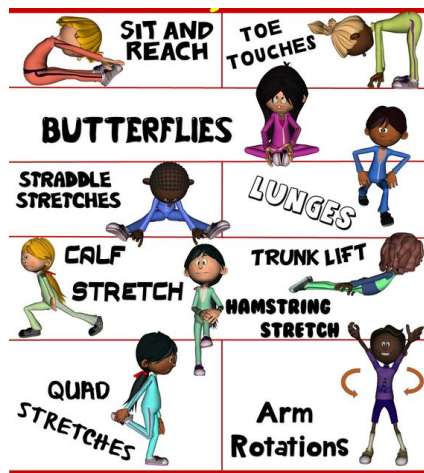


Year 2 – Boot camp

Key Vocabulary

Agility		To be able to move quickly and easily.
Coordination		Using different parts of the body together smoothly.
Star Jumps		A powerful jumping exercise which stretch and tighten the muscles.
Experience		An observation of facts or events.

Techniques



What I need to know:

Skills

- | | |
|---|--|
| <input type="checkbox"/> I can experience some of the changes that occur during exercise. | <input type="checkbox"/> I can bend and stretch. |
| <input type="checkbox"/> I can raise my heart rate. | <input type="checkbox"/> I can perform a ball pass. |
| <input type="checkbox"/> I can develop my agility and co-ordination. | <input type="checkbox"/> I can perform the new moves with good technique and balance in a circuit. |
| <input type="checkbox"/> I can perform Star jumps. | |
| <input type="checkbox"/> I can run on the spot with high knees. | |
| <input type="checkbox"/> I can throw and catch. | |

Health and Fitness

- I can talk about some of the changes that occur during exercise.

Evaluating and Improving

- I can say how I could improve.
- I can improve on scores from the lesson before.
- I can discover which activities people find easy or difficult.