

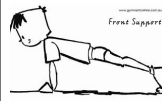



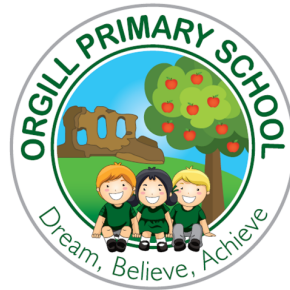



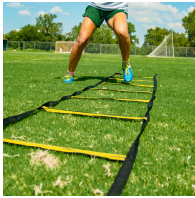


Key Vocabulary		
SAQ ladders		A set of ladders used to improve your fitness.
Bridging		A balance which strengthens your core muscles.
Core		Your core is all the muscles in your tummy and back.
Back support		Using your core to hold a balance for 5 seconds with your head looking towards the ceiling.
Front support		Using your core to hold a balance for 5 seconds with your head looking towards the floor.
Plank		An exercise which improves your core strength.
Lateral steps		Moving through the SAQ ladder with sideways steps.
Wheelbarrow walking		A partner travelling movement which uses and strengthens your arm and core muscles.



Year 1 – Cool core

Techniques	
	
	

What I need to know:	
Skills	
<input type="checkbox"/> I can learn how to control breathing. <input type="checkbox"/> I can learn how to support body weight. <input type="checkbox"/> I can perform a movement that demonstrates good core control. <input type="checkbox"/> I can increase the speed at which you can travel through the ladders accurately. <input type="checkbox"/> I can learn the technique for the plank, front support and back support.	<input type="checkbox"/> I can use my core to maintain balance when running. <input type="checkbox"/> I can support my body weight on my hands using the core muscles to keep balanced. <input type="checkbox"/> I can perform a wheelbarrow with a partner, with control. <input type="checkbox"/> I can talk demonstrating good posture and balance. <input type="checkbox"/> I can develop more complex footwork patterns on the SAQ ladders.
Health and Fitness	
<input type="checkbox"/> I can talk about some of the changes that occur during exercise.	
Evaluating and Improving	
<input type="checkbox"/> I can use techniques already learned to improve performance.	