

Key Vocabulary

Abdominals



Muscles in your stomach.

Calf



The muscle in your lower leg at the back.

Hamstring



The muscle in your upper leg at the back.



Year 6 – Boot camp

Techniques



Spotty dogs



Tricep dips



Plank



Squats



Bench star jumps



Burpees



Skipping

What I need to know:

Skills

- | | |
|---|---|
| <input type="checkbox"/> I can experience some of the changes that occur to the body during exercise. | <input type="checkbox"/> I can perform burpees. |
| <input type="checkbox"/> I can raise my heart rate. | <input type="checkbox"/> I can skip. |
| <input type="checkbox"/> I can perform spotty dogs. | <input type="checkbox"/> I can run, performing squat movements at each end. |
| <input type="checkbox"/> I can perform tricep dips. | <input type="checkbox"/> I can perform new moves with good technique and balance. |
| <input type="checkbox"/> I can perform a plank. | <input type="checkbox"/> I can demonstrate the correct technique for activities. |
| <input type="checkbox"/> I can step onto the bench and star jump off. | <input type="checkbox"/> I can develop my agility and co-ordination. |

Health and Fitness

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

Evaluating and Improving

- I can discover which activities individuals find easy or difficult.
- I can improve on my scores from the lesson before.