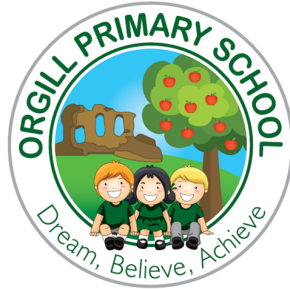
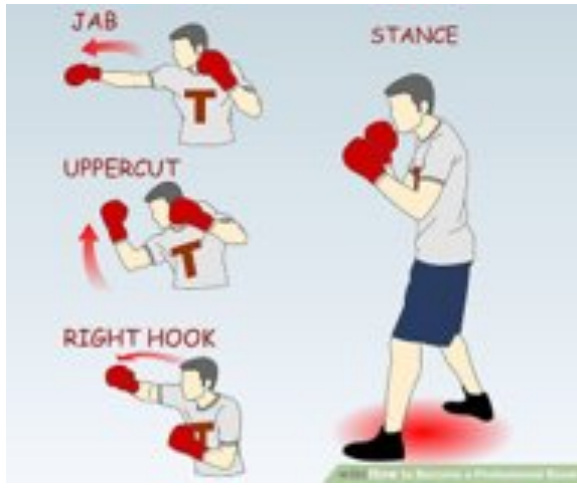


| Key Vocabulary            |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grapevine                 |    | Step your right foot out to the right so that your feet are a little wider than hip-width apart. Pick up your left foot and step behind your right foot so that your legs are crossed in this position with your right foot in front and your left foot behind it. Step your right foot to the right again, uncrossing your stance. Bring your left foot to meet your right foot so that you are in the starting position. Now repeat the move to the left, leading with your left foot. |
| Heel digs                 |    | Touching the floor in front of you with the heel of your foot, alternating legs as you go.                                                                                                                                                                                                                                                                                                                                                                                               |
| Front kick                |    | With your hands in the ready position, lean to the back slightly and kick out forwards from the knee with the foot flat.                                                                                                                                                                                                                                                                                                                                                                 |
| Jumping jacks             |  | A jumping movement used in fitness circuits and exercise classes.                                                                                                                                                                                                                                                                                                                                                                                                                        |
| L shape footwork movement |  | Moving to the front back to the centre, then to the side and back to the centre on the balls of your feet.                                                                                                                                                                                                                                                                                                                                                                               |



## Year 5 – Mighty movers fitness unit

| Techniques                                                                          |
|-------------------------------------------------------------------------------------|
|  |

| What I need to know:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Skills                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <input type="checkbox"/> I can create a short boxercise routine using moves learned in Year 4.<br><input type="checkbox"/> I can perform boxercise moves in time with the music in order to improve fitness.<br><input type="checkbox"/> I can learn how to include linking moves into a sequence.<br><input type="checkbox"/> I can devise a short sequence using the new moves learned so far.<br><input type="checkbox"/> I can perform a sequence with precision and accuracy.<br><input type="checkbox"/> I can maintain balance throughout all the moves.<br><input type="checkbox"/> I can perform a fitness circuit incorporating boxercise moves. |
| Health and Fitness                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <input type="checkbox"/> I can explain some important safety principles when preparing for exercise.<br><input type="checkbox"/> I can explain why exercise is important.<br><input type="checkbox"/> I can choose appropriate warm-ups and cool downs.                                                                                                                                                                                                                                                                                                                                                                                                    |
| Evaluating and Improving                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <input type="checkbox"/> I can perform , evaluate and improve my own and others' work.<br><input type="checkbox"/> I can identify the key skills needed to provide accurate and tactful evaluative feedback to peers.                                                                                                                                                                                                                                                                                                                                                                                                                                      |