

Knowledge Organiser:

Distanced Fitness 1



Prior learning:

Know how my body can change as a result of exercise – including an increase in temperature, the changes to my breathing and the changes to my heart-rate and pulse.

Knowing that exercise can be hard work but is important to stay fit and healthy and to set myself a challenge.

Unit focus:

To reintroduce myself to exercise, fitness and healthy living and to challenge myself and my body upon returning to school from lockdown.

Equipment needed: Plenty of space – at least 2 metres apart.



Key Vocabulary/Skills

Increase / decrease heart rate

Increase / decrease breathing

Explore exercises

Increase strength

Physical challenge

Tabata, EMOM (Every Minute On the Minute), AMRAP (As Many Reps As Possible), Ladder workout, For Time workout, Warm-up, Cool down, Sets, Repetitions.

Key Questions:

Was it challenging?

What could you change to make it more challenging?

What parts of your body did you use?

What can you feel has changed in your body before / after the workout?

Purpose:

During lockdown, many of us struggled to get the forms of exercise that we were used to during our normal daily lives. The purpose of this unit is for all year groups to transition back into their PE lessons and the demands of exercise. This unit aims to increase pupils heart-rates so that they can notice and adjust to the changes that their bodies experience when completing challenging exercises and a safe, socially-distnced environment.

Head: Explain the need to exercise and to stay fit and the impact this can have on my body.

Hands: Attempt to use my hands to support my balance and my core in strength and fitness exercises.

Heart: Work to increase heartrate. Use care and kindness to encourage myself and my peers in challenging situations.