



# PE - Knowledge Organiser

## Year 5 – Spring 1 – Fitness



### Knowledge Organiser Fitness Year 5

#### About this Unit

Agility helps you move quickly and change direction easily, which is great for sports like football and basketball. Balance keeps you steady, whether you're riding a bike or doing gymnastics or throwing a ball. Co-ordination helps you use different parts of your body together smoothly, like when you're catching a ball or dancing. Speed lets you move fast, which is useful for running around bases in rounders or playing tag. Stamina and strength help you keep going longer and do things like kicking further or playing a whole game without getting too tired.

- agility
- balance
- co-ordination
- speed
- stamina
- strength

Can you describe each of these components of fitness?



#### Powerful Knowledge

- agility:** the ability to change direction quickly
- consistent:** to repeat something in the same way
- drive:** a forceful and controlled movement to help move you forward
- dynamic:** on the move
- motivate:** to encourage
- persevere:** to continue trying
- power:** speed and strength combined
- react:** to respond to quickly
- rhythm:** a strong, regular repeated pattern of movement
- stable:** to be balanced
- stamina:** the ability to move for sustained periods of time
- static:** on the spot
- strength:** the amount of force your body can use



#### Ladder Knowledge



#### Agility:

To change direction you need to push off your outside foot and turn your hips.

#### Speed:

Taking big consistent strides will help to create a rhythm that allows you to run faster.

#### Balance:

Dynamic balances are harder than static balances as the centre of gravity changes.

#### Strength:

Moving quickly with the maximum force will get the maximum amount of power and distance or speed.

#### Co-ordination:

People have varying levels of co-ordination that can improve with practice.

#### Stamina:

Keeping a steady breath will help you to move for longer periods of time.

#### Movement Skills

- agility
- balance
- co-ordination
- speed
- stamina
- strength

This unit will also help you to develop other important skills.

**Social** collaboration, support, communication

**Emotional** perseverance, determination

**Thinking** feedback, comprehension, observation, evaluation

#### Strategy

All of components of fitness can make you better at many different games and activities. They can all be developed with regular practice in your own time.

#### Healthy Participation



- Focus on your own performance without comparing them with others.
- Work within your own capabilities.

if you enjoy this unit why not see if there is a sports club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength



#### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### First to 50

What you need: a dice and 1 or more players.

#### How to play:

- Roll the dice and complete the action specified: 1 = 1 x hopper, 2 = 2 x press ups, 3 = 3 x sit ups, 4 = 4 x lunges, 5 = 5 x squats, 6 = 6 x star jumps.
- Roll the dice again and add the number to your previous roll so that you keep a running total.
- Continue until you reach 50.
- Playing with someone else? Who can get 50 first?
- Playing by yourself? How quickly can you roll 50?
- Make this harder by subtracting 8 when you roll a 6.

Change the target number or exercises and play again.



Head to our youtube channel to watch the skills videos for this unit.



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