

Knowledge Organiser

Year 5 Keeping Fit

Vocabulary

Balance
Agility
Coordination
Tactics
Strength
Perseverance
Determination
Stamina

The Extra Mile

- Design your own work out
- Create a poster to encourage others to exercise
- Create a slideshow presentation on the benefits of keeping fit
- Write a letter to a famous sports personality asking them tips on how to keep fit
- Create your own workout video-Joe Wicks style

Websites

<https://www.bbcchildreninneed.co.uk/resources/new-joe-wicks-top-tips-why-we-need-to-exercise-powerpoint/>
<https://www.bbc.co.uk/bitesize/clips/zgqw2hv>
<https://www.bbc.co.uk/bitesize/clips/znntsbk>

Remember, when you are online stay safe. Do not give your personal details to anyone and only go on recommended websites only.

What do we need to know?

Why exercise is important.
How often we should exercise
What else can we do alongside exercising to keep our mind and body healthy
What happens to our body when we are exercising.
How does it make you feel?

Try these exercises suggested by Joe Wicks:

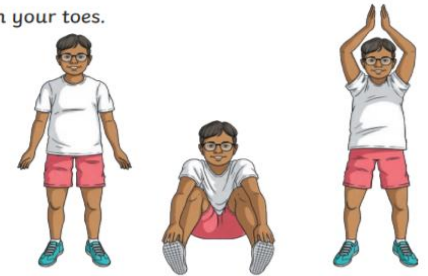
Running and Punching

1. Run on the spot with forward punches.
2. Punch the opposite arm with the opposite leg running.

How quickly can you go? Try sprinting for the final 10 seconds.

Sit down, Touch Toes, Stand up, Clap

1. Sit down.
2. Put your legs out in front of you and touch your toes.
3. Stand up.
4. Clap your hands above your head.
5. Repeat.



Star Jumps

Make sure you have enough room for this exercise!

1. Stand straight with your arms by your side and feet shoulder-width apart.
2. Jump upwards, bringing your arms and legs out to make a star shape as you land.
3. Jump upwards again to bring your feet and arms back to the starting position.

How many star jumps can you do in 35 seconds?

Try turbo star jumps!

Basketball Throws

1. Shoot an imaginary basketball at an imaginary basketball hoop.
2. Shuffle along a few steps and shoot another hoop!
3. So, it's shoot – shuffle – shoot – shuffle back – shoot and so on.

This is a great exercise for the leg muscles.

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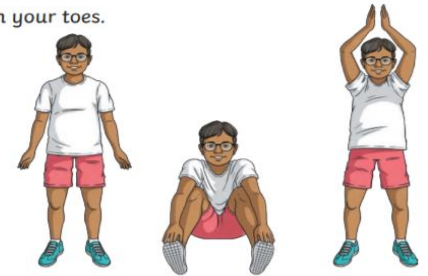
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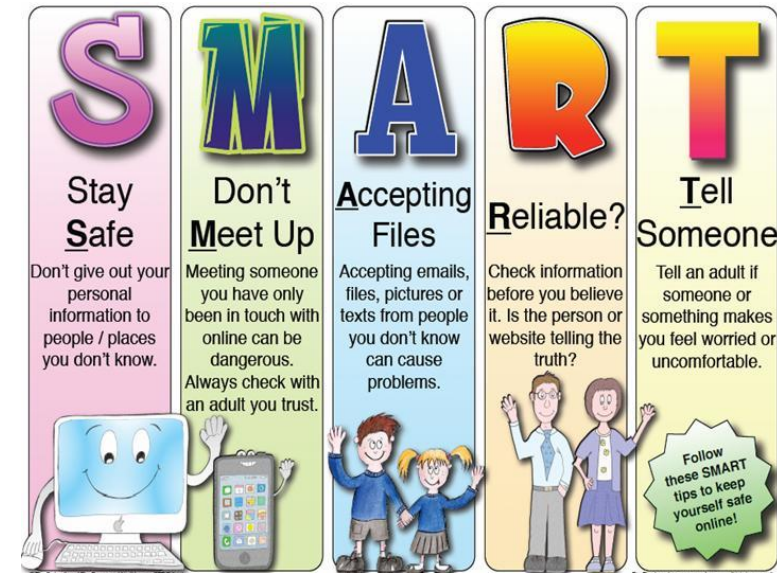
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Useful sites for PE

- <https://www.youtube.com/user/CosmicKidsYoga> (Cosmic Kids)
- <https://www.thisgirlcan.co.uk/activities/disney-workouts/> (Disney Dances)
- <https://www.gonoodle.com/> (Go Noodle)
- <https://www.bbc.co.uk/teach/supermovers> (Supermovers)
- <https://www.bbc.co.uk/programmes/p06tmmvz> (Andy's Wild Workout)
- <https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ> (Get Kids Moving - Superhero workouts)
- <https://ukactivekids.com/movecrew/> (MoveCrew workouts)
- <https://www.bbc.co.uk/programmes/b006mvsc> (Boogie Beebies)
- <https://www.nhs.uk/10-minute-shake-up/shake-ups> (Disney Shake Up)
- https://www.youtube.com/watch?v=1gUbdNbu6ak&list=PLxybjfxLKz_wTcQwgAwn7yZmaVzswSDrb (Wake up School Assembly)
- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> (The Body Coach TV)
- <https://www.yorkshiresport.org/get-active/thisispe/> (This is PE North Yorkshire)
- <https://peplanning.org.uk/downloads/pe-at-home/> (PE at home lessons plans updated daily/weekly)



Saltergate 500

What we'll do this term of our 50 things for Year 5

- Orienteering
- Digital Day
- Send a thank you letter/card
- Students vs teachers games/quizzes

Keepy Uppie Challenge

- Using a toilet roll or ball try to use any part of your body to keep it in the air for as many hits as possible
- [youtube.com/watch?v=t87J9hITaFc](https://www.youtube.com/watch?v=t87J9hITaFc)
 - Follow the link to watch professional footballers attempt the challenge
- Credit – 3 hits
- Bronze – 5 hits
- Silver – 7 hits
- Gold – 10 hits
- Platinum – Over 10 hits