|  |  |  |
| --- | --- | --- |
| **Goonhavern Primary School** | | |
| **TOPIC: PE** | **YEAR: 3** | **STRAND: Crossfit** |

|  |  |
| --- | --- |
| **What should I know already?** | **What will I know by the end of the unit?** |
| -Exercise causes heart rate to quicken in order to get blood to muscles  -We need to warm up before a workout and cool down afterwards  -Basic gymnastic strength moves and balances | The correct position/form for a squat |
| The correct position/form for a press up (on knees) |
| The correct position/form for a situp |
| How to perform/form a burpee |
| How to perform/form a lunge jump |
| Which muscles need to be stretched before and after a workout |
| **School Values** | |
| **Five Ways to Wellbeing** | |

|  |  |
| --- | --- |
| **Vocabulary** | |
| WOD | Work out of the day |
| Squat | crouch or sit with one's knees bent and one's heels close to or touching one's buttocks or the back of one's thighs |
| Press up | an exercise in which a person lies facing the floor and, keeping their back straight, raises their body by pressing down on their hands. |
| Sit up | physical exercise designed to strengthen the abdominal muscles, in which a person sits up from a supine position without using the arms for leverage. |
| Burpee | physical exercise consisting of a squat thrust made from and ending in a standing position |
| Lunge | sudden forward thrust of the body, typically with an arm outstretched |
| Reps | The amount of rounds of an exercise |

|  |  |
| --- | --- |
| **Image/diagram that helps me to articulate my knowledge/understanding** | **Investigate!** |
|  | Track individual fitness improvement over sessions at Goonhavern Crossfit. |