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| **Goonhavern Primary School** |
| **TOPIC: PE** | **YEAR: 4** | **STRAND: Crossfit**  |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| -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  | Confidently demonstrate a squat  |
| Confidently demonstrate a press up  |
| Confidently demonstrate a sit up  |
| Confidently demonstrate a burpee |
| Confidently demonstrate a lunge jump  |
| Perform at least 10 reps of above movements with correct form in quick succession  |
| Strategies for controlling breathing and fatigue during and after out a workout  |
| Remember warm up and warm down routines and explain the importance  |
| **School Values** |
| **Five Ways to Wellbeing** |

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| **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  |

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