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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. |