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| **Goonhavern Primary School** |
| **TOPIC: PE** | **YEAR: 5** | **STRAND: Crossfit**  |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| -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  | Continuously carry out reps for 3-5 minutes using correct form,for squats, press ups, situps, burpees and lunge jumps |
| Know how to perform different variations of these exercises (e.g. front squat, overhead squat, back squat etc)  |
| Name the muscle groups being used in each exercise and why they are important  |
| Explain the importance of correct form when carrying out exercise and what could happen if it is compromised |
| How to safely use some of the equipment in a crossfit gym (e.g. rowing machine, ropes and bars)  |
| **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!** |
|  | How much has your fitness improved over the crossfit sessions/track individual and class performance  |