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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 |