

YEAR 2 TRACK FITNESS

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through using the track. In addition, we evaluate and recognise our own successes.

Fitness track:

We will learn to develop our fitness by performing different activities and games whilst running around the track. We will learn to build our stamina and breathe correctly. Additionally, we will work as a team and support our peers.

Key Vocabulary			
run	move	breathe	track
fitness	fast	slow	pace
time	personal best	stamina	sprint
stamina	relay	walk	jog



Questions to develop learning	5-star self-rating
Can I walk at different speeds?	★ ★ ★ ★ ★
Can I run at different speeds - jogging and sprinting?	★ ★ ★ ★ ★
Can I complete the track without stopping?	★ ★ ★ ★ ★
Am I able to participate in a relay race around the track	★ ★ ★ ★ ★
Can I participate in different running games to build my stamina?	★ ★ ★ ★ ★