

YEAR 5 FITNESS TRACK

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 running. In addition, we evaluate and recognise our own successes.

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	sprint	jog	walk
breathe	pace	time	stamina
fitness	encouragement	fast	slow
relay	posture	competitor	distance



Self-reflection questions - Track Fitness	Yes	No	Working on
Can I sustain running or movement for 1-3 minutes without stopping, using appropriate pacing?			
Did I learn the importance of pacing myself while running?			
Can I maintain sprinting technique, including high knees, relaxed shoulders, and fast leg turnover?			
Do I use correct running technique, including posture, arm drive, and breathing control?			
Can I maintain rhythm and breathing control, adjusting effort as needed?			
Can I describe how exercise affects the body, including heart rate, breathing, and muscle fatigue?			
Do I recognise the benefits of regular physical activity for physical and mental wellbeing?			

