



PE Knowledge Organiser

Year 6: Spring Term

Fitness



Key Knowledge and Skills:

What is stamina and speed?

Stamina is the ability to keep going in an exercise for a long period of time. Stamina can be improved by training regularly over time. Increasing your stamina helps your muscles work more effectively. Speed is the ability to move your body quickly.

Tips for increasing speed and stamina:

Speed: run on the balls of your feet. Bent elbows moving at 90 degrees from pocket to mouth.

High knees. Use the opposite arm to leg.

Stamina: slow your breathing whilst completing exercises by breathing through your nose. Pace yourselves, don't go too fast to start with.

What is strength?

Strength is the ability of a muscle or group of muscles to exert force.

Strength activities strengthen bones and muscles.

What is coordination and agility?

Co-ordination is the ability to use different parts of the body at the same time, whereas agility is the ability to change direction quickly.

Component of Fitness	Test	Baseline Score	How it made me feel	Re test Score	How it made me feel
speed	30m sprint				
balance	stork test				
co-ordination	skipping				
agility	t-test				
strength	press ups				
stamina	lap running				

Note how each test made you feel using this number key: 1- that was easy. 2- that was a little challenging. 3 - that was really hard.

Key Vocabulary:

Vocabulary:	Definition:
Stamina	Ability to keep exercising for a long time.
Sprint	Running as fast as you can.
Balance	Holding a position still for at least 5 seconds.
Agility	Ability to change direction quickly.

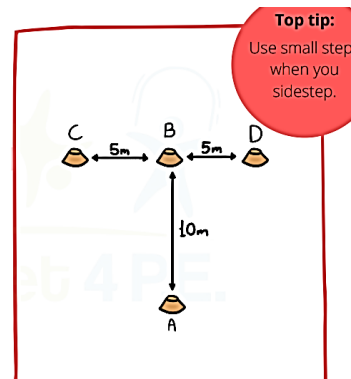
Stork Balance



Sprint



Agility Test



Press-Ups

