



Health & Fitness Knowledge Organiser (KS2)

Vocabulary & Definition

Heart Rate: how many times the heart pumps blood around the body over a set amount of time. Usually 1 minute

Warm up: A good warm-up before a workout dilates your blood vessels, ensuring that your muscles are well supplied with oxygen. It also raises your muscles' temperature for optimal **flexibility** and efficiency

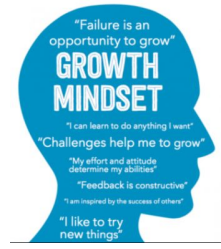
Recovery: the ability for the heart rate to return to its resting rate. **The quicker the better**

Exercise: an activity requiring physical effort

Muscular Strength: is the amount of force a muscle can produce in a single effort. **A weight lifter or sprinter are examples of sports that require muscular strength**

Growth Mindset

Having a growth mindset is associated with having the fundamental belief that your abilities and outcomes are influenced by hard work .



Lifestyle

A healthy active lifestyle is essential for physical and mental health and wellbeing.

Pupils should be physically active for at least 60 minutes a day. 30m in school, 30m at home

Diet is also important. A healthy diet involves eating from the 5 food groups: Carbohydrates, Protein, Fruit and Veg, Dairy (if applicable) and Fats

Sleep is vital in supporting mood, learning/memory, growth and resilience

Short Term Effects

- When you exercise you will experience some changes.
- Your heart rate and breathing will increase and you will breath heavier.
- You may start to get hot, sweaty and your face might go redder in colour. Some of your muscles will start to ache.
- You will need to rest after exercise as there is a risk of injury without any rest!

Long Term Effects

- During exercise the body systems respond immediately to provide energy for the muscles to work.
- After regular and repeated exercise, these systems adapt to become more efficient.
- You may be able to run further and quicker. Heart rate lowers (resting and active).
- Increase your muscle strength, endurance and flexibility. Some muscles might become more visible and less body fat.



Muscular Endurance: to repeatedly use the same muscle or group of muscles for an extended period of time. **Running, cycling and rowing are some sports that require muscular endurance.** How many different sports involve running

Flexibility: how much a muscle or joint can move through its full range of motion. How far do your muscles stretch? **Gymnasts and dancers require a lot of flexibility**

Cardiovascular Fitness: being able to sustain physical activity and the ability to deliver oxygen to the working muscles. **Long distance running, boxing and any sport that requires high intensity physical activity need cardiovascular fitness**

Diet: the kinds of food and drink that you intake

Risk factors of unhealthy lifestyles:

Obesity, Heart diseases, including coronary, artery disease, heart attack. High blood pressure, High cholesterol.,Stroke, Type 2 diabetes.

Personal Challenges - Be The Best You Can BE!

Personal challenges are a great way to motivate pupils and provide healthy competitiveness. The important thing is that it is only about the individual and no one else.

Encourage pupils to have a go and set a score. Can they improve it to get a **personal best?** Even if it's only a small improvement. Foster a resilient approach through creating multiple opportunities for moments of success



How to support both physical fitness & personal development in PE

Examples such as circuit training carousels are great way to improve different areas of physical fitness.

A well planned PE lesson can also support both personal development and physical fitness through regularly ensuring that learning tasks allow for MVPA for sustained periods

Differentiate using sound pedagogical approaches such as the STTEP principle, the inclusion spectrum and AfL to support, stretch and challenge all pupils think and understanding.