

Year 4 Red Kites

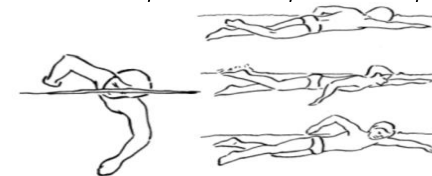
PE Spring 1

Fitness and Swimming

Front Crawl/ Freestyle

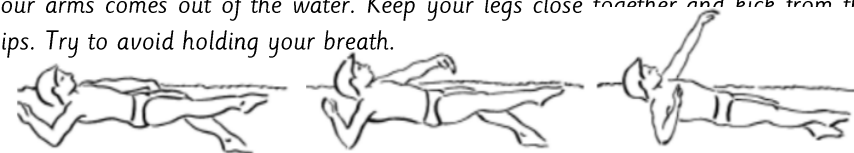
Try to keep your body as flat as possible. Water level should come between your head and your eyebrows. Arms enter the water and pull back to "pocket". Legs kick just slightly under the water level.

Your hips should not rotate.
Your head should only move when you breathe every 2-4 strokes.



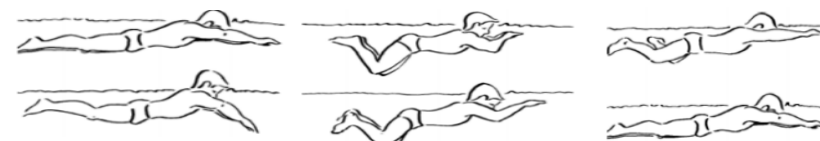
Backstroke

Keep your shoulders, hips and legs as horizontal as possible, but slope your body so the legs kick under water. Keep your hips high in the water. Lead with your thumb as your arms comes out of the water. Keep your legs close together and kick from the hips. Try to avoid holding your breath.



Breaststroke

Keep your shoulders, hips and legs as horizontal as possible, but slope your body so the legs kick under water. Arms enter the water with hands together and pull both towards your body at the same time. Turn your feet out as they sweep backwards. Lift your shoulders to bring your head out of the water to breathe.



	Key Vocabulary	Definition
FITNESS	circuit	A series of fitness activities to complete in rotation.
	fitness	How easily we can take part in physical activities.
	heart rate	The speed at which the heart beats.
	pulse	The regular beating of the arteries that is caused by the beating of the heart. This can be felt in the wrist or neck.
	resting heart rate	The speed at which your heart beats when resting.
	stamina	The ability or strength to keep doing something for a long time.
SWIMMING	backstroke	Also called back crawl. Swim on your back, long straight arms, small flutter kick.
	breaststroke	Swim on your stomach, narrow "frog-kick" legs.
	float	To rest on the surface of the water without sinking, usually in a star shape.
	front crawl	Also called freestyle. Swim on stomach, reaching arms and small flutter kicks.
	glide	To move with smooth, continuous motion.
	sculling	Using horizontal movements of the hands in the water to keep your head above the surface.
	streamlined	Swimming in a way that increases speed and ease of movement

Fitness

Fitness is our ability to be physically active. General fitness is about being fit in order to lead a healthy, happy life. This includes keeping our heart, lungs, muscles and bones strong. Specific fitness is about being fit in a particular area, perhaps for a sport or an occupation. We can improve our fitness by regularly exercising and eating a healthy diet.

Skiping

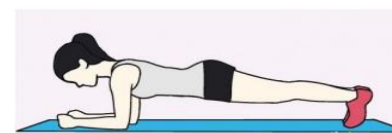
One of the best exercises for cardio (heart and lungs) fitness. Remember to jump on the balls of the feet and maintain a steady rhythm. Hands at waist height.

Circuits

Circuit training involves completing different fitness activities with a short rest period in between.

Bodyweight Exercises: These involve lifting and moving our bodies in order to develop muscle and bone strength and also increasing our lung and heart capacity.

Plank



Sit up



Taking a pulse

