



Fitness - Year 1

PE KNOWLEDGE ORGANISER

Teacher Glossary

Key Vocabulary



active	exercise	mood
bones	fast	muscles
brain	healthy	quick
breathing	heart	safe
calm	memory	strong

About this Unit
There are lots of things that can change our mood. How would each of the events below change your mood?



Exercise can really help to improve our mood and make us or keep us feeling happy. There are lots of different exercises we can do e.g.



Key Skills - Physical

run, jump, co-ordination, stamina, strength, agility, balance

Thinking: comprehension, creativity, problem solving, reflection, feedback

Key Skills – S.E.T

Social: communication, co-operation, support, work safely, kindness

Emotional: kindness, perseverance, honesty, independence, determination

Assessment Criteria

- I can recognise changes in my body when I do exercise.
- I can share my ideas with other people in the class.
- I can talk about what exercise does to my body.
- I recognise how exercise makes me feel.
- I try my best in the challenges I am set.
- I understand why it is important to warm up.

Inspiring person

Joe Wicks

