

Core Knowledge

- To have a healthy lifestyle, you need a balance of the 5 main food groups.
- Making good choices about diet can impact your quality of life.
- Tokyo Olympics had a range of countries competing.
- The 10 fastest male 100m times all come from North America and the Caribbean.
- Scribble lines are a way of introducing motion or attitude to drawings.
- Echo patterns using body percussion and unpitched percussion instruments.
- There are two main types of muscle fibres, fast and slow twitch.

Home Learning

Understanding the importance of regular exercise for a healthy body, try a new sport or outdoor activity. Contact local sports teams for taster sessions.

Take advantage of the better weather to try outdoor activities in the garden, in a park or on a beach, eg tennis, badminton, cricket, orienteering or bodyboarding.

The Whole Body



Simone Biles, Rio Olympics 2016.

Key Vocabulary

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|------------|--------------------|------------------|
| • Skull | • Heart | • Slavery |
| • Rib cage | • Lungs | • Genetic makeup |
| • Scapula | • Kidneys | • Correlation |
| • Humorous | • Liver | • Axis |
| • Ulna | • Brain | • Relationship |
| • Pelvis | • Body composition | • Power |
| • Femur | • Fast twitch | • Explosiveness |
| • Fibular | • Slow twitch | • Muscle groups |
| • Tibula | | |

Domain Themes

- The skeleton
- Upper body muscles
- Lower body muscles
- Athlete body composition
- Pupil lead PE
- Dietary requirements
- Optimal performance
- Food tasting



Core Knowledge

- Fast twitch muscles serve explosive movements, but only last for a short period of time.
- Slow twitch muscle fibres last for a longer period of time but become less explosive.
- Genetic makeup effects the number of these types of muscles.
- Body composition will enhance performance. Shot put athletes are generally over 6 feet tall compared to gymnasts who are around 5 feet tall.
- Key elements of a full body circuit include using all major muscle groups.
- Intense activity raises pulse rate.
- Max heart rate is 220BPM subtract chronological age.