



Coleman Primary School

**Key Knowledge Organiser:**

**Year 6- Summer 1 – Stamina SLAB circuit training**

**Athletics: SLAB circuit training for strength and stamina.**

**In this unit, children will develop knowledge of preparing for, participating in, and recovering from a training session to improve athletic fitness and experience circuit training ready for athletic competition at sport's day**

**Key Vocabulary**



**Knowledge**

- \*To know how to keep the body healthy through exercise
- \*To know what makes a good performance during a training session
- \*To know how to record, monitor and improve performance in stamina circuits
- \*To know how to improve and sustain different techniques in a variety of circuit exercises.

**Athletics Skills Progression:**

**Skills learned prior to this unit:**

I understand and can use principles of exercise activities for warming up and recognise how exercise is good for health

I am starting to improve and sustain different running techniques at different speeds in a variety of athletic events.

I am beginning to identify and explain what makes a good athletic performance.

I understand how to work safely.

I recognize changes in my body.

**Skills learned in this unit:**

I understand and can use principles of exercise activities for warming up and recognise how exercise is good for health

I can improve and sustain different techniques at different speeds for muscle strengthening and improved stamina

I can identify and explain what makes a good performance during a training session.

I can explain how to improve technique in a variety of circuit exercises.

I understand how to work safely.

I recognize changes in my body.

I can give reasons why PE is good for my health.

**Curriculum objectives**

To understand and experience circuit training to improve fitness for athletic competition.

Circuit	Training activities which work on strengthening different muscle groups in a circular formation
Refine and develop	To improve and perfect technique in a sports event
Technique	Skill and ability in sports which is developed through practice
Target	A performance goal to aim for through practice and training.
Monitor progress	Watching and recording your performance to try and improve it.

<p>Performance</p> <p>Interval training</p> <p>SLAB training</p>	<p>The way participation in sport is measured.</p> <p>Alternating short bursts of intense exercise with longer periods of less intense exercise</p> <p>Stomach, Legs, Arms, Back exercised in rotation across the circuits. SLAB circuits are designed to work/rest and recover each muscle group effectively.</p>	<p>To work effectively with a training partner to complete the demands of the training session.</p> <p>Improve knowledge of training methods.</p> <p>Select and carry out appropriate warming up and cooling down activities.</p> <p>Recognise how personal health and wellbeing is promoted through participation in athletic activities.</p>	<p><b>Main Muscle groups in athletics</b></p> <p><b>Gastrocnemius</b> - The chief muscle of the calf of the leg, which flexes the knee and foot.</p> <p><b>Quadriceps</b> - The large muscle at the front of the thigh which acts to extend the leg.</p> <p><b>Groin</b> – the area between the abdomen and the upper thigh on either side of the body.</p> <p><b>Latissimus dorsi</b> - a pair of large, roughly triangular muscles covering the lower part of the back</p> <p><b>Triceps</b> - the large muscle at the back of the upper arm.</p> <p><b>Deltoid</b> - A large triangular muscle that covers the shoulder joint and serves to raise the arm laterally</p> <p><b>Gluteus maximus</b> - any of three muscles in each buttock which move the thigh, the largest of which is the <i>gluteus maximus</i>.</p>
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