

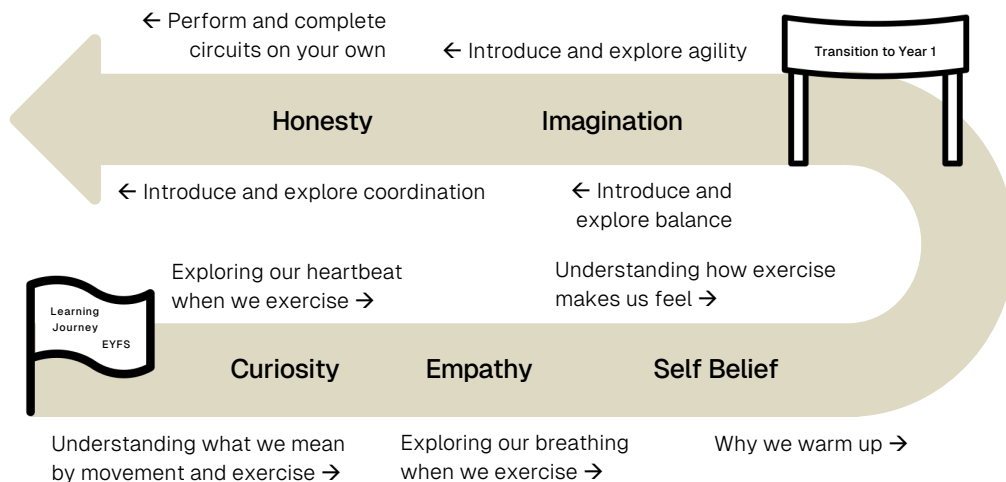


Knowledge Organiser

Health and Wellbeing Foundation

Unit Purpose

The unit of work will introduce pupils to the concept of movement and exercise, understanding why our heart beats faster and our breathing gets quicker when we exercise. Pupils will be introduced to the purpose of a warm-up and will start to appreciate that exercise makes us feel happier and better about ourselves.



Inspire Me

Did you know the size of a human heart is about the size of your fist. It takes about 60 seconds for blood to travel from our heart around our entire body.



Key Success Criteria

Physical, Cognitive, Social and Emotional Unit Success

P

Pupils will be able to work hard and keep moving their bodies in a variety of ways to make their heartbeat and breathing faster.

C

Pupils will start to understand the changes that happen in their body when they exercise. Pupils will know why this is important to keep healthy.

S

Pupils will be able to demonstrate life skills such as empathy. Pupils will support others to try their hardest throughout and help others if they do not understand.

E

Pupils will show self-belief by being brave and continuing to try their hardest throughout, even if they find the activities challenging.

Vocabulary for Learning

Exercise: is being physically active while playing a game or performing an activity.

Movement: is when our body changes position, place or posture.

Heart: our heart is a muscle that pumps blood around our body.

Heartbeat: our heartbeat is the regular movement or sound that our heart makes as it sends blood around our body.

Breathing: is the process of moving air into and out of our lungs.

Oxygen: is a gas that we breathe into our lungs. Oxygen is our bodies energy.

Warm Up: A warm-up is a short activity or exercise that is undertaken prior to a more intense physical activity or sport. The aim of a warm-up is to prepare our bodies both physical and mentally for more intense physical activity or a sport.