

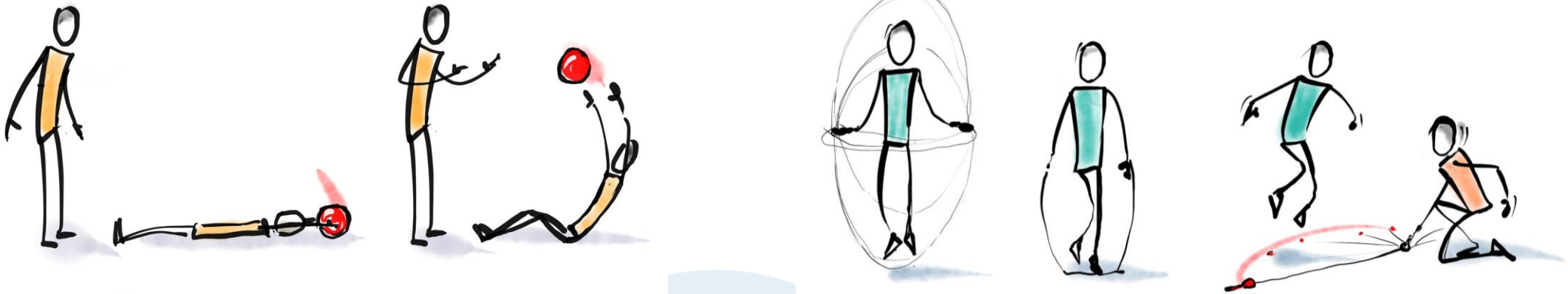
Being 'fit' involves taking part in regular exercise, a balanced diet, and healthy habits to support our growth and well-being. When thinking about our fitness, we should include various areas including our heart & lungs, our muscular strength and our flexibility. A healthy body also helps us to keep a healthy, and happy, mind!



Strength Develop Aerobic

Self-Belief Determined

Endurance Healthy



STEPS TO SUCCESS

These are the skills I need to achieve success in LKS2 Fitness:

To move at speed with control.

To move with control when tired.

To perform exercises holding your own body weight.

To perform exercises such as lunges, sit ups and crunches.

To skip using a skipping rope.

To perform exercises for sustained periods of time.