



Yarm Primary School

Year 6

English

How can we maintain a fit and healthy life style?

Key Vocabulary

Sprinting	Running as fast as you can
Circuit	A series of exercises performed one after the other
Diet	What food you eat
Efforts	How many types of the certain exercise you have to do
Hydration	The process of causing something to absorb water
Competition	An activity where there will be a winner
Competitor	Somebody taking part in a competition
Values	A set of beliefs competitors have to help them achieve their goals.
Heptathlon	A competition where athletes take part in 7 events to see who is the overall winner

Decathlon	A competition where athletes take part in 10 events to see who is the overall winner
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Suggested Activities

Create your own exercise routine and get people in your house to take part in it...

Research Usain Bolt – how many gold medals did he win?



'Sticky' Knowledge

Michael Phelps is the most successful male Olympian with 23 gold medals

The Olympic values are:

- **Excellence** - someone doing the best they can, in sport and in life. It is about taking part and striving for improvement, not just winning.
- **Friendship** - using sport to develop tolerance and understanding between all people – performers, spectators and citizens generally.
- **Respect** - having consideration for oneself, others and the wider environment. It includes respecting the rules of sport and the officials who uphold them.