

WOW Content term 1a					
Week	Topic	Main Idea	Key Points	Starter Questions	Workout Link
1	<i>Why Do We Exercise?</i> “What Happens When We Move?”	Exercise helps your heart, muscles & mood	<ul style="list-style-type: none"> <li>- Heart gets stronger</li> <li>- Exercise gives you energy</li> <li>- Helps you sleep &amp; feel happier</li> <li>- Any movement is good!</li> <li>- “Eat well, sleep well, move well”</li> </ul>	<ul style="list-style-type: none"> <li>- What do you think exercise does for your body?</li> <li>- How do you feel after running or moving a lot?</li> <li>- Can you name a type of exercise?</li> </ul>	Do a fun workout, then check how they feel (heart rate, mood)
2	<i>The Heart and Blood</i> “Your Body’s Engine”	Heart pumps blood with oxygen and energy	<ul style="list-style-type: none"> <li>- Heart is a muscle</li> <li>- Beats faster when we move</li> <li>- Blood carries oxygen</li> <li>- Feel your heartbeat</li> </ul>	<ul style="list-style-type: none"> <li>- Can you remember what happens to your body when you exercise?</li> <li>- What do you think the heart does?</li> <li>- Where is your heart in your body?</li> </ul>	Star jumps or jogging → check pulse before & after
3	<i>Muscles Help You Move</i> “Your Body’s Power Tools”	Muscles pull bones to help us move	<ul style="list-style-type: none"> <li>- We have 600+ muscles</li> <li>- Muscles work in pairs</li> <li>- Flex your bicep — feel it move</li> </ul>	<ul style="list-style-type: none"> <li>- What part of your body helps you move?</li> <li>- Have you ever felt your muscles after lifting or stretching?</li> <li>- Can you point to a strong muscle on your body?</li> </ul>	Focus on bodyweight exercises (e.g. squats, wall push-ups)
4	<i>Bones and Joints</i> “The Body’s Building Blocks”	Bones give shape; joints let us bend & move	<ul style="list-style-type: none"> <li>- 206 bones in your body</li> <li>- Joints help you bend (knees, elbows)</li> <li>- Bones protect organs</li> </ul>	<ul style="list-style-type: none"> <li>- What helps your body stay upright?</li> <li>- Can you bend your arm or leg? What helps you do that?</li> <li>- What body parts do you think are hard inside?</li> </ul>	Mobility/stretching (e.g. arm circles, leg swings, toe touches)
5	<i>Breathing and Oxygen</i> “Why We Breathe Faster”	Lungs give oxygen to help muscles work	<ul style="list-style-type: none"> <li>- Breathe in oxygen, out CO<sub>2</sub></li> <li>- More movement = more breathing</li> <li>- Feel chest rise on deep breath</li> </ul>	<ul style="list-style-type: none"> <li>- What happens to your breathing when you run?</li> <li>- Why do you think we need to breathe?</li> <li>- Can you take a</li> </ul>	Include breath awareness → deep breathing warm-up or cool-down

				deep breath – what do you feel?	
6	<i>Food, Water &amp; Rest</i> “Fuel for the Body”	Your body needs fuel to grow & recover	- Food = energy - Water keeps you cool - Sleep helps your body grow	- What do you eat or drink before PE? - What helps your body feel better after exercise? - Why do you think sleep is important?	Talk about healthy habits → light workout + hydration check

WOW Workout term 1a		
Week	Theory Focus	Possible Workouts
1	<b>Why Do We Exercise?</b> <i>(Movement is good for the heart, muscles, and brain)</i>	<ul style="list-style-type: none"> <li>• Skipping rope steady pace (3 min)</li> <li>• Star jumps (2 min)</li> <li>• Wall sit (1 min)</li> <li>• Jogging on spot with high knees (2 min)</li> <li>• Skipping rope fast pace (3 min)</li> <li>• Bodyweight squats (2 min)</li> <li>• March on spot (2 min)</li> <li>• Wall push-ups (2 min)</li> <li>• Skipping rope easy pace (3 min)</li> <li>• Plank on knees (1 min)</li> </ul>
2	<b>The Heart and Blood</b> <i>(The heart pumps faster when we move)</i>	<ul style="list-style-type: none"> <li>• Skipping rope intervals (1 min skip/30 sec rest) x 6</li> <li>• Wall push-ups (3 sets of 12)</li> <li>• Jog to wall and back (3 min)</li> <li>• High knees jogging (3 min)</li> <li>• March with arm swings (3 min)</li> <li>• Wall sit (2 min)</li> <li>• Skipping rope moderate pace (3 min)</li> </ul>
3	<b>Muscles Help You Move</b> <i>(Muscles contract to help us move our body)</i>	<b>Workout (20 min):</b> <ul style="list-style-type: none"> <li>• Bodyweight squats (3 min)</li> <li>• Wall push-ups (3 min)</li> <li>• Glute bridges (3 min)</li> <li>• Skipping rope steady pace (4 min)</li> <li>• Jog on spot (3 min)</li> <li>• Plank on knees (2 min)</li> <li>• Arm circles + shoulder shrugs (2 min)</li> </ul>
4	<b>Bones and Joints</b> <i>(Bones support us, joints let us move)</i>	<ul style="list-style-type: none"> <li>• Marching with high knees (4 min)</li> <li>• Wall sit (3 min)</li> <li>• Skipping rope slow pace (4 min)</li> </ul>

		min) <ul style="list-style-type: none"> <li>• Hip circles + toe touches (3 min)</li> <li>• Wall push-ups (3 min)</li> <li>• Balance on one leg (3 min)</li> </ul>
5	<b>Breathing and Oxygen</b> <i>(Breathing brings oxygen to the muscles)</i>	<ul style="list-style-type: none"> <li>• Slow skipping rope (5 min)</li> <li>• Jog on spot focusing on breath (4 min)</li> <li>• Wall push-ups (3 min)</li> <li>• Deep breathing with arm raises (5 min)</li> <li>• March with arm swings (3 min)</li> </ul>
6	<b>Food, Water, Rest</b> <i>(The body needs fuel to exercise and recover)</i>	<ul style="list-style-type: none"> <li>• Skipping rope moderate pace (5 min)</li> <li>• Bodyweight squats (3 min)</li> <li>• Wall sit (3 min)</li> <li>• Slow jogging (4 min)</li> <li>• Wall push-ups (3 min)</li> <li>• Marching on spot (2 min)</li> </ul>