

# WHOLE SCHOOL PE Overview

NURSERY/ERS						
TERM	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>CURRICULUM OBJECTIVES</b>	<p>*Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>*Beginning to match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>*Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>*Uses large muscle movements to wave flags and streamers, paint and make marks.</p>	<p>*Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>*Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</p>	<p>*With support collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p> <p>*Uses one-handed tools and equipment, for example, making snips in paper with scissors.</p> <p>*Use a comfortable grip with good control when holding pens and pencils.</p> <p>*Start to eat independently and learning how to use a knife and fork.</p> <p>*Show a preference for a dominant hand</p>	<p>*Begin to be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p> <p>*Begin to be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.</p> <p>*Make healthy choices about food, drink, activity.</p> <p>*Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>*Continue to develop movement, balancing, riding (scooters, trikes and bikes) and ball skills</p>	<p>*Is independent in meeting my own care needs, such as brushing my teeth, using the toilet, and wiping my bottom washing and drying my own hands</p> <p>*Goes up steps and stairs, or climb up apparatus, using alternate feet</p> <p>*Uses large-muscle movements to wave flags and streamers, paint and make marks</p> <p>*Able to eat independently and use a knife and fork</p> <p>*Uses a comfortable grip with good control when holding pens and pencils</p> <p>*Beginning to write letters or marks that can be recognised.</p> <p>* Effectively uses one-handed tools and equipment, for example, uses screwdrivers and scissors to cuts along a line</p>	<p>*Is independent and helps to get dressed and undressed</p> <p>*Makes healthy choices about food, drink, activity and tooth brushing</p> <p>*Developing their small motor skills so that they can use a range of tools competently, safely and confidently.</p> <p>*To have an awareness of safety and manage own risks</p> <p>*Matches developing physical skills to tasks and activities. For example, to decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>*Works with others to manage large items, like moving a long plank safely and carrying large hollow blocks.</p>
<b>Task/Focus</b>	<p><b>Real Foundations</b> Pirate Jungle <b>Skills:</b> Static Balance: one leg Static Balance: Seated</p> <p><b>ERS Swimming</b></p>	<p><b>Real Foundations</b> Cat Tightrope <b>Skills:</b> Static Balance: Stance Floorwork</p> <p><b>ERS Swimming</b></p>	<p><b>Real Foundations</b> Train Space <b>Skills:</b> Dynamic Balance: On a line Jumping and landing</p>	<p><b>Real Foundations</b> Seaside Juggling <b>Skills:</b> Counter Balance: Partner Sending and Receiving</p>	<p><b>Real Foundations</b> Clown Bike <b>Skills:</b> Ball Skills Footwork</p>	<p><b>Real Foundations</b> Squirrel Fairy tale <b>Skills:</b> Ball Chasing Reaction Response</p>
<b>Key Vocabulary</b>	<p><b>Pirate:</b> bravery, challenge, treasure</p> <p><b>Jungle:</b> habitat, diet, stomping, leaping, shuffling, swinging, jumping, slithering</p>	<p><b>Cat:</b> mimic, trait, behaviour</p> <p><b>Tightrope:</b> persist, pride, proud, tightrope, magician, acrobat, instrument</p>	<p><b>Train:</b> engine, carriage, 'A close shave'</p> <p><b>Space:</b> crater, gravity, astronaut</p>	<p><b>Seaside:</b> swimming stroke, water-skier, sun screen</p> <p><b>Juggling:</b> roll, throw, catch, collect, feedback</p>	<p><b>Clown:</b> thigh, calf, hip, forearm, elbow, stomach, chest, waist</p> <p><b>Bike:</b> tandem, steep, swerve, puncture</p>	<p><b>Fairy tale:</b> hobgoblin, wizard, cauldron, runner bean, frozen bean, broad bean, chilli bean</p> <p><b>Squirrel:</b> Collect, Roll, Bounce, Throw</p>

## RECEPTION

TERM	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>RECEPTION CURRICULUM OBJECTIVES FOR Physical Development linked to development matters</b>	<p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p><b>Social:</b> I can play with others and take turns and share with help</p>	<p>Combine different movements with ease and fluency.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p><b>Personal:</b> I enjoy working on simple tasks with help.</p>	<p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Revise and refine the fundamental movement skills they have already acquired:- rolling- crawling - walking - jumping - running - hopping - skipping.</p> <p><b>Cognitive:</b> I can follow simple instructions.</p>	<p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p><b>Creative:</b> I can observe and copy others</p>	<p>Know and talk about the different factors that support their overall health and wellbeing:- regular physical activity- healthy eating- toothbrushing- sensible amounts of 'screen time'- having a good sleep routine- being a safe pedestrian</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p><b>Applying Physical:</b> I can move confidently in different ways</p>	<p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p><b>Health and Fitness:</b> I am aware of the changes to the way I feel when I exercise</p>
	<p><b>Agility FUNS 12:</b> From 3 metres, react and catch a large ball after 2 bounces x 3</p> <p><b>Agility FUNS 6:</b> Jump from 2 feet to 2 feet forwards and backwards x 3</p> <p><b>Balance FUNS 3:</b> Hold mini-front support position (10 seconds)</p> <p><b>Balance FUNS 1:</b> Stand still for 10 seconds (dominant leg)</p> <p><b>Coordination FUNS 10:</b> Side-step and gallop</p> <p><b>Coordination FUNS 8:</b> Roll and collect a large ball (with a partner or against a wall) x5</p>					
	<p><b>End of year Expectations - ELG</b></p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>					
<b>Task/Focus for Lesson</b>	<p><b>Lesson 1:</b> CORE PE - UNIT 1 <b>Themes:</b> Birthday Bike Surprise &amp; Pirate Pranks <b>Cog:</b> Personal <b>Skills:</b> Footwork Static Balance One Leg</p>	<p><b>Lesson 1:</b> CORE PE UNIT 2 <b>Themes:</b> Journey to the Blue Planet &amp; Monkey Business! <b>Cog:</b> Social <b>Skills:</b> Jumping and Landing Static Seated Balance</p>	<p><b>Lesson 1:</b> CORE PE UNIT 3 <b>Themes:</b> Tilly the Trains Big Day &amp; Thembi Walks the Tightrope <b>Cog:</b> Cognitive <b>Skills:</b> Dynamic Balance: On a line Static Balance: Stance</p>	<p><b>Lesson 1:</b> CORE PE - Unit 4 <b>Themes:</b> Clowning Around &amp; Wendy's Water Ski Challenge. <b>Cog:</b> Creative <b>Skills:</b> Ball Skills Counter balance with a partner.</p>	<p><b>Lesson 1:</b> CORE PE - Unit 5 <b>Themes:</b> Big Top Time &amp; Magic Bean <b>Cog:</b> Applying Physical <b>Skills:</b> Sending and Receiving Reaction/Response</p>	<p><b>Lesson 1:</b> CORE PE - Unit 6 <b>Themes:</b> The Hairy Scary Woods &amp; Little Kitties Time to Play. <b>Cog:</b> Health &amp; Fitness <b>Skills:</b> Ball chasing &amp; Static Balance Floor Work</p>

	<p><b>REAL Foundations</b> Explore Real Foundations themes ADVENTURE based on children's interests. Pick a new adventure each week or explore further based on children's progress. Each theme has a different skill. <b>Area's of Learning:</b> PD, PSED &amp; CL</p>	<p><b>Lesson 2:</b> <b>REAL DANCE UNIT 1</b> <b>Cog:</b> Social <b>Skills:</b> Shapes Solo Artistry Shapes Artistry Musicality Circles Solo Partnering Circles Artistry (Making)</p>	<p><b>Lesson 2:</b> Derby County Enrichment PE <b>Focus:</b> Fundamentals through exploratory play, Controlling movements/Exploring space</p>	<p><b>Lesson 2:</b> Derby County Enrichment PE <b>Focus:</b> Fundamentals through ball skills.  Basic Ball control, hand eye co-ordination.</p>	<p><b>Lesson 2:</b> REAL Gym Unit 1 <b>Themes:</b> Puffing Along &amp; Line out. <b>Cog:</b> Applying Physical <b>Skills:</b> Shape Travel</p>	<p><b>Lesson 2:</b> REAL Gym Unit 2 <b>Themes:</b> Puffing Along &amp; Line out. <b>Cog:</b> Health &amp; Fitness <b>Skills:</b> Flight Rotation</p>
<p><b>Key Vocabulary</b></p>	<p><b>Unit 2:</b> Balance, Jump, Turn, Shuffle, Explore, Narrow. Health, Fitness, Heart, Exercise, Muscle</p>	<p><b>Unit 1:</b> Balance, Static, Still, Pause, Travel, Fluency, Gallop, Side Step. Health, Fitness, Heart, Exercise, Muscle <b>Dance:</b> Musicality, Artistry, Creative, Forward Motion, Floor Shape, Standing Shape, Count, Beat, Sequence</p>	<p><b>Unit 3:</b> Balance, Static, Still, Pause, Travel, Fluency, Opposite, Forwards, Backwards, Bend, Stretch Health, Fitness, Heart, Exercise, Muscle</p>	<p><b>Unit 4:</b> Roll, Control, Maintain, Partner, Balance Health, Fitness, Heart, Exercise, Muscle</p>	<p><b>Unit 5:</b> Roll, Strike, Catch, Control, Bounce, Health, Fitness, Heart, Exercise, Muscle  <b>Gym 1:</b> Straight, Dish, Arch, Tuck, Star, Stand, Still, Control</p>	<p><b>Unit 6:</b> Chase, Collect, Turn, Control, Push, Receive. Health, Fitness, Heart, Exercise, Muscle  <b>Gym 2:</b> Flight, Rotation Tuck Jump, Soft, Landing, Safe, Space</p>

## YEAR 1

TERM	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>YEAR 1 CURRICULUM OBJECTIVES</b></p> <p><b>Expected End of Key Stage</b></p>	<p>As part of our spiral curriculum, children in year one will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils will be taught to:</p> <p><b>Social:</b> I can work sensibly with others, taking turns and sharing.</p> <p><b>Personal:</b> I can follow instructions, practise safely and work on simple tasks by myself.</p> <p><b>Cognitive:</b> I can understand and follow simple rules. I can name some things I am good at.</p> <p><b>Creative:</b> I can explore and describe different movements.</p> <p><b>Applying Physical:</b> I can perform a single skill or movement with some control.</p> <p><b>Applying Physical:</b> I can perform a small range of skills and link two movements together.</p> <p><b>Health and Fitness:</b> I am aware of why exercise is important for good health.</p> <p><b>Agility FUNS 12:</b> From 3 metres, react and catch a large ball after 1 bounce x 3</p> <p><b>Agility FUNS 6:</b> Jump from 2 feet to 2 feet forwards, backwards and side to side with rhythm x 3</p> <p><b>Balance FUNS 3:</b> Reach round and point to ceiling with either hand in mini-front support</p> <p><b>Balance FUNS 1:</b> Stand still for 10 seconds (both legs)</p> <p><b>Coordination FUNS 10:</b> Side-step, gallop, hop and skip (both sides/directions)</p> <p><b>Coordination FUNS 8:</b> Throw and catch a large ball with 2 hands (with a partner or against a wall) x 5</p> <p><b>Swimming SUMMER TERM</b></p> <p>I can jump into the pool safely.</p> <p>I can put my face in the water and blow bubbles.</p> <p>I can float in the water.</p> <p>I can travel across the pool confidently.</p> <p>I know how to stay safe around water.</p> <p>I can get out of the pool safely.</p>					
<p><b>Task</b></p>	<p><b>Lesson 1:</b> REAL PE - Unit 1 <b>Themes:</b> Birthday Bike Surprise &amp; Pirate Pranks <b>Cog:</b> Personal <b>Skills:</b> Footwork Static Balance One Leg</p>	<p><b>Lesson 1:</b> REAL PE UNIT 2 <b>Themes:</b> Journey to the Blue Planet &amp; Monkey Business! <b>Cog:</b> Social <b>Skills:</b> Jumping and Landing Seated Balance</p>	<p><b>Lesson 1:</b> REAL PE UNIT 3 <b>Themes:</b> Tilly the Trains Big Day &amp; Thembi Walks the Tightrope <b>Cog:</b> Cognitive <b>Skills:</b> Dynamic Balance: On a line and Static Balance</p>	<p><b>Lesson 1:</b> REAL PE - Unit 4 <b>Themes:</b> Clowning Around &amp; Wendy's Water Ski Challenge. <b>Cog:</b> Creative <b>Skills:</b> Ball Skills Counter balance with a partner.</p>	<p><b>Lesson 1:</b> REAL PE - Unit 5 <b>Themes:</b> Big Top Time &amp; Magic Bean <b>Cog:</b> Applying Physical <b>Skills:</b> Sending and Receiving Reaction/Response</p>	<p><b>Lesson 1:</b> REAL PE - Unit 6 <b>Themes:</b> The Hairy Scary Woods &amp; Little Kitties Time to Play. <b>Cog:</b> Health &amp; Fitness <b>Skills:</b> Ball chasing &amp; Static Balance Floor Work</p>

	<p><b>Lesson 2:</b> Derby County Enrichment PE</p> <p><b>Focus:</b> Fundamentals Locomotor (Running, Jumping, Skipping, Hopping etc.)</p>	<p><b>Lesson 2:</b> Derby County Enrichment PE</p> <p><b>Focus:</b> FUNS Object Control (Throwing, Catching, Hitting, Kicking etc.)</p>	<p><b>Lesson 2:</b> REAL DANCE UNIT 1</p> <p><b>Cog:</b> Cognitive</p> <p><b>Skills:</b> Shapes Solo Musicality Partner Shapes Circles Solo Artistry Abstraction Artistry (Making)</p>	<p><b>Lesson 2:</b> REAL Gym Unit 1</p> <p><b>Themes:</b> At Home &amp; Jungle Trip</p> <p><b>Cog:</b> Creative</p> <p><b>Skills:</b> Shape Travel</p>	<p><b>Lesson 2:</b> REAL Gym Unit 2</p> <p><b>Themes:</b> Park Life Toy Box</p> <p><b>Cog:</b> Applying Physical</p> <p><b>Skills:</b> Flight Rotation</p> <p><b>OR</b> <b>Lesson 2:</b> Swimming</p>	<p><b>Lesson 2:</b> Recap and review any gaps and misconceptions.</p> <p>Revisit key lessons from the CORE PE Scheme.</p> <p><b>OR</b> <b>Lesson 2:</b> Swimming</p>
<p><b>Key Vocabulary</b></p>	<p><b>Unit 2:</b> Balance, Jump, Turn, Shuffle, Explore, Narrow, Health, Fitness, Heart, Exercise, Muscle</p>	<p><b>Unit 1:</b> Balance, Static, Still, Pause, Travel, Fluency, Gallop, Side Step, Health, Fitness, Heart, Exercise, Muscle</p>	<p><b>Unit 3:</b> Balance, Static, Still, Pause, Travel, Fluency, Opposite, Forwards, Backwards, Bend, Stretch, Health, Fitness, Heart, Exercise, Muscle</p> <p><b>Dance:</b> Musicality, Artistry, Creative, Forward Motion, Floor Shape, Standing Shape, Count, Beat, Sequence</p>	<p><b>Unit 4:</b> Roll, Control, Maintain, Partner, Balance. Health, Fitness, Heart, Exercise, Muscle</p> <p><b>Gym 1:</b> Straight, Dish, Arch, Tuck, Star, Stand, Still, Control, Shape, Rhythm, Tempo</p>	<p><b>Unit 5:</b> Roll, Strike, Catch, Control, Bounce, Health, Fitness, Heart, Exercise, Muscle</p> <p><b>Gym 2:</b> Flight, Rotation Tuck Jump, Soft, Landing, Absorb, Safe, Space</p>	<p><b>Unit 6:</b> Chase, Collect, Turn, Control, Push, Receive. Health, Fitness, Heart, Exercise, Muscle</p>

## YEAR 2

TERM	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>YEAR 2 CURRICULUM OBJECTIVES</b>	<p>As part of our spiral curriculum, children in year two will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p><b>Pupils will be taught to:</b></p> <p><b>Social:</b> I can help, praise and encourage others in their learning.</p> <p><b>Personal:</b> I try several times if at first I don't succeed and I ask for help when appropriate.</p> <p><b>Cognitive:</b> I can begin to order instructions, movements and skills.</p> <p><b>Cognitive:</b> With help, I can recognise similarities and differences in performance and explain why someone is working or performing well.</p> <p><b>Creative:</b> I can begin to compare my movements and skills with those of others.</p> <p><b>Creative:</b> I can select and link movements together to fit a theme.</p> <p><b>Applying Physical:</b> I can perform a range of skills with some control and consistency.</p> <p><b>Applying Physical:</b> I can perform a sequence of movements with some changes in level, direction or speed.</p> <p><b>Health and Fitness:</b> I use equipment appropriately and move and land safely.</p> <p><b>Health and Fitness:</b> I can say how my body feels before, during and after exercise.</p> <p><b>Agility FUNS 12:</b> From 3 metres, react and catch a tennis ball after 1 bounce x 3</p> <p><b>Agility FUNS 6:</b> Jump from 2 feet to 1 foot on a line with freeze on landing (on either foot) x 3</p> <p><b>Balance FUNS 3:</b> Transfer cone on and off tummy in mini-back support</p> <p><b>Balance FUNS 1:</b> Complete 5 mini-squats on both legs</p> <p><b>Coordination FUNS 10:</b> Hop-scotch off same leg (both sides) forwards and backwards</p> <p><b>Coordination FUNS 8:</b> Throw and catch tennis ball with opposite hand (both directions) without bounce x 5</p> <p><b>Swimming SPRING 1</b></p> <p>I can jump into the pool safely.</p> <p>I can put my face in the water and blow bubbles.</p> <p>I can float in the water.</p> <p>I can travel across the pool confidently.</p> <p>I know how to stay safe around water.</p> <p>I can get out of the pool safely.</p>					
<b>Task/Lessons</b>	<b>Lesson 1:</b> REAL PE - Unit 1 <b>Themes:</b> Birthday Bike Surprise & Pirate Pranks <b>Cog:</b> Personal <b>Skills:</b> Footwork Static Balance One Leg	<b>Lesson 1:</b> REAL PE UNIT 2 <b>Themes:</b> Journey to the Blue Planet & Monkey Business! <b>Cog:</b> Social <b>Skills:</b> Jumping and Landing Seated Balance	<b>Lesson 1:</b> REAL PE UNIT 3 <b>Themes:</b> Tilly the Trains Big Day & Thembi Walks the Tightrope <b>Cog:</b> Cognitive <b>Skills:</b> Dynamic Balance: On a line and Static Balance	<b>Lesson 1:</b> REAL PE - Unit 4 <b>Themes:</b> Clowning Around & Wendy's Water Ski Challenge. <b>Cog:</b> Creative <b>Skills:</b> Ball Skills Counter balance with a partner.	<b>Lesson 1:</b> REAL PE - Unit 5 <b>Themes:</b> Big Top Time & Magic Bean <b>Cog:</b> Applying Physical <b>Skills:</b> Sending and Receiving Reaction/Response	<b>Lesson 1:</b> REAL PE - Unit 6 <b>Themes:</b> The Hairy Scary Woods & Little Kitties Time to Play. <b>Cog:</b> Health & Fitness <b>Skills:</b> Ball chasing & Static Balance Floor Work

	<b>Lesson 2:</b> REAL Gym Unit 1 <b>Themes:</b> Park Life The Big City <b>Cog:</b> Personal <b>Skills:</b> Flight Rotation	<b>Lesson 2:</b> REAL Gym Unit 1 <b>Themes:</b> Toy Box Jungle Trip <b>Cog:</b> Social <b>Skills:</b> Balance Travel	<b>Lesson 2:</b> REAL DANCE UNIT 1 <b>Cog:</b> Cognitive <b>Skills:</b> Shapes Solo Partnering Shapes Circles Solo Partnering Circles Artistry Abstraction Artistry (Making) <b>OR</b> <b>Lesson 2:</b> Swimming	<b>Lesson 2:</b> REAL DANCE UNIT 1 <b>Cog:</b> Creative <b>Skills:</b> Shapes Solo Partnering Shapes Circles Solo Partnering Circles Artistry Abstraction Artistry (Making) <b>OR</b> <b>Lesson 2:</b> Swimming	<b>Lesson 2:</b> Derby County Enrichment PE <b>Focus:</b> FUNDamentals of attacking/defending - (dodging, avoiding, defending, attacking)	<b>Lesson 2</b> Derby County Enrichment PE <b>Focus:</b> Attacking and Defending with a ball - (Dribbling to keep possession, intercepting etc)
<b>Key Vocabulary</b>	<b>Unit 2:</b> Balance, Jump, Turn, Shuffle, Explore, Narrow, Health, Fitness, Heart, Exercise, Muscle  <b>Gym 1:</b> Straight, Dish, Arch, Tuck, Star, Stand, Still, Control, Shape, Partial, Sequence, Finish, Posture	<b>Unit 1:</b> Balance, Static, Still, Pause, Travel, Fluency, Gallop, Side Step, Health, Fitness, Heart, Exercise, Muscle  <b>Gym 2:</b> Flight, Rotation, Tuck Jump, Soft, Landing, Absorb, Safe, Space, Technique, Barrel turn, Pencil roll, Sequence, Finish, Posture	<b>Unit 3:</b> Balance, Static, Still, Pause, Travel, Fluency, Opposite, Forwards, Backwards, Bend, Stretch, Health, Fitness, Heart, Exercise, Muscle  <b>Dance:</b> Musicality, Artistry, Creative, Forward Motion, Floor Shape, Standing Shape, Count, Beat, Sequence, Rhythm, Tempo, Movement,	<b>Unit 4:</b> Roll, Control, Maintain, Partner, Balance, Health, Fitness, Heart, Exercise, Muscle  <b>Dance:</b> Musicality, Artistry, Creative, Forward Motion, Floor Shape, Standing Shape, Count, Beat, Sequence, Rhythm, Tempo, Movement	<b>Unit 5:</b> Roll, Strike, Catch, Control, Bounce, Receive, Pass, React, Alert, Health, Fitness, Heart, Exercise, Muscle	<b>Unit 6:</b> Chase, Collect, Turn, Control, Push, Receive, Pass, Health, Fitness, Heart, Exercise, Muscle