

Fitness

End Points

Year 1

I can complete a series of exercises and describe what has happened to my body while doing them.

Year 2

I can complete a series of fitness challenges and explain how each one helps me to be healthy.

Year 3

I can perform a range of exercises and activities and aim to beat my own scores.

Year 4

I can set myself a fitness challenge and follow a training plan to achieve it.

Year 5

I can create a fitness circuit to complete in pairs which develops different components of fitness.

Year 6

I can take part in a range of fitness activities and select one to develop and lead to a small group of people.

Have you thought about...?

Safety procedures for setting up areas/ activities (safe zones, correct techniques, warming up, setting up any equipment)

Information used (posters, leaflets, videos)

Challenge cards – allowing children to take responsibility for set ups and delivery of tasks

Skills/ Knowledge

Changes to the body during and after exercise
(short and long term effects)

Measuring heart rate

Monitoring temperature and breathing rates

Exercise activities (circuits, Zumba, games,
walking, cycling etc)

Time keeping and counting

Training plans (making, reading, completing)

Competition (against self/ others)

Differentiation

Task delivered- different tasks delivered, pace
of tasks delivered, challenge cards

Guided discovery tasks – allow children to set
up own activities or use challenge cards to set
up existing challenges

Individual targets given to groups/ individuals

Help task cards / visual displays

Level of questioning and answering – before,
during and after activities