

# COMPETING EDSTART

## **Fitness** **Assessment Tracker**

**Pupils will be taught...**

### **Overall Learning Outcomes (Endpoints)**

---

#### **Children can:**

- **Perform and combine different types of movements with control and fluency**
- **Talk about the effects of exercise, before and after taking part**
- **Combine skills within an activity and move between them with control and fluency**
- **Explain how skills are used within an activity and identify which activities require more than one skill**
- **Assist their peers to complete exercises and record scores correctly**
- **Evaluate their performance and talk about how they can improve their scores**
- **Explain how they have used feedback from a partner to improve their performance**
- **Talk about their improvements in their performance and give reasons why**

Objective 1/6 - To complete fitness testing using a variety of different activities

Children can:

- Identify and look to improve different areas of fitness
- Understand the terms stamina, speed, and agility
- Complete an ten station fitness circuit and record their results at each station

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 2/6 - To understand what cardiovascular training is

Children can:

- Understand how exercise effects their body
- Start to improve their stamina for longer periods of time
- Begin to understand what cardiovascular training is

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 3/6 - To know the core muscles of the body and how we can make them stronger

- Children can:
- Use the correct technique depending on the exercise
  - Apply a degree of stamina at each station
  - Know their core is around their stomach, and they need to keep it strong

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 4/6 - To understand the muscles in the arms and legs and how we can make them stronger

- Children can:
- Use the correct technique depending on the exercise
  - Name the muscles in their arms and legs
  - Apply stamina at each station

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 5/6 - To understand the correct techniques in a variety of exercises

Children can:

- Remember the techniques needed at each station and can perform the task
- Use the correct techniques in a range of different exercises
- Know how to improve their personal best at each station

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 6/6 - To reassess fitness levels and find out any improvements from the previous scores

Children can:

- Complete the fitness circuit and record their scores at each station
- Know how to improve their personal best at each station and what areas they need to work on

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

## Assessment Mark

## Requirements

### Working Towards

- Understand basic fitness techniques
- Retain key information
- Use fundamental shapes

### On Target

- Can perform a range fitness exercises with control
- Can control their breathing whilst performing fitness activities
- Can record fitness scores
- Children are able to demonstrate to a partner

### Above Target

- Able to give useful and supportive feedback to improve fitness
- Able to remember and perform all fitness techniques
- Show signs of flexibility, balance and strength when performing
- Can use appropriate vocabulary to describe what they and others are doing

### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Can analyse skills and techniques to modify and improve performance

To be **On Target**, pupils must achieve all **Working Towards** bullet points from **On Target**.

To be working **Above Target**, pupils must achieve all points from **Working Towards** and **On Target** as well as at least 4 **Above Target** points.

To achieve **Excelling**, pupils must achieve all points from **Working Towards**, **On Target** and **Above Target** as well as at least 3 **Excelling** points.