

Recap: What do we know about fitness?

Lesson 1/6

To complete fitness testing using a variety of different activities

Success Criteria

To be able to:

- **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**

Recap: To complete fitness testing using a variety of different activities

Lesson 2/6

To understand what cardiovascular training is

Success Criteria

To be able to:

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

Recap: To understand what cardiovascular training is

Lesson 3/6

To know the core muscles of the body and how we can make them stronger

Success Criteria

To be able to:

- **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**

Recap: To know the core muscles of the body and how we can make them stronger

Lesson 4/6

To understand the muscles in the arms and legs and how we can make them stronger

Success Criteria

To be able to:

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

Recap: To understand the muscles in the arms and legs and how we can make them stronger

Lesson 5/6

To understand the correct techniques in a variety of exercises

Success Criteria

To be able to:

- **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**

Recap: To understand the correct techniques in a variety of exercises

Lesson 6/6

To reassess fitness levels and find out any improvements from the previous scores

Success Criteria

To be able to:

- **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**