

Recap: What do we know about fitness?

Lesson 1/6

To assess fitness levels using a variety of different activities

Success Criteria

To be able to:

- **Identify what they have done well and what areas of fitness they need to improve**
- **Understand the terms stamina, speed, and agility**
- **Monitor their heart rate and understand it increases as they exercise**
- **Complete a twelve station fitness circuit and record their results at each station**

Recap: To assess fitness levels using a variety of different activities

Lesson 2/6

To understand the importance of cardiovascular training

Success Criteria

To be able to:

- Explain what stamina means**
- Think about pacing myself to complete each activity**
- Talk about what cardiovascular training is and why it is important**
- Recall their understanding of endurance and stamina**

Recap: To understand the importance of cardiovascular training

Lesson 3/6

To understand the role of the core muscles of the body and how they are important

Success Criteria

To be able to:

- **Use the correct techniques in a range of exercises aimed to strengthen the core muscles**
- **Apply stamina at each station**
- **Describe what the core muscles are, and why it is important to strengthen/exercise them**

Recap: To understand the role of the core muscles of the body and how they are important

Lesson 4/6

To use the muscles in the arms and legs and understand their importance

Success Criteria

To be able to:

- Use the correct techniques in a range of exercise aimed to strengthen the muscles in the arms and legs**
- Name the muscles in your arms and legs and start to understand they work in pairs**
- Apply stamina at each station**

Recap: To use the muscles in the arms and legs and understand their importance

Lesson 5/6

To use the correct technique in a variety of exercises related to improving fitness

Success Criteria

To be able to:

- Explain what agility means**
- Apply agility, speed and stamina at each station**
- Use the correct techniques in a range of different exercises**
- Think about pacing themselves at each station**

Recap: To use the correct technique in a variety of exercises related to improving fitness

Lesson 6/6

To reassess fitness levels and evaluate the results of the Unit of Work

Success Criteria

To be able to:

- **Apply agility, speed and stamina at each station**
- **Compare scores from the initial test and the final test**
- **Evaluate which elements of fitness have improved, and what they need to do to improve in other areas**
- **Use the terms agility, speed and stamina when discussing their results**