

Recap: What do we know about fitness?

Lesson 1/6

**To introduce
different activities
that can improve
fitness levels**

Success Criteria

To be able to:

- Complete a circuit of activities and achieve a high score**
- Support a partner to record their scores at each station**
- Complete a six station fitness circuit**

Recap: To introduce different activities that can improve fitness levels

Lesson 2/6

To introduce fitness activities that make us out of breath

Success Criteria

To be able to:

- Use basic movements that involves getting them out of breath**
- Change the direction of movements with control**
- Start to understand and discuss the effects of exercise of their bodies**

Recap: To introduce fitness activities that make us out of breath

Lesson 3/6

To introduce which muscles we need to be strong when taking part in fitness activities

Success Criteria

To be able to:

- **Know which muscles are working during each activity**
- **Keep certain muscles strong when performing different tasks**
- **Use objects that require strength and determination to move them**

Recap: To introduce which muscles we need to be strong when taking part in fitness activities

Lesson 4/6

To introduce exercises that combine a range of movements

Success Criteria

To be able to:

- Combine basic movements and apply these in a range of activities**
- Combine more than one skill to complete an activity**
- Understand what each activity entails and can complete the task**

Recap: To introduce exercises that combine a range of movements

Lesson 5/6

**To introduce the
correct techniques
in a variety
of exercises**

Success Criteria

To be able to:

- **Be introduced to a range of movements they need to complete an activity**
- **Talk about what they are doing well**
- **Talk about how they can improve upon previous performance**

Recap: To introduce 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:

- **Show a development in their balance and coordination**
- **Understand the basic movements and apply these in a range of activities**
- **Know when they have improved their fitness and talk about their own performance**