

Recap: What do we know about fitness?

Lesson 1/6

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

Success Criteria

To be able to:

- Record their scores at a range of different activities**
- Support a partner to record their scores at each station**
- Complete an eight station fitness circuit**

Recap: To develop different activities that can improve fitness levels

Lesson 2/6

To develop fitness activities that make us out of breath

Success Criteria

To be able to:

- **Use and combine basic movements that involves getting them out of breath**
- **Change the direction of movements with control**
- **Start to understand the word stamina in relation to fitness**

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

Lesson 3/6

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

Success Criteria

To be able to:

- **Identify which muscles are working during each activity**
- **Keep certain muscles strong when performing different tasks**
- **Learn the names of the muscles involved in an activity**

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

Lesson 4/6

To develop exercises that combine a range of movements

Success Criteria

To be able to:

- **Maintain balance and control whilst completing each activity**
- **Combine basic movements and apply these in a range of activities**
- **Combine more than one skill to complete an activity**

Recap: To develop exercises that combine a range of movements

Lesson 5/6

To develop the correct technique in a variety of exercises

Success Criteria

To be able to:

- **Perform a range of movements with control and accuracy**
- **Tell a partner what they are doing well in their performance**
- **Know how to improve upon previous performance**

Recap: To develop 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**