

**Recap: What do we know about fitness?**

**Lesson 1/6**

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

## **Success Criteria**

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**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**

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**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**

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**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**

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**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**

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**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**

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**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**