

# COMPETING EDSTART

## **Fitness** **Unit of Work**

**Pupils will be taught...**

### **Overall Learning Outcomes (Endpoints)**

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#### **Children can:**

- **Perform and combine different types of movements with control and fluency**
- **Talk about the effects of exercise, before and after taking part**
- **Combine skills within an activity and move between them with control and fluency**
- **Explain how skills are used within an activity and identify which activities require more than one skill**
- **Assist their peers to complete exercises and record scores correctly**
- **Evaluate their performance and talk about how they can improve their scores**
- **Explain how they have used feedback from a partner to improve their performance**
- **Talk about their improvements in their performance and give reasons why**

### Learning Objective

### Learning Outcomes

**1 To complete fitness testing using a variety of different activities**

**Children can:**

- 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

**2 To understand what cardiovascular training is**

**Children can:**

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

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

**Children can:**

- 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

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

**Children can:**

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

**5 To understand the correct techniques in a variety of exercises**

**Children can:**

- 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

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

**Children can:**

- 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

### Assessment Mark

### Requirements

#### Working Towards

- Understand basic fitness techniques
- Retain key information
- Use fundamental shapes

#### On Target

- Can perform a range of fitness exercises with control
- Can control their breathing whilst performing fitness activities
- Can record fitness scores
- Children are able to demonstrate to a partner

#### Above Target

- Able to give useful and supportive feedback to improve fitness
- Able to remember and perform all fitness techniques
- Show signs of flexibility, balance and strength when performing
- Can use appropriate vocabulary to describe what they and others are doing

#### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Can analyse skills and techniques to modify and improve performance

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.