

COMPLETE EDSTART

Fitness **Unit of Work**

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

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 assess fitness levels using a variety of different activities

Children can:

- 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

2 To understand the importance of cardiovascular training

Children can:

- 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

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

Children can:

- 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

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

Children can:

- 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

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

Children can:

- 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

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

Children can:

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

Assessment Mark Requirements

Working Towards

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

On Target

- Can perform a range 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**.