

MOVING EDSTART

Fitness Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Support a partner to record their scores at each station**
- **Complete an six station fitness circuit**
- **Use and combine basic movements that involves getting them out of breath**
- **Perform a range of movements with control and accuracy**
- **Perform different types of movements**
- **Talk about the effects of exercise, before and after taking part**
- **Combine skills within an activity**
- **Talk about how fitness activities effect their bodies**
- **Tell a partner what they are doing well in their performance**

Learning Objective

Learning Outcomes

1 To introduce different activities that can improve fitness levels

Children can:

- 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

2 To introduce fitness activities that make us out of breath

Children can:

- 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

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

Children can:

- 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

4 To introduce exercises that combine a range of movements

Children can:

- 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

5 To introduce the correct techniques in a variety of exercises

Children can:

- 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

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

Children can:

- 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

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**.