

PLAYING

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 eight station fitness circuit**
- **Use and combine basic movements that involves getting them out of breath**
- **Perform a range of movements with control and accuracy**
- **Tell a partner what they are doing well in their performance**
- **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**

Learning Objective

Learning Outcomes

1 To develop different activities that can improve fitness levels

Children can:

- 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

2 To develop fitness activities that make us out of breath

Children can:

- 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

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

Children can:

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

4 To develop exercises that combine a range of movements

Children can:

- 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

5 To develop the correct techniques in a variety of exercises

Children can:

- 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

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 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 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**.