

# Fitness

<u>Acquiring</u>	<u>Working towards</u>	<u>On track</u>	<u>Advancing</u>	<u>Extending</u>
<ul style="list-style-type: none"> <li>I can perform a variety of fitness tests (12 min run, bleep test, agility test, fitness circuit, sit and reach etc)</li> <li>I can watch my partner and give them a What Went Well</li> <li>I can warm up for fitness and can say why its important</li> </ul>	<ul style="list-style-type: none"> <li>I can describe how to do a fitness test (12 min run, bleep test, agility test, fitness circuit, sit and reach etc)</li> <li>I understand that there are 2 places I can feel my pulse to count my heart rate.</li> <li>I understand that there is a connection between my heart rate and the intensity of exercise I have undertaken.</li> <li>I can identify when skills are being performed correctly and what skills are weaker.</li> <li>I can say how exercise can keep you fit and healthy and what types of fitness are required for different activities.</li> </ul>	<ul style="list-style-type: none"> <li>I can explain how to do a fitness test (12 min run, bleep test, agility test, fitness circuit, sit and reach etc) and how they will benefit me in sport and life.</li> <li>I can accurately measure my heart rate and understand why it changes during exercise.</li> <li>I can identify some good and bad skills and perhaps say what basic changes would help improve my/the performance.</li> <li>I appreciate safety rules and warm up and cool down correctly.</li> <li>I can lead a small group warm up/cool down.</li> </ul>	<ul style="list-style-type: none"> <li>I can/have achieved above average or higher in some of the fitness tests we have completed.</li> <li>I understand how to work at my maximum heart rate.</li> <li>I can identify strength and weaknesses in a performance in more detail and can suggest a variety of ideas to help improve performance.</li> <li>I appreciate the different components of fitness needed in sport and try to improve these areas.</li> </ul>	<ul style="list-style-type: none"> <li>I can/have achieved above average or higher in most of the fitness tests we have completed.</li> <li>I understand that there are different heart rate training zones and work out my own.</li> <li>I can describe in depth, using appropriate terminology, strengths and weaknesses in my own and other performances and suggest how to improve.</li> <li>I can use my own knowledge of the various components of fitness to design a training programme to improve my overall fitness.</li> </ul>