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| Unit / topic | Working towards the skills and knowledge needed | Acquiring the skills and knowledge needed | On track with the skills and knowledge needed | Advancing the skills and knowledge needed | Extending the skills and knowledge needed |
| 1. Fitness
 | * I can perform a warm up and say why it’s important.
* I can explain where the two places I can feel my heart rate and count it.
* I can watch my partner and say what they are good at.
 | * I understand that there is a connection between my heart rate and the intensity of exercise undertaken.
* Can describe how to perform a fitness test (12 minute cooper run, Ilinoisis Agility test, sit and reach, hand grip, co-ordination and standing broad jump).
* I can identify what skills are being performed correctly and what skills are weaker.
 | * I can work out my maximum heart rate and what that means.
* I can name different components of fitness.
* Can explain how exercise can help you to stay fit and healthy.
* I can evaluate others performance and identify good and bad skills.
 | * I understand there is are different heart rates for training zones and work them out.
* In more detail, identify strengths and weaknesses in mine or others performances.
 | * Plan and monitor a training programme for myself.
* Describe in depth, using the appropriate terminology, strengths and weaknesses in my own or others performances and give suggestions on how to improve.
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