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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. |