

Fitness

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can name some fitness components and participate in a fitness test	I can list the fitness components and participate in different fitness tests	I can name some of the fitness components and link them to sport. I can participate in various fitness tests and discuss results	I can participate in varied fitness tests and compare results & fitness components	I can help set up fitness tests and explain the differences expected in scores as a result of different lifestyles	I can explain the difference between healthy and unhealthy heart and lungs. I can organise and assist in fitness tests and analyse my scores with national results
I can find my heart beat	I can find my heart rate and sometimes record the beat	I can measure resting heart rate and record it	I can list different effects of exercise and describe how my heart rate changes during different exercises	I can identify how exercise changes the body in the short and long term	I can explain how different exercise will affect the body in the short and long term
I can list the areas of my body used in an exercise	I can state which area of my body is being stretched in a warm up	I can list some muscles in my body	I can state the main muscles in my body	I can name which muscles are being used in activities	I can select exercises and stretches to work specific muscles
I can comment on my performance	I can list some of my strengths	I can suggest differences between my own and others' work	I can analyse my own and others' performances	I can identify strengths and weaknesses of mine and others, giving feedback to improve this	I can act as a fitness coach to my peers, suggesting ways to improve for them and myself
I can state the healthier options when shown different foods	I can state some reasons why exercise is good for me	I can understand that exercise and nutrition is important for a healthy lifestyle	I can describe why regular safe exercise and a balanced diet is good for health and wellbeing	I can explain the benefits of regular safe exercise and balanced diet and why these should be lifelong	I can explain what a healthy and unhealthy lifestyle would look like and the importance of positive wellbeing



Knowledge



Spark



Humanity



Grit



Team