

Year 1 Fitness

Success Criteria/Unit Endpoints	Names/Initials
<p>I can hold the position on my tummy in an arch shape (when the shark is coming)</p>	
<p>I can complete most of the exercises for 40 seconds</p>	
<p>I can hop on one leg, then to the other, trying to keep my balance (on the stones)</p>	
<p>I can perform star jumps at a steady pace for the whole 40 seconds</p>	
<p>I can jump forwards and backwards with some control (on the rocks)</p>	
<p>I can count my score and write it down during most of the exercises</p>	

END OF YEAR 1 ATTAINMENT TARGETS

- Has begun to master basic movements such as running
- Has begun to master basic movements such as jumping
- Has begun to demonstrate agility, balance, co-ordination
- Can begin to compete against self/ others in a range of increasingly challenging situations