

Year 2 Fitness

Success Criteria/Unit Endpoints	Names/Initials
<p>I can make up my own exercises that help my balance</p>	
<p>I can complete all of the exercises for 40 seconds confidently</p>	
<p>I can reach forward keeping balanced on one leg (reaching to get the apple)</p>	
<p>I can perform star jumps for 40 seconds, some of them at speed</p>	
<p>I can squat down on the rocks, moving my feet forwards and backwards with control</p>	
<p>I can count my score during all of the exercises and next time try and beat my score</p>	

END OF KS1 ATTAINMENT TARGETS

- Can master basic movements such as running and begin to apply these in a range of activities
- Can master basic movements such as jumping and begin to apply these in a range of activities
- Can demonstrate agility, balance, co-ordination
- Can compete against self in a range of increasingly challenging situations