

Year 3 Fitness

Success Criteria/Unit Endpoints	Names/Initials
I can beat my PB at two stations or more	
I can watch techniques on the video and then begin to improve my performance	
I can support my body weight on both X-touch and Jumping jack exercises	
I can keep my balance when standing on one leg, moving forwards and backwards	
I can hop on one leg, keeping control	
I can perform star jumps at a fast pace	

YEAR 3 ATTAINMENT TARGETS

- Can use running, jumping, throwing and catching in isolation.
- Has begun to develop flexibility control and balance.
- Is beginning to communicate with others during physical activities.
- Is beginning to compare their performances with previous ones.
- Can begin to recognise their own success.