

Year 5 Fitness

Success Criteria/Unit Endpoints	Names/Initials
I can exercise and feel my pulse in my neck or wrist- and attempt to count in for 30 seconds	
I can compare my previous performance and improve my speed and technique to achieve a personal best on some stations	
I can support my own body weight throughout most of the exercises	
I can challenge myself to perform star jumps at speed for at least 30 seconds	
I can complete a circuit and repeat it and improve my technique and performance on each station	
I can challenge myself to continue the exercises on each station without stopping	

YEAR 5 ATTAINMENT TARGETS

- Can begin to use running, jumping, throwing and catching in isolation and in combination.
- Has begun to develop flexibility, strength, technique, control and balance.
- Is beginning to communicate and collaborate with others in a variety of activities.
- Is beginning to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Can begin to evaluate performance and recognise their own success.