

Year 6 Fitness

Success Criteria/Unit Endpoints	Names/Initials
<p>I can participate in a variety of exercises and take my pulse rate, counting for 30 seconds</p>	
<p>I can create a number of exercises and know about some types of fitness</p>	
<p>I can create a strength circuit that can help improve my strength</p>	
<p>I can try harder challenges at each station</p>	
<p>I can exercise for the whole timed period at each station</p>	
<p>I can communicate and collaborate with a small group to create a circuit which includes some challenges</p>	

ATTAINMENT TARGETS

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