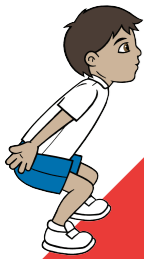


End of Year 5
Attainment Target

Pathway to Progression
How far did you travel today?
Year 5



How can you take your pulse when exercising?

I can exercise and attempt to find my pulse in my neck or wrist

I can exercise and feel my pulse in my neck or wrist- and attempt to count it for 30 seconds

I can exercise and count my pulse rate for 30 seconds



How can you compare your performances and show improvement?

I can compare my performance and try to achieve a personal best (PB)

I can compare my previous performance and improve my speed and technique to achieve a PB at some stations

I can compare my previous performance and improve my speed, strength and balance to achieve my PB



How can you improve your strength?

I can support my own body weight on at least two of the exercises

I can support my own body weight throughout most of the exercises

I can support my own body weight, showing good technique



How can you challenge yourself?

I can challenge myself to hold the tree pose for at least 15 seconds

I can challenge myself to perform star jumps at speed for 30 seconds

I can challenge myself and attempt the harder challenges with my own exercise, or at each station



How can you improve your performance??

I can complete the circuit, then repeat it, trying to improve my performance at some of the stations.

I can complete the circuit, repeat it and improve my technique and performance at each station.

I can work with a partner, giving and receiving feedback to improve both our techniques and performances



How can you communicate and collaborate as a group to create a circuit?

I can communicate clearly with my group, listen to others and share ideas so we can create a warm up together

I can communicate and collaborate with my group, to agree on moves, and support each other to create a circuit.

I can communicate and collaborate with my group to create a circuit which includes some challenges



I can use key vocab and evaluate and improve my own performance
I can link key knowledge across the units

I can evaluate performance and recognise success to help improve myself and others.
I can link key knowledge and skills across the units.
I can develop rules, strategies and tactics

I can give constructive feedback, encourage my peers, help to improve my own and others performance. I can recall key knowledge from across units and use to improve performance.



I can explain and lead a pulse raiser and describe how exercise improves my wellbeing

I can explain the effect exercise has on my body including; vital organs, mental health, memory and focus

I can explain how regular exercise supports my physical and mental health, releases happy chemicals in my brain, and helps support my body through changes

