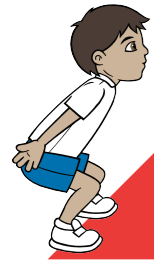
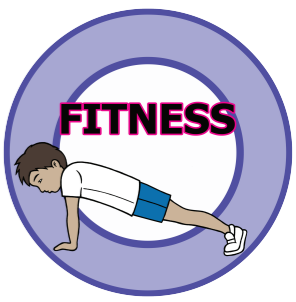


# End of KS2 Attainment Target

## Pathway to Progression How far did you travel today?

Year 6

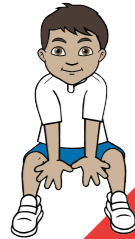


How can you take your pulse when exercising?

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

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

I can measure my pulse rate before and after exercise and explain how it changes when my body is working harder.



How can you compare your performances and show improvement?

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

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

I can compare my previous performance, show determination to beat my scores, and motivate others to improve their performance



How can you improve your strength?

I can create some stations that can improve my strength

I can create a strength circuit that can help improve my strength

I can create a circuit that can improve my strength and relate it to the sports I take part in



How can you challenge yourself?

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

I can attempt the challenges at each station

I can create a circuit with my friends, with a challenge at each station



How can you challenge yourself to work continuously?

I can challenge myself to work for 40 seconds at most of the stations.

I can challenge myself to complete the exercises at each station without stopping

I can attempt the challenges at every station and complete these without stopping

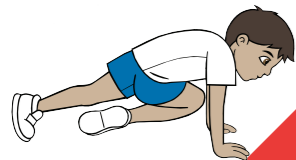


How can you communicate and collaborate as a group to create a circuit?

I can communicate and collaborate with my group to agree on moves and support each other to create a warm up

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

I can lead another group confidently, teaching some of the stations my group has created



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 analyse my own and others' performance, using feedback to identify ways to improve



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

I can explain the different components of fitness and how regular exercise helps improve my strength, endurance, flexibility, speed, physical health and mental well being

