

PROGRESS-O-METER TARGET

PIRATE FITNESS YEAR 2

This framework should be adapted by the teacher to meet the learning requirements of the class



LESSON 6

How can you count your score and then try and challenge yourself to beat it?

I can record my scores on each activity and beat most of my scores to get a personal best

I can count my score during all the exercises and the next time try and beat my score

LESSON 5

How can you co-ordinate different parts of your body to work at the same time?

I can criss-cross my arms and feet quickly (over the shells) with control and co-ordination

I can squat down on the rocks, moving my feet forwards and backwards with control

I can jump forwards and backwards on some rocks with control

I can jog on the spot slowly or quickly

I can hop from one leg to the other, trying to keep my balance (on the stones)

I can complete most of the exercises for 40 seconds

I can complete all the exercises for 40 seconds confidently

I can complete all exercises with enthusiasm for 40 seconds and make up my own pirate exercises

How can you exercise for 40 seconds without stopping?

LESSON 2

How can you exercise for 40 seconds without stopping?

I can reach forward, keeping balanced on one leg (reaching to get the apple)

I can perform star jumps for 40 seconds, some of them at speed

I can skip quickly, using double jumps continuously for the 40 seconds

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PIRATE FITNESS YEAR 2

PROGRESS-O-METER TARGET

LESSON 3

How can you keep your balance when moving?

I can jump from side to side with speed, keeping my balance (over the shells)

I can perform star jumps for 40 seconds, some of them at speed

I can skip quickly, using double jumps continuously for the 40 seconds

LESSON 2

How can you exercise for 40 seconds without stopping?

I can complete all exercises with enthusiasm for 40 seconds and make up my own pirate exercises

I can complete all the exercises for 40 seconds confidently

I can complete most of the exercises for 40 seconds

I can hop from one leg to the other, trying to keep my balance (on the stones)

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How can you exercise for 40 seconds without stopping?

LESSON 2

How can you exercise for 40 seconds without stopping?

I can make up my own exercise that helps my balance

I can teach another group a new exercise to help improve their balance

How can you balance on different parts of your body?

LESSON 1

Yr 2 Attainment Target

- Can Master basic movements such as jumping and begin to apply these in a range of activities
- Can demonstrate agility, balance, co-ordination
- Can co-operative physical activities

STEP 3

STEP 1

I can balance on different parts of my body

STEP 1

I can count my score during some exercises and write it down

STEP 2

I can count my score during all the exercises and the next time try and beat my score

STEP 3

I can record my scores on each activity and beat most of my scores to get a personal best

STEP 4 (MASTERY)

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LESSON 4

How can you perform different exercises that make your heart beat faster?

I can skip quickly, using double jumps continuously for the 40 seconds

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I can complete most of the exercises for 40 seconds

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How can you exercise for 40 seconds without stopping?

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LESSON 6

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STEP 3

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STEP 2

I can count my score during all the exercises and the next time try and beat my score

STEP 1

I can count my score during some exercises and write it down

STEP 1

I can balance on different parts of my body

STEP 3

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