

# PROGRESS-O-METER TARGET

## FITNESS YEAR 5

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



PRIMARY P.E. PLANNING

### End of KS2 Attainment Target

- 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 begin to evaluate performance and recognise their own success

### STEP 4 (MASTERY)

#### LESSON 6

How can you challenge yourself to work continuously?

#### LESSON 5

How can you improve your performance?

#### LESSON 4

How can you challenge yourself?

#### LESSON 3

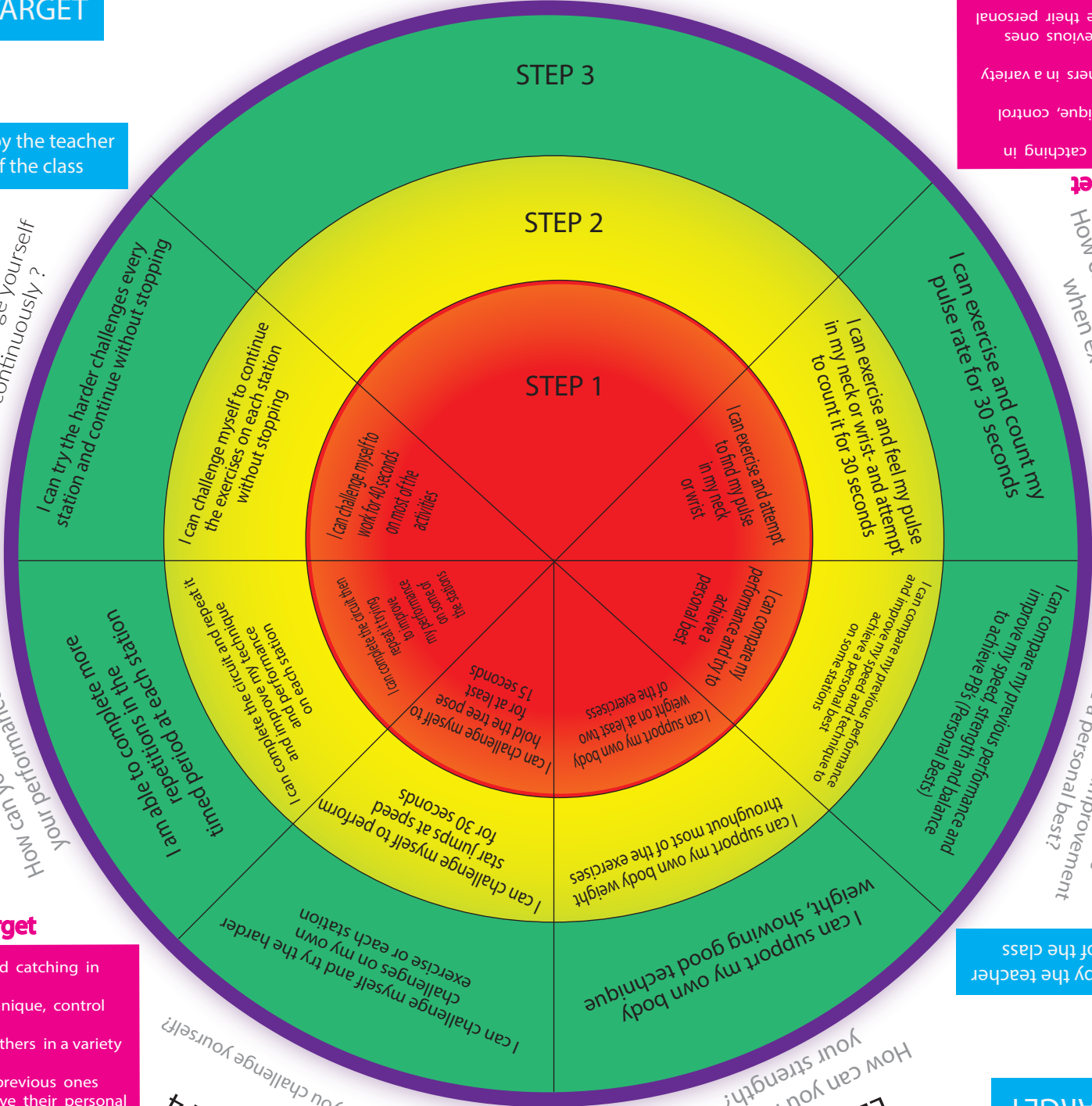
How can you improve your strength?

#### LESSON 2

How can you compare your performances with previous ones and demonstrate improvement to achieve a personal best?

#### LESSON 1

How can you take your pulse when exercising?



I can challenge myself to work for 40 seconds on most of the activities

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

I can challenge myself to continue the exercises on each station without stopping

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

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

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

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

I can compare my previous performance and improve my speed and technique on some stations

I can compare my previous performance and improve my speed, strength and balance to achieve PBs (Personal Bests)

I can try the harder challenges every station and continue without stopping

I can complete the circuit and repeat it on each station and improve my technique

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

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

I can support my own body weight, showing good technique

I can challenge myself and try the harder challenges on my own exercise or each station

- Can use running, jumping, throwing and catching in isolation and in combination
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- Can begin to evaluate performance and recognise their own success

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## FITNESS YEARS



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