



## FITNESS - Unit 1 – Bootcamp - Progression of skills.

<p><b><u>Year 1 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To experience some of the changes that occur during exercise.</li><li>- Raise heart rate.</li><li>- Develop agility and co-ordination.</li><li>- Perform simple patterns of movement.</li><li>- Learn new moves and perform them with good technique and balance.</li><li>- Demonstrate the correct technique for activities.</li><li>- Discover which activities individuals find easy or difficult.</li></ul>	<p><b><u>Year 2 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To experience some of the changes that occur during exercise.</li><li>- Raise heart rate.</li><li>- Develop agility and co-ordination.</li><li>- Perform simple patterns of movement.</li><li>- Learn new moves and perform them with good technique and balance.</li><li>- Demonstrate the correct technique for activities.</li><li>- Discover which activities individuals find easy or difficult.</li></ul>	<p><b><u>Year 3 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To experience some of the changes that occur during exercise.</li><li>- Raise heart rate.</li><li>- Develop agility and co-ordination.</li><li>- Perform simple patterns of movement.</li><li>- Learn new moves and perform them with good technique and balance.</li><li>- Demonstrate the correct technique for activities.</li><li>- Discover which activities individuals find easy or difficult.</li></ul>
<p><b><u>Year 4 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To experience some of the changes that occur during exercise.</li><li>- Raise heart rate.</li><li>- Develop agility and co-ordination.</li><li>- Learn new moves and perform them with good technique and balance.</li><li>- Demonstrate the correct technique for activities.</li><li>- Discover which activities individuals find easy or difficult.</li><li>- Perform more complex patterns of movement.</li></ul>	<p><b><u>Year 5 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To experience some of the changes that occur during exercise.</li><li>- Raise heart rate.</li><li>- To learn new moves and perform them with good technique and balance.</li><li>- Demonstrate the correct technique for activities.</li><li>- Discover which activities individuals find easy or difficult.</li><li>- Develop agility and co-ordination.</li><li>- Perform more complex patterns of movement.</li><li>- Improve on scores.</li></ul>	<p><b><u>Year 6 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- - To experience some of the changes that occur during exercise.</li><li>- Raise heart rate.</li><li>- To learn new circuit moves and perform them with good technique and balance.</li><li>- Demonstrate the correct technique for activities.</li><li>- Discover which activities individuals find easy or difficult.</li><li>- Develop agility and co-ordination.</li><li>- Perform more complex patterns of movement.</li><li>- Improve on scores.</li></ul>



## FITNESS - Unit 2 – Mighty Movers (running/boxercise) - Progression of skills.

<p><b><u>Year 1 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To understand that running can be done in many ways.</li><li>- Run at different speeds and in different directions with control.</li><li>- Run in a race with a team.</li><li>- Understand what happens to our breathing during exercise, and why it changes.</li><li>- Increase heart rate.</li><li>- Complete a running circuit.</li><li>- Understand the importance of using arms when running.</li><li>- Run quickly in a relay activity, aiming to improve speed.</li></ul>	<p><b><u>Year 2 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To complete running activities with balance and co-ordination.</li><li>- To run for 1 minute without stopping.</li><li>- Learn some of the changes that happen to the body during exercise.</li><li>- Develop good technique for running circuits; understand the value of a circuit.</li><li>- Develop running technique with good balance and co-ordination.</li><li>- Complete a running circuit.</li></ul>	<p><b><u>Year 3 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Demonstrate good use of arms when running at different speeds.</li><li>- Analyse others' running technique and suggest ways of improving.</li><li>- Learn how to hand over in an efficient manner.</li><li>- Understand the reason for warning up.</li><li>- Complete a running circuit showing good balance, co-ordination and agility.</li><li>- Use the correct running technique to complete a circuit.</li></ul>
<p><b><u>Year 4 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Learn the value of boxercise.</li><li>- Apply the techniques learned to a routine set to music.</li><li>- Apply the correct technique for the cross jab – co-ordination.</li><li>- Link skills with control and precision.</li><li>- Develop personal fitness levels, particularly strength and stamina.</li><li>- Refine the technique of moves learned.</li><li>- Learn the value of completing a full boxercise workout.</li></ul>	<p><b><u>Year 5 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Create a short routine using moves previously learned in Year 4.</li><li>- Perform boxercise moves in time with the music in order to improve fitness.</li><li>- Learn how to include linking moves into a sequence.</li><li>- Devise a short sequence using the moves learned so far.</li><li>- Perform a sequence with precision and accuracy; maintain balance throughout all the moves.</li><li>- Perform a fitness circuit incorporating boxercise moves.</li></ul>	<p><b><u>Year 6 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Compose an aerobic warm-up that raises the heart rate over a sustained time.</li><li>- Demonstrate fluency of moves; perform complex moves to music.</li><li>- Understand the value of this type of exercise.</li><li>- Demonstrate the understanding of boxercise moves and how they can be linked together to make a routine.</li></ul>



## FITNESS - Unit 3 – Skip / Step to the Beat - Progression of skills.

<p><b><u>Year 1 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Learn how to hop – same foot to same foot; learn how to jump – two feet to two feet; be able to do these activities on the move.</li><li>- Develop the ‘step hop’ technique for a good skip without a rope; explore the action of skipping at a low level.</li><li>- Learn how to skip with a rope; explore different ways of skipping.</li><li>- Skip with good balance and technique.</li><li>- Perform a skipping circuit with knowledge and understanding.</li></ul>	<p><b><u>Year 2 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Consolidate skipping techniques.</li><li>- Raise heart rate in order to improve personal fitness.</li><li>- Hop consistently; jump with control; skip with good technique.</li><li>- Improve awareness of where the rope is when skipping; improve control of the rope and running skip technique.</li><li>- Demonstrate good technique while skipping.</li><li>- Observe and comment on others’ performances.</li></ul>	<p><b><u>Year 3 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Explore different ways of skipping; practise techniques learned in previous years; observe and comment on others’ performance; be aware of safety aspects concerned with skipping.</li><li>- Participate in large rope skipping; develop large rope skipping technique.</li><li>- Skip with a partner; compose a sequence of skipping moves.</li><li>- Perform skipping moves in a routine; teach a partner your routine.</li><li>- Perform large rope skipping with good technique and to songs or rhymes.</li><li>- Perform rope and non-rope skipping with good technique and to songs or rhymes.</li></ul>
<p><b><u>Year 4 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Learn basic step moves, practise and perfect them.</li><li>- Raise the heart rate and understand the importance of doing this.</li><li>- Perform step moves in time to the music with co-ordination.</li><li>- Understand the importance of a warm up.</li><li>- Practise and apply a sequence of step moves to a beat.</li><li>- Understand the value of step-type exercise.</li><li>- Create and perform a sequence of step moves.</li></ul>	<p><b><u>Year 5 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Improve timing and stepping to the beat.</li><li>- Count moves and perform in repetitions of eight, four, two and singles.</li><li>- Perform step moves in time with the music; work with a partner to produce a sequence of step moves; analyse and evaluate own and others’ performance.</li><li>- To perform a sequence of steps in time with the music.</li><li>- Create some new moves based on those taught in previous lessons.</li><li>- Devise a routine using knowledge from the whole unit.</li></ul>	<p><b><u>Year 6 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Perform aerobic activity to music; improve stamina, demonstrating correct technique.</li><li>- Devise a routine based on moves already learned; analyse and evaluate others’ performance and suggest areas of improvement.</li><li>- Select and use a wide range of compositional ideas and skills to create a routine.</li><li>- Suggest ways to improve performance showing sound knowledge and understanding.</li></ul>



## FITNESS - Unit 4 – Gymfit Circuits - Progression of skills.

<p><b><u>Year 1 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Develop balance, agility and co-ordination.</li><li>- The children will master basic movements.</li><li>- Perform using simple movement patterns.</li></ul>	<p><b><u>Year 2 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Master basic movements, as well as developing balance, agility and co-ordination.</li><li>- Perform using simple movement patterns.</li></ul>	<p><b><u>Year 3 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Master basic movements, as well as developing balance, agility and co-ordination.</li><li>- Perform using simple movement patterns.</li></ul>
<p><b><u>Year 4 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Perform a simple ball-skill circuit with understanding and accuracy.</li><li>- Work with a partner in a skill-based situation.</li><li>- Self-motivate and motivate others.</li><li>- Work collaboratively with a partner in a skills-based situation.</li><li>- Evaluate own and others' performance.</li><li>- Understand how a sport-specific skills can be put into a circuit.</li><li>- Perform indoor athletics events and understand their adaptations.</li><li>- Demonstrate correct technique in most activities.</li></ul>	<p><b><u>Year 5 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Perform a fitness circuit that aims to improve strength and stamina; understand the relevance of each activity.</li><li>- Explore reasons for improvement or lack of improvement.</li><li>- Perform a fitness circuit with understanding, aiming to improve strength and stamina.</li><li>- Use the correct technique for new stations that involve equipment.</li><li>- Understand that circuits can take different forms and work on different fitness elements.</li><li>- Improve technique and performance.</li><li>- Perform a fitness circuit that aims to improve strength and stamina; understand the relevance of each activity.</li></ul>	<p><b><u>Year 6 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Develop a personal programme that is suitable for each child, using the knowledge and understanding they have learned from previous fitness sessions.</li></ul>



## FITNESS – Unit 5 – Cool core (Strength and Pilates) - Progression of skills.

<p><b><u>Year 1 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Learn how to control breathing.</li><li>- Learn how to support body weight.</li><li>- Perform a movement that demonstrates good core control.</li><li>- Increase the speed at which you travel through the ladders accurately.</li><li>- Learn the technique for the plank, front support and back support.</li><li>- Be able to use the core to maintain balance when running.</li><li>- Support body weight on the hands using the core muscles to keep balanced; perform a wheelbarrow with a partner, with control.</li><li>- Walk demonstrating good posture and balance.</li><li>- Develop more complex footwork patterns on the SAQ ladders.</li><li>- Use techniques already learned to improve performance.</li></ul>	<p><b><u>Year 2 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Learn how to maintain a good bridge using core strength.</li><li>- Use arms effectively when running.</li><li>- Improve plank technique.</li><li>- Maintain a wheelbarrow walk for longer period of time, using core strength.</li><li>- Perform a small crunch and understand what it does; perform an activity/game that uses the abdominals.</li><li>- Perform a squat and diagonal body twist, and understand why they are valuable exercises to do</li><li>- Transfer weight from one foot to two feet.</li><li>- Footwork patterns using a hoop.</li><li>- Jump with accuracy using core strength to maintain balance.</li><li>- Hoop skills that will aid core strength and balance.</li><li>- Hand-eye co-ordination.</li></ul>	<p><b><u>Year 3 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Learn techniques for moves that are similar to those used in pilates.</li><li>- Be able to link agility and core strength activities together in an appropriate way.</li><li>- Be able to perform core strength moves with accuracy.</li><li>- Understand how hula hooping helps to improve core strength.</li><li>- Develop activities into a circuit in order to improve fitness levels.</li><li>- Perform a circuit with accuracy.</li><li>- Improve scores of the skills learned.</li></ul>
<p><b><u>Year 4 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Perform basic pilates moves with good technique and understanding.</li><li>- Perform some controlled pilates movements, and understand the benefit of doing them.</li><li>- Learn new moves and develop correct technique.</li><li>- Understand why breathing is important throughout all of the moves.</li><li>- Create a cool core move using balance techniques.</li><li>- Master pilates moves with accuracy and control, and understand the values of doing them.</li></ul>	<p><b><u>Year 5 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Perform pilates/yoga moves with accuracy.</li><li>- Learn how to link moves together to make a sequence.</li><li>- Learn a new pose with accuracy.</li><li>- Help a partner to achieve a good technique by observing and coaching.</li><li>- Learn improvement is needed and how to improve; discover our strengths.</li><li>- Perform moves with fluency and control.</li><li>- Devise own unique move and name it.</li><li>- Devise a sequence of yoga/pilates moved with fluency and accuracy.</li></ul>	<p><b><u>Year 6 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- Link core strength activities together with fluency; Demonstrate good technique in moves already learned; learn new pilates moves.</li><li>- Develop co-ordination and balance.</li><li>- Learn how to improve cool core, and how to create moves that need balance and strength.</li><li>- Work with a partner to create new moves.</li><li>- Devise a suitable warm-up activity for cool core.</li><li>- Link cool core moves together to teach another pair; improve balance and core strength; complete a workout for personal improvement.</li><li>- Learn how to evaluate others' creations.</li><li>- Perform sequences of strength and balance.</li></ul>



## FITNESS - Unit 6 – Fitness Frenzy - Progression of skills.

<p><b><u>Year 1 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To demonstrate the correct technique for activities; to improve on scores; develop agility and co-ordination; perform simple patterns of movement.</li><li>- Understand the importance of using the arms when running; run quickly in a relay activity, aiming to improve speed.</li><li>- Perform a skipping circuit with knowledge and understanding.</li><li>- Master basic movements as well as developing balance, agility and co-ordination.</li><li>- Perform using simple movement patterns.</li><li>- Use techniques already learned to improve performance.</li></ul>	<p><b><u>Year 2 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To demonstrate the correct technique for activities; develop agility and co-ordination; perform simple patterns of movement.</li><li>- Complete a running circuit.</li><li>- Demonstrate good technique whilst skipping.</li><li>- Observe and comment on others’ performance.</li><li>- Master basic movements as well as developing balance, agility and co-ordination.</li><li>- Perform using simple movement patterns.</li><li>- Hoop skills that will aid core strength and balance; hand-eye co-ordination.</li></ul>	<p><b><u>Year 3 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To demonstrate the correct technique for activities; develop agility and co-ordination; perform simple patterns of movement.</li><li>- use the correct running technique to complete a circuit.</li><li>- Perform rope and non-rope skipping with good technique and to songs or rhymes.</li><li>- Master basic movements as well as developing balance, agility and co-ordination.</li><li>- Perform using simple movement patterns.</li><li>- Perform a circuit of accuracy.</li><li>- Improve scores of the skills learned.</li></ul>
<p><b><u>Year 4 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To demonstrate the correct technique for activities; develop agility and co-ordination; perform more complex patterns of movement.</li><li>-Learn the value of completing a full boxercise workout.</li><li>- Understand the importance of warm-up.</li><li>- Practise and apply a sequence of step moves to the beat of the music; create and perform a sequence of step moves.</li><li>- Motivate self and others to perform well; demonstrate correct technique in most activities.</li><li>- Master pilates moves with accuracy and control, and understand the value of doing them.</li></ul>	<p><b><u>Year 5 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To demonstrate the correct technique for activities; develop agility and co-ordination; perform more complex patterns of movement.</li><li>- Perform a fitness circuit incorporating boxercise moves.</li><li>- Devise a routine using knowledge from the whole unit.</li><li>- Perform a fitness circuit that aims to improve strength and stamina; understand the relevance of each activity; improve performance.</li><li>- Devise a sequence of yoga/pilates moves with fluency and accuracy.</li><li>- Devise own unique move and name it.</li></ul>	<p><b><u>Year 6 – Learning outcomes:</u></b></p> <ul style="list-style-type: none"><li>- To demonstrate the correct technique for activities; develop agility and co-ordination; perform more complex patterns of movement.</li><li>- Demonstrate understanding of boxercise moves and how they can be linked together to make a routine.</li><li>- Select and sue a wide range of compositional ideas and skills to create a routine.</li><li>- Suggest ways to improve performance showing sound knowledge and understanding.</li><li>- Develop a personal programme that is suitable for each child, using knowledge and understanding they have learned from previous fitness sessions.</li><li>- Perform sequences of strength and balance.</li><li>- Learn how to evaluate others’ creations.</li></ul>