

KS2 – FITNESS



Year 3/4

- Bleep Test
- Demonstrate an understanding of the importance of health and fitness.
- Demonstrate an understanding of why we sweat and why our heart beats faster.
- Run at a gradually increasing pace for a sustained period of time.
- Lunge with correct form and technique.
- Skip (jump with rope) with correct form and technique.
- Speed bounce with correct form and technique.
- Squat with correct form and technique.

Year 5/6

- Demonstrate an understanding of how the body works before, during and after exercise.
- Accurately measure their own resting and active heart rate.
- Accurately measure the resting and active heart rate of others.
- Compare performances with previous ones and demonstrate improvement to achieve their personal best.
- Perform press ups with correct form and technique.
- Perform sit ups with correct form and technique.
- Seated dip with correct form and technique.
- Star jump with correct form and technique.
- Straddle jump with correct form and technique