

Progression in Fitness at Ashleigh

Year 1	Year 2	Year 3						
<p>YEAR 1</p> <ul style="list-style-type: none"> • I can run at different speeds. • I can show hopping, skipping and jumping movements. • I can experiment with different types of jumps and landing. • I can recognise changes in my body when I do exercise and understand why it is important to warm up. • I can change direction. • I show determination to continue working over a longer period of time. 	<p>YEAR 2</p> <ul style="list-style-type: none"> • I show determination to continue working over a longer period of time and encourage others to do this too. • I can show balance when changing direction. • I understand that there are different areas of fitness. • I show balance and co-ordination when running at different speeds. • I can show hopping, skipping and jumping movements with some balance and control. • I can describe how my body feels during exercise. 	<p>YEAR 3</p> <ul style="list-style-type: none"> • I can understand why it is important to warm up. • I understand that there are different areas of fitness. • I am determined to work at my personal best. • I can work safely within my capabilities. • I can persevere when I find a challenge is hard. • I can collect and record personal fitness data and I can recognise my strengths. 						
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Year 4	Year 5	Year 6						
<p>YEAR 4</p> <ul style="list-style-type: none"> • I can persevere when I find a challenge hard. • I show determination to achieve my personal best. • I can encourage others to work to their personal best. • I can explain what happens in my body when I warm up. • I can collect and record personal fitness data and identify areas I need to improve. • I understand there are different areas of fitness and that each area challenges my body differently. 	<p>YEAR 5</p> <ul style="list-style-type: none"> • I can lead a partner through short warm-up routines. • I can analyse my fitness data to identify areas of improvement. • I understand the different components of fitness and how to test them. • I show determination to work to my maximum level. • I can encourage and motivate others to work to their personal best. 	<p>YEAR 6</p> <ul style="list-style-type: none"> • I can motivate and encourage others to work to their personal best. • I show determination to work to my maximum level. • I can lead a small group through a short warm-up routine. • I can collect, record and analyse data to identify areas where I have made the most improvement • I understand the different components of fitness and ways to test and develop them. 						
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