



Year 7 Health and Fitness Activities

6 Lessons

Stage	Description
Emerging	<p>Can perform basic fitness exercises with a developing technique usually applied with co-ordination and control.</p> <p>Can demonstrate ways of improving cardiovascular fitness</p> <p>Can demonstrate ways of improving muscular endurance/strength</p> <p>Can see the differences between their performances and others.</p> <p>Can take part in a warm-up/cool down correctly</p>
Developing	<p>Can perform fitness exercises with good technique with co-ordination and control.</p> <p>Can demonstrate reasonable levels of cardiovascular fitness</p> <p>Can demonstrate reasonable levels of muscular endurance/strength</p> <p>Able to compare their own and others work and see the differences so that they can improve their own performance.</p> <p>Can suggest ideas for a warm/up cool down</p>
Secure	<p>Can devise own fitness exercises as part of a programme.</p> <p>Can demonstrate good levels of cardiovascular fitness</p> <p>Can demonstrate good levels of muscular endurance/strength</p> <p>Are able to carry out fitness tests to a good level.</p> <p>Can suggest ways to improve performances.</p> <p>Can conduct a suitable warm up for a small group.</p>
Excellence	<p>Can devise own fitness programme to improve a specific component of fitness</p> <p>Can consistently demonstrate high cardiovascular fitness levels.</p> <p>Can demonstrate high levels of muscular endurance/strength</p> <p>Are able to carry out fitness testing to a good level and evaluate own and others performance</p> <p>Show the ability to evaluate their own and others performances and can suggest ways to improve performances.</p> <p>Can lead a suitable warm up for a larger group</p>