



## Year 8 Health and Fitness Activities

6 Lessons

Stage	Description
Emerging	<ul style="list-style-type: none"><li>Can perform basic fitness exercises with a developing technique usually applied with co-ordination and control.</li><li>Can demonstrate ways of improving cardiovascular fitness</li><li>Can demonstrate ways of improving muscular endurance/strength</li><li>Can see the differences between their performances and others.</li><li>Can take part in a warm-up/cool down correctly</li></ul>
Developing	<ul style="list-style-type: none"><li>Can perform fitness exercises with good technique with co-ordination and control.</li><li>Can demonstrate reasonable levels of cardiovascular fitness</li><li>Can demonstrate reasonable levels of muscular endurance/strength</li><li>Able to compare their own and others work and see the differences so that they can improve their own performance.</li><li>Can suggest ideas for a warm/up cool down</li></ul>
Secure	<ul style="list-style-type: none"><li>Can devise own fitness exercises as part of a programme.</li><li>Can demonstrate good levels of cardiovascular fitness</li><li>Can demonstrate good levels of muscular endurance/strength</li><li>Are able to carry out fitness tests to a good level.</li><li>Can suggest ways to improve performances.</li><li>Can conduct a suitable warm up for a small group.</li></ul>
Excellence	<ul style="list-style-type: none"><li>Can devise own fitness programme to improve a specific component of fitness</li><li>Can consistently demonstrate high cardiovascular fitness levels.</li><li>Can demonstrate high levels of muscular endurance/strength</li><li>Are able to carry out fitness testing to a good level and evaluate own and others performance</li><li>Show the ability to evaluate their own and others performances and can suggest ways to improve performances.</li><li>Can lead a suitable warm up for a larger group</li></ul>