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ROGRESSION OF KEY SKILLS

Fitness

Early Years

EY

- Experiment with different ways of balancing through various fun exercises
- Imaginative exercises beginning to count how many they can do
- Begin to co-ordinate different parts of your body through fun exercises
- Begin to understand the importance of good health, physical exercise, and a healthy diet

1

Year 1

- Balance on different parts of body performing static and some moving exercises
- Each imaginative exercise - encourage to count score and record them
- Co-ordinating body whilst beginning to move with control when exercising
- Beginning to understand what is happening to your body when exercising

2

Year 2

- Balancing in exercises static and when moving building control when performing movements
- Counting scores, recording them and trying to beat their score
- Co-ordinating body whilst beginning to move at different speeds during various exercises
- Understand what is happening to your body when exercising and how to feel a pulse

3

Year 3

- Balancing with control, focusing on preferred and non preferred leg (when performing exercises)
- Complete a variety of fitness exercises successfully and achieve a personal best
- Co-ordinate body to perform a combination of movements in a variety of exercises
- Take pulse before exercise. Understand how your body is getting stronger when exercising

4

Year 4

- Balancing in different directions e.g. on leg- forward backward and side to side
- Complete a variety of fitness activities confidently and achieve a number of personal bests
- Co-ordinate body efficiently to perform a combination of movements or actions when exercising
- Begin to know different types of fitness. Take pulse before and after exercise

5

Year 5

- Balancing on various parts of body when moving - using core strength and keeping control when moving
- Can compare their performances with previous ones and strive to achieve a personal best on each station
- Co-ordinate using both sides of the body when performing exercises - increasing speed and power
- Create a warm up and cool down. Take pulse before and after exercise accurately

6

Year 6

- Balance on various body parts using harder balances e.g shutting eyes, adding explosive movements
- Evaluate previous performance levels and demonstrate improvements to achieve their personal best
- Co-ordinate using both sides of the body with fluency and speed to perform a combination of exercises
- Create an exercise to improve a specific fitness e.g. strength, co-ordination, power

