



Porters Grange Primary School

## Physical Education

### Fitness

Early Years	
Year 1	<p>I use co-ordination to turn a skipping rope. I show co-ordination when trying hula hoop skills. I can change direction when running. I can run at different speeds. I can show hopping and jumping movements. I can recognise changes in my body when I do exercise. I work with others to turn a rope. I try my hardest to keep working over longer periods of time.</p>
Year 2	<p>Link different hoop skills to create a routine. Show hopping and jumping movements with some balance and control. Understand that running at a slower speed will allow me to run for a longer period of time. Describe how my body feels during exercise. I work with others to turn a rope and encourage others to jump at the right time. Show determination to continue working over a longer period of time. Persevere with new challenges.</p>
Year 3	<p>Show balance when changing direction. Use key points to help me to improve my sprinting technique. Complete exercises with control. I understand the benefits of exercise. Provide feedback using key words. Collect and record personal fitness data and I can recognise my strengths. Work safely with others. Persevere when I find a challenge is hard.</p>
Year 4	<p>Show balance when changing direction at speed. Use key points to help me to improve my sprinting technique. Show control when completing activities to improve balance. Explain what happens to my body when I exercise and how this helps to make me healthy.</p>

	<p>Understand there are different areas of fitness and that each area challenges my body differently.          Collect and record personal fitness data and identify areas I need to improve.          Share ideas and work with others to manage activities.          Show determination to continue working at over a period of time.</p>
Year 5	<p>Understand the different components of fitness and how to test them.          Choose the best pace for a running event and maintain speed.          Identify how different activities can benefit my physical health.          Analyse my fitness data to identify areas of improvement.          Encourage and motivate others to work to their personal best.          Work with others to manage activities.          Understand what my maximum effort looks and feels like and I am determined to achieve it</p>
Year 6	<p>Change my running technique to adapt to different distances.          Understand the different components of fitness and ways to test and develop them.          Understand that there are different areas of fitness and how this helps me in different activities.          Collect, record and analyse data to identify areas where I have made the most improvement.          Encourage and motivate others to work to their best.          Work with others to organise, manage and record information at a station.          Work to my maximum consistently when presented with challenges.</p>