

# Health Related Fitness

You must be able to complete all of the points in the box to complete that specific level

LEVEL	A	B	C
3	<ul style="list-style-type: none"> <li>I can lead a basic warm up.</li> <li>I know which component of fitness that all the tests measure.</li> <li>I have an above average baseline level.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the importance of a warm up.</li> <li>I know which components of fitness some fitness tests measure.</li> <li>I have an average baseline level.</li> </ul>	<ul style="list-style-type: none"> <li>I can take part in a warm up.</li> <li>I can perform a series of fitness tests.</li> <li>I have a below average baseline level.</li> </ul>
4	<ul style="list-style-type: none"> <li>I know where to take a resting heart rate</li> <li>I can use the fitness equipment safely following the rules</li> <li>I can work safely and without teacher support with a partner on the fitness equipment</li> </ul>	<ul style="list-style-type: none"> <li>I can lead a 3 phase warm up and know the reasons why we warm up.</li> <li>I can outline two changes that happen to my body during exercise</li> <li>I have a moderate level of fitness MSFT=level 3-5 (2 level improvement) Sit ups and press ups=10-15</li> </ul>	<ul style="list-style-type: none"> <li>I can lead a 3 phase warm up.</li> <li>I can define some of the components of fitness which we have studied.</li> <li>I can work well without teacher support independently on the fitness equipment</li> <li>I have an above average baseline level.</li> </ul>
5	<ul style="list-style-type: none"> <li>I can explain 3 changes to the body during exercise</li> <li>I know two reasons why I cool down after exercise</li> <li>I can explain the difference between the cardio and resistance machines</li> <li>I can make 2 comments on another pupils technique on the resistance machines</li> </ul>	<ul style="list-style-type: none"> <li>I can think of four different ways to train the body</li> <li>I can measure my heart rate after exercising</li> <li>I have a good level of fitness MSFT=level 5-8 (3 level improvement) Sit ups and press ups=20-30</li> </ul>	<ul style="list-style-type: none"> <li>I can use the resistance machines with control without the weights banging together</li> <li>I can show what exercises to do to improve my strength</li> <li>I can evaluate my own fitness levels and know how to improve in 2 different areas</li> </ul>
6	<ul style="list-style-type: none"> <li>I Know how to cool down correctly and can explain the reasons why.</li> <li>I can explain what heart rate and recovery rate is</li> <li>I can follow a training programme</li> </ul>	<ul style="list-style-type: none"> <li>I can explain why your pulse rate increases with exercise</li> <li>I can perform a cool down of stretches and pulse lowering exercises</li> <li>I have a very good level of fitness MSFT=level 8-12 (4 level improvement) Sit ups and press ups=30-40</li> </ul>	<ul style="list-style-type: none"> <li>I know how to increase the intensity of a training session (make it more difficult)</li> <li>I can demonstrate or explain the difference between strength and muscular endurance</li> <li>I can use the resistance machines using the correct posture, body straight and still</li> <li>I can observe a pupil training and give 2 strengths and a area to improve</li> </ul>
7	<ul style="list-style-type: none"> <li>I can name the major bones and muscles in the body.</li> <li>I can lead the whole group in a warm-up and cool down</li> <li>I can lead another pupil to perform a safe training session.</li> </ul>	<ul style="list-style-type: none"> <li>I know 5 different components of fitness such as strength and speed etc</li> <li>I have an excellent level of fitness MSFT=level 12 + (5 level improvement) Sit ups and press ups=40 or more</li> </ul>	<ul style="list-style-type: none"> <li>I can outline 3 long term improvements to the body after regular exercise</li> <li>I can set goals to work to during a training session.</li> <li>I can observe a pupil training and give 2 strengths and two areas of improvement.</li> </ul>

PLT'S

self managers  
(perform at max levels)

creative thinkers  
(Outwit opponents)

Independent enquires  
(accurate replication)

reflective learners  
(identify/solve problems)

effective participants  
(exercise safely and  
Effectively)

team workers  
(communicating and  
exploring ideas)