

























Name:		Autumn Term				Spring Term				
FITNESS										
		Know main components of fitness								
		Understand how to test each component of fitness								
		Fitness levels								
		Target:								
PHYSICAL LITERACY										
		I can perform the core movements well (hop, change in direction, side step, jump, running)								
	Target:									

Name:		Autumn Term				Spring Term				
LEADERSHIP LIFESKILLS: MORALS										
		Understand concept of fair play								
		I can communicate effectively at a basic level to improve performance levels								
		Target:								
HEALTH		Know 3 components of health								
		State one way my mental state changes during/ after exercise								
		State one way my physical state changes during/ after exercise								
		State one way my social state changes during/ after exercise								
		I lead a healthy lifestyle (e.g. get enough sleep, exercise regularly, eat real food, relax regularly)								
		Target:								

Name:		Autumn Term				Spring Term			
ENJOYMENT CONFIDENCE									
	I have fun in my lessons								
	I try hard in my lessons								
	Target:								

