Year 7 FITNESS CYCLE SHEET

NAME: **CLASS** **TARGET GRADE:**
STUDENT: SBE BE E AE SAE **TEACHER:** SBE BE E AE SAE

ASSESSMENT OBJECTIVE- Students will be assessed on their cardiovascular endurance, muscular endurance, muscular strength and their performance of exercises.

Target grade	Criteria	CURRENT GRADE	Targets For Improvement	END of UNIT GRADE
8-9	I am able to complete long periods of endurance running without stopping, explaining how to pace myself		Area of your performance you would like to improve. 1. At the end of this unit, I would like to improve my… _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 2. At the end of this unit, I would also like to improve… _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	
	I am able to complete speed based activities very well over a long distance, explaining what technique to use to increase acceleration and maintain maximum speed			
	I can complete muscular endurance activities without stopping using the correct technique throughout			
	I have excellent levels of strength across **all** body parts and can use this to improve performance in other sports			
	I am able to identify and help others improve their technique when they perform it wrong			
	I exceed fitness target levels for most fitness tests for my age group			
6-7	I can run for long periods of time stopping only occasionally			
	I am able to run at speed over an extended distance. Describing how I can improve my speed through technique			
	I can complete muscular endurance exercises with minimal rest. I can do these exercises using the correct technique most of the time			
	I have good levels of strength across all body parts			
	I am able to change my technique to ensure I am during the exercises correctly			
	I meet expected fitness levels for my age range in fitness tests			
4-5	I can run for long periods of time, however I have to stop frequently for rest.			
	I can run at speed but only for a small distance			
	I can perform muscular endurance activities however I have to stop often to give my muscles a rest			
	I have strength but only in certain areas of my body			
	I am able to correct my technique when instructed to do so by a teacher or a peer			
	I fall below expected target levels in most fitness tests for my age group			

6 WEEK PROGRAM
Week 1: Fitness Testing
Week 2: Fitness Testing
Week 3: Circuit Training
Week 4: Circuit Training
Week 5: Circuit Training
Week 6: Fitness Testing

KEYWORDS- components of fitness, cardiovascular endurance, muscular endurance, muscular strength,

Careers- Personal Trainer, gym instructor, coach, PE teacher, professional athlete, referee/official, sports organiser, sport journalist, Sport analyst

End of cycle self-assessment- Write a review of your performance over the cycle. Discuss the 'WWW' and 'EBI'. Include examples and reasons for why these are 'WWW' and 'EBI'.

WWW:

EBI:

TEACHER COMMENT: