

Year 8 FITNESS CYCLE SHEET

NAME: _____ **CLASS** _____
STUDENT: SBE BE E AE SAE

TARGET GRADE: _____
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 LEVEL	Targets For Improvement	FINAL?
8-9	I am comfortable completing long distance running with no need to stop for rest. I am able to assess how to alter running speed to maximise performance and outwit opposition/competitors		Area of your performance you would like to improve.	
	I am competent at performing muscular endurance exercises with ease, understanding how to create a fitness circuits to improve certain areas of the body		1. At the end of this unit, I would like to improve my... _____	
	I have high levels of all round strength and am able to analyse a variety of exercises I can do to develop my strength		_____ _____	
	I am able to demonstrate good technique to my peers and provide detailed feedback to them when their technique is wrong. I am able to justify the consequences of bad technique		_____ _____	
	I exceed fitness target levels for my age for most fitness tests		_____ _____	
6-7	I am able to complete long periods of endurance running without stopping, explaining how to pace myself		_____ _____	
	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		2. At the end of this unit, I would also like to improve... _____	
	I do not require improvements for my technique, 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		_____ _____	
4-5	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 doing the exercises correctly		_____	
	I meet expected fitness levels for my age range in fitness tests		_____	

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TEACHER COMMENT:
