

What Fitness Level am I?

Level 1	
I Can	Give a reason why a warm up is important for fitness.
I Can	Identify safety points for fitness.
I Can	Demonstrate few core skills.
I Can	Perform few core skills with guidance.
I Can	Identify a strength or weakness in a performance.

Level 2	
I Can	Demonstrate a suitable warm up for fitness.
I Can	Describe the basic rules of fitness training.
I Can	Demonstrate some core skills.
I Can	Safely perform some core skills in training.
I Can	Justify a strength or weakness in my fitness.

Level 3	
I Can	Plan a suitable warm up for fitness.
I Can	Describe the technique of core skills.
I Can	Demonstrate many core skills.
I Can	Identify a range of major muscles in the body
I Can	Describe how to improve a weakness.

Level 4	
I Can	Lead a safe and effective warm up for fitness.
I Can	Complete fitness tests using the correct protocol
I Can	Demonstrate most core skills and few advanced skills.
I Can	Perform few advanced skills with guidance.
I Can	Evaluate the scores for the fitness tests, using the norms

Level 5	
I Can	Lead a reliable fitness test
I Can	Identify a range of major muscles, joints, and movements in the body
I Can	Safely perform some advanced skills.
I Can	Create and complete a basic fitness plan focussed on one or two areas for development
I Can	Explain how to train to improve fitness test scores

Level 6	
I Can	Plan a session for an advanced method of training.
I Can	Explain principles of training for effective workouts.
I Can	Score 'above average' on three fitness tests for different components of fitness.
I Can	Create and complete a fitness plan which includes creativity
I Can	Evaluate the application of advanced skills.

Level 7	
I Can	Lead a session for one method of training.
I Can	Identify a variety of types of training to suit my sporting needs.
I Can	Research and plan my own PEP and apply the principles of training in it.
I Can	Demonstrate good knowledge of the muscles, joints, and joint actions for my PEP.
I Can	Critically evaluate my training programme and identify how to progress further.

Level 8	
I Can	Lead a session for one method of training to stretch and challenge all.
I Can	Apply a variety of types of training to suit the situation which will improve those around you.
I Can	Research and perform my own personal exercise programme to completion.
I Can	Demonstrate excellent knowledge of the muscles, joints and joint actions for my PEP.
I Can	Critically evaluate my training programme and identify how to progress further.

Assessment strands:

Leadership
Knowledge and understanding
Performance skills
Performance Analysis and Evaluation

2x I Can = Level -
 3x I Can = Level
 4x I Can = Level +

What Fitness Level am I?

SAFETY

No running in fitness suite

No food

Water bottles recommended

Treadmill

Must have safety clip attached

Safe running speed

Stop safely

One student at a time

Rowing machine

Foot straps always used

Keep hair/ lanyard etc away from motor

Always use the handle holster

Free weights

Technique comes BEFORE weight. If unsure, start light and slowly increase the weight.

Ensure you have a spotter for free weights

Safe weight limits

Check pins are inserted fully and securely

Check nearby students are a safe distance

Control weights throughout entire movement (don't drop or 'clank' them)

Don't lean on black weights (finger trapping risk)

CORE SKILLS

Fitness testing

- Carry out

Training methods using safe and correct technique

- Body weight training
- Continuous training
- Flexibility training
- Circuit training
- Agility training
- Interval training

ADVANCED SKILLS

Training methods using safe and correct technique

- Plyometric training
- Free weights

Fitness testing

- Validity
- Reliability

Training programme design

- Principles of training
- Additional Principles of training

KEY TERMS

Reps & Sets

Rate of Perceived exertion (RPE)

Spotting

One rep max (1RM)

Max Heart Rate (MHR)

Resting Heart Rate (RHR)

Training zones = Aerobic &

Anaerobic

FITT - Frequency, Intensity, Time and Type

Physical Components of Fitness

- Flexibility
- Speed
- Body Composition
- Aerobic endurance
- Muscular endurance
- Muscular strength

Skill Related Components of Fitness

- Balance
- Coordination
- Reaction time
- Agility
- Power

EVALUATION KEY WORDS

EVALUATION TIME!

WHAT? - Identify a strength and weakness.

WHERE? - be specific, where did it happen in the performance/game/practice?

WHY - is it so good/need to improve?

HOW - could they improve it? Could you offer a demonstration? Can you suggest a practice or drill to help perfect technique?

DON'T FORGET TO USE OUR KEY WORDS!