**Fitness (Aerobics/Zumba) – Skills Ladder**

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| **Foundation Stage** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| I can begin to understand that keeping fit is important | I understand that keeping fit is important | I know and understand why it is important to keep fit | I can explain & show how my body changes during exercise | I can explain why keeping fit is good for my health | I can explain some important safety principles when preparing for exercise | I can explain why I need regular & safe exercise |
| I can observe the effect on my body during exercise | I can begin to describe how my body feels before & after exercise | I can describe how my body feels before, during & after physical activities | I can recognise & describe the short-term effects of exercise on the body during exercises | I can describe how my body reacts during different types of exercise | I am aware of when physical exercise is affecting my body | I can explain how the body reacts to different kinds of exercise |
| I can begin to understand good health as well as healthy eating | I understand that healthy eating is important in everyday life | I can explain what happens to my body during exercise & what it needs to keep it healthy | I can explain what my body needs to keep healthy & begin to understand what foods are good for my body | I understand what foods are healthy & unhealthy & begin to learn about hygiene | I know what food are healthy & understand the importance of hygiene when doing exercise | I can talk about a healthy balanced diet & describe a good hygiene routine |
| I can begin to follow instructions carefully; in any type of fitness/activity I am taking part in | I can follow instructions carefully; in what type of fitness/exercise I am taking part in | I can follow instructions given by a teacher, in different types of fitness, I am taking part in & stay in my own space | I can listen carefully & follow instructions to participate fully in different styles of fitness lessons | I can follow instructions for different types of fitness & know how my body will feel – having different effects on the way I perform | I know when it is necessary to drink water | I know when I need water & can cool-down when necessary |
| I can take part in simple warm-up & cool-down routines led by the teacher & begin to answer questions about why we are doing these | I can begin to follow warm-up & cool-down routines, led by the teacher & begin to understand why these are important | I can follow warm-up & cool-down routines & explain why these are important | I can begin to explain why it’s important to warm-up & cool-down before & after exercise | I can explain why it is important to warm-up my body before exercise & cool-down after | I can choose appropriate warm-ups & cool-downs | I can choose, demonstrate & lead warm-up & cool-downs to the class, understanding & explaining why these are important to my body |
| I can begin to carry & place equipment safely | I know how to carry & place equipment safely | I can lift, move & place equipment safely | I can lift, move & place equipment safely, being aware of myself & others | I can safely move any PE equipment, being aware of myself & others & understand why it important to choose appropriate clothing for the activity | I can begin to choose appropriate clothing when playing sport | I can choose appropriate clothing when playing sport |