



WPS Fitness Progression Framework



Learning objectives	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
EY						
	To follow & copy a partners actions To be able to point to the heart and perform exercises that increase heart rate	To listen and follow instructions To feel and describe changes in breathing rate	To be able to skip with control (no rope) To perform exercises to make leg muscles stronger	To perform exercises with control To change direction with control	To exercise continuously for 3 minutes To improve co-ordination skills by performing a speed bounce and throwing at a target	To perform exercises safely To balance with control when moving the beanbag.
Yr 1						
	To copy & refine a partner's moves	To know what the heart does and what exercises help it	To perform basic rope skills	To name muscles being exercised	To keep moving for 5 minutes	To perform core exercises safely and with control
Yr 2						
	To perform a variety of fundamental movement and sport skills	To change direction quickly with control	To name different ways of moving	To perform activities to improve leg and arm strength	To create exercises linked to a sporting theme	To say what happens to the heart when we exercise

Yr 3						
	To explain - what is a fitness circuit?	To design a fitness circuit using set activities	To describe where core muscles are in your body	To measure breathing rate and record score after different types of activity	To use core muscles to help with balance and strength	To state that High Intensity Interval Training (HIIT) is a good way of strengthening heart and lungs
Yr 4						
	To set a personal challenge to beat own score	To describe cardiovascular fitness	To show endurance when performing in a boot camp circuit i.e. no stopping between activities	To strengthen core muscles by performing exercises to improve core strength	To increase leg strength by performing squat and lunge exercises	To perform in activities to raise heart rate and explain why this happens
Yr 5						
	To perform in a circuit of activities to improve strength, conditioning and cardiovascular	To perform in a circuit of activities to improve speed and stamina	To perform consistently good coordination skills when under pressure	To improve agility and coordination skills when performing a set routine	To co-operate well with a partner when performing tasks to improve core	To show a rapid change in direction when performing agility exercises
Yr 6						
	To perform in activities to improve muscular endurance without stopping	To choose the correct pace for each activity	To perform a variety of cardiovascular activities without stopping	To be able to define the terms agility, balance and coordination and help design an activity to improve each area of fitness	To give clear and safe instructions to another team to teach them your obstacle course	To define the terms Speed, Reaction time and Power