



'Curriculum is the Progression Model'

FUNdamental movement skills > Health Related Exercise



I know how to adapt routines effectively to ensure progress can be made in various sub-genres of fitness

I know there are multiple sub-genres of fitness and can list some of these (CV Endurance, muscular endurance etc)

I know how to use my social skills, my knowledge of nutrition and how the body adapts to act effectively as a personal trainer for peers.

I know which foods help or hinder my body to function (protein & fibre over sugar and fat)

I know how to identify areas of fitness where I am strong and areas that I could improve

I know how to sprint, jog, hop, change direction, place weight on hands, climb basic structures demonstrating agility and control.

I know the process of muscular hypertrophy (maybe not my name, repetitive exercise results in muscle growth) and can demonstrate effort/activity levels that will achieve this

I notice the basic changes that occur when my body participates in exercise (heart beats faster, I get hotter, sweat)