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| **Level** | **Health & Fitness** | **Components of Fitness** | **Principles of training** | **Fitness Testing** | **Training Methods** |
| **9-10** | I am able to describe, explain and analyse the links between health and fitness. I can identify and explain the similarities and differences. | Shows excellent knowledge and understanding of the components of fitness. I can explain in detail how this would benefit a performer. | I can explain and apply to a training programme. I can design and successfully carry out with evidence of improvement to fitness. | I can lead a variety of fitness tests in a safe way. I can explain different procedures and achieve a high level within testing personally. | I am able to plan a detailed training programme to target a specific performer. I will include specific components of fitness and appropriate training methods. |
| **7-8** | I am able to analyse how fitness impacts on health, giving clear examples and using learnt methods to justify my answers. | Shows good knowledge and understanding of the components of fitness. I can describe what each mean and give some benefits to a performer. | I can explain and apply the principles of training to my own training programme. I am able to demonstrate that I am carrying out the principles of training. | I am able to explain different procedures involved in fitness testing and support leading different tests. I can achieve good levels within testing personal. | I can design and complete a training programme. I know all of the methods of training and can successfully plan 3 methods. I can identify how each improves a specific Component of Fitness. |
| **5-6** | I am able to explain the difference of health and fitness and give clear examples. | Shows good knowledge and understanding. I can describe each component of fitness and I am able to identify them within a sport. | I am able to describe the principles of training and demonstrate them in a practical situation. | I am able to describe procedures and can support the running of some fitness tests. I participate in tests. | I am able to design a varied training programme using 3 or more training methods. I can show links to improved fitness. |
| **3-4** | I am able to identify the similarities and differences between Health and Fitness. | I show some knowledge and understanding of CoF. I can describe some but struggle to identify them within different sports. | I am able to name all of the Principles of Training with a brief description of each. I am able to demonstrate them in a conditional context. | I am able to describe procedures and can support the running of some simpler fitness tests. I participate in tests but lack fitness to perform at a good level. | I can explain about 2 different types of training method. I can describe them and am able to carry out and demonstrate interval, continuous and Fartlek training. |
| **1-2** | I can describe what health is and the different type of heath. I can describe what fitness is. | I am able to Identify all of the Components of Fitness. | I am able to identify the principles of training and demonstrate them with assistance. | I can identify a range of fitness tests that are used. I can demonstrate them with assistance | I can explain what continuous and interval training is and can demonstrate continuous training. |

 **Health and Fitness**

**Part 2 – Game Situation (15 Marks)**

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| **13-15** | * I show that I can effectively use appropriate fitness exercise to precisely match my fitness requirements * I am able to sustain high level technique, and can teach others how to use the equipment effectively * I can plan a 6 week training program for others responding to their fitness requirements. |
| **10-12** | * I show that I can usually select the appropriate fitness exercises for my own fitness requirements and I can change intensity * I can plan a progressive 4-6 week training program showing progression and sometimes overload * I can successfully demonstrate how to use equipment and begin to teach others how to use it |
| **7-9** | * At times, I can select the appropriate exercises for my requirements and can begin to change intensity * I can plan a 3 week training program showing some progression between sessions * I can successfully demonstrate how to use fitness equipment properly |
| **4-6** | * At times, I can select the appropriate exercises for my requirements but lack knowledge to change intensity * I show some technique when using equipment, and can start to plan a one off fitness session * I occasionally select appropriate fitness exercise to my fitness requirements |
| **1-3** | * I show limited knowledge to make decisions regarding a fitness programme and they are rarely relevant to aims of my fitness session * I show limited technique when using fitness equipment, and lack the understanding of how to adapt my intensity * I rarely select the appropriate exercises to fitness requirements. |