



	Year 5	Year 6	Year 7	Year 8
Cardiovascular Endurance	Participate in the Multi Stage Fitness Test (MSFT) with understanding of pacing. Demonstrate continuous movement for sustained periods. Begin to understand the link between heart rate and exercise intensity. Record and recognise personal score.	Improve performance in the Multi Stage Fitness Test through better pacing strategy. Demonstrate understanding of aerobic endurance . Monitor and compare personal scores. Sustain effort at increasing intensity levels.	Apply effective pacing strategy throughout test. Sustain high levels of aerobic activity. Analyse performance and identify areas for improvement.	Achieve sustained high-level performance in the Multi Stage Fitness Test . Demonstrate advanced pacing and mental resilience. Interpret results in relation to cardiorespiratory fitness . Set targets for continued improvement.
Reaction Time & Speed	Respond to simple visual and auditory stimuli. Perform short sprint efforts over 10–20 metres. Demonstrate correct sprinting technique including arm drive and forward lean. React quickly in basic competitive activities.	Complete structured circuit training with increased intensity. Perform higher repetitions with correct form. Demonstrate understanding of work-to-rest ratios . Show improved muscular endurance across multiple stations.	Demonstrate explosive acceleration from stationary start. Maintain maximal speed over short sprint distances. React rapidly to competitive cues. Apply speed in game-related scenarios.	Demonstrate consistent explosive speed with efficient sprint mechanics. React instinctively to varied stimuli. Maintain speed endurance across repeated efforts. Apply speed tactically in competitive situations.
Strength and Muscular Endurance	Complete a simple circuit training programme using bodyweight exercises. Perform basic exercises such as press-ups, sit-ups, and squats with correct technique. Sustain effort for timed intervals. Understand the difference between strength and muscular endurance .	Catch consistently from mid-range distance. Demonstrate correct technique for high catch under pressure. Perform basic wicket keeping standing back with improved reaction time. Show readiness position behind the stumps.	Design and complete a basic personalised circuit training programme. Apply progressive overload through increased repetitions or intensity. Demonstrate correct technique under fatigue. Sustain muscular endurance across extended circuits.	Plan and evaluate an effective circuit training programme targeting specific fitness components. Apply principles of progressive overload and specificity . Demonstrate high levels of muscular endurance and controlled strength.
Co-ordination	Demonstrate basic hand-eye and foot-eye co-ordination in simple drills. Perform controlled movement patterns involving upper and lower body. Maintain rhythm in	Demonstrate improved timing and rhythm in complex movement patterns. Coordinate upper and lower body actions simultaneously. Apply co-ordination in small com-	Execute complex movement sequences with accuracy. Demonstrate control when combining multiple motor skills. Maintain co-ordination under moderate pres-	Demonstrate advanced motor control in complex movement combinations. Combine balance, timing and rhythm seamlessly. Apply co-ordination effectively under com-
Agility	Demonstrate basic change of direction at low speed. Perform simple agility patterns with control. Maintain balance during directional	Perform controlled change of direction at increased speed. Demonstrate improved dynamic balance . Link agility movements together	Execute advanced agility drills at game speed. Demonstrate rapid change of direction with control. Apply agility in sport-specific move-	Demonstrate elite level agility with rapid and controlled directional changes. Combine speed and balance efficiently. Sustain agility per-