Stamina

Fourth Level

Third Level

The ability of the heart and lungs to work for

Makes informed choices and decisions for sustaining moderate to vigorous physical activity.

Takes responsibility for sustaining moderate to vigorous physical activity that provides challenge.

a long period of time without tiring



Applies aerobic/anaerobic systems to support successful performance.

Demonstrates stamina in physical activity to support successful performance.

Justifies the selection of personal goals for sustaining moderate to vigorous physical activity that leads to improvement.

Creates, implements and monitors personal goals for sustaining moderate to vigorous physical activity that leads to improvement.

Critically analyses local, cultural and social factors that influence participation in physical activity and suggests improvements.

Measures heart rate, pays attention to breathing rate and ability to talk in order to monitor body’s reaction to physical activity.

Investigates target training heart rate zones and how these zones relate to fitness and health and wellbeing.

Demonstrates and explains why some cultural and social factors influence participation in physical activity.