



## Healthy Active Lifestyles

Year 1		Year 2	
Body awareness	<ul style="list-style-type: none"> <li>To explain how why being active can make them feel warmer.</li> <li>To discuss why it is good for them to take part in physical activity.</li> <li>To describe how their body feels when they are exercising / relaxing</li> <li>To explain what their body feels like when tensed.</li> <li>To describe how their body feels before starting, during and after a PE lesson.</li> </ul>	Body awareness	<ul style="list-style-type: none"> <li>To describe how their body feels after a running activity.</li> <li>To talk about how being out of breath can affect their performance.</li> <li>To compare how their body feels after a slower activity and compare it to after a higher intensity activity.</li> <li>To find their heartbeat and describe how it beats in simple terms.</li> <li>To explain why the heart beats faster as they move faster.</li> <li>To describe what happens when their body temperature increases.</li> <li>To identify when the body is cool, warm and hot during activities</li> </ul>
Knowledge and understanding	<ul style="list-style-type: none"> <li>To know the importance of using apparatus safely.</li> <li>To explain some of the dangers from not handling/ using apparatus safely.</li> <li>To know the position of the heart and how movement affects heartbeat - giving a basic explanation of why changes occur.</li> <li>To understand why they become out of breath during exercise.</li> <li>To give a basic explanation of why breathing rate increases with exercise.</li> <li>To identify which type of movements (slow, medium or fast) have the greatest effect on our heartbeat.</li> <li>To understand how to get heart and breathing rate back to normal after exercise.</li> <li>To understand that food provides energy to move.</li> </ul>	Knowledge and understanding	<ul style="list-style-type: none"> <li>To use apparatus safely, including the positioning of mats and benches.</li> <li>To explain how to make an activity safe by introducing/changing equipment and/or the number of children.</li> <li>To understand what a warm-up is and how it prepares them for the lesson.</li> <li>To explain the benefits of a thorough warm up</li> <li>To describe the basic needs of humans for survival (water, food and air).</li> <li>To describe the importance of exercise, eating the right amounts of different types of food, and hygiene for humans.</li> <li>To understand that water helps to cool the body down</li> </ul>



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Year 3		Year 4	
Body awareness	<ul style="list-style-type: none"> <li>To understand how a warm up is to prepare the body and mind for exercise.</li> <li>To compare and comment on heart rates when resting and during activity.</li> <li>To know why heart rate, breathing rate and temperature change during exercise.</li> <li>To use appropriate language to describe the changes to their bodies during exercise (heart rate, temperature increase/decrease).</li> <li>To identify the immediate effects of exercise on the body.</li> <li>To identify the effects that a cool down can have on the body and mind</li> <li>To understand which parts of the body are particularly important for a given activity</li> </ul>	Body awareness	<ul style="list-style-type: none"> <li>To describe how their body feels and changes during the warm-up.</li> <li>To know why heart rate and breathing rate change during exercise.</li> <li>To describe how their heart rate is different when moving at different speeds.</li> <li>To understand why their body changes temperature during exercise.</li> <li>To describe what happens to the standard of performance when they tire.</li> <li>To understand what they need to do to ensure throwing activities and games are safe.</li> </ul>
Knowledge and understanding	<ul style="list-style-type: none"> <li>To know what the term agility means and why it is needed in games.</li> <li>To know what the term speed means and why it is needed in games.</li> <li>To know what the term stamina means and why it is needed in games.</li> <li>To know how to develop stamina and fitness and how games can help with this.</li> <li>To understand why improving strength and flexibility will help improve their performance across a range of activities</li> <li>To understand that different types of food provide play a role in keeping us healthy</li> <li>To understand that water helps to cool the body down and understand the term 'hydration'</li> </ul>	Knowledge and understanding	<ul style="list-style-type: none"> <li>To know how improving their strength can help to improve their ability to play a range of sports.</li> <li>To know and understand the term flexibility and how regular stretching improves it.</li> <li>To know what speed is and how it increases the chance of keeping possession.</li> <li>To understand how speed is important to get into good defensive positions</li> <li>To understand what makes a good warm up routine and take responsibility for planning and leading one section of the warm-up.</li> <li>To understand why regular exercise is good for health and wellbeing.</li> <li>To understand that there are different food groups and identify some benefits for the different groups</li> <li>To understand the positives and negative of sugar</li> <li>To understand the terms 'hydration' and 'dehydration'</li> </ul>



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Year 5		Year 6	
Body awareness	<ul style="list-style-type: none"> <li>To develop a basic knowledge and understanding of how muscles work (push and pull)</li> <li>To explain in greater depth why heart rate increases during exercise</li> <li>To explain in greater depth why breathing rate increases during exercise.</li> <li>To explain how their bodies change and react during the game.</li> <li>To understand how strength and flexibility can have an effect on their overall health, including their uses in everyday life</li> </ul>	Body awareness	<ul style="list-style-type: none"> <li>To understand how efficient movement reduces the onset of fatigue.</li> <li>To explain why physical activity is good for their fitness, health and wellbeing.</li> <li>To explain in greater depth why breathing rate increases during exercise.</li> <li>To know why poor fitness levels can affect performance</li> <li>To describe how a good warm up routine can have a positive impact on performance and the implications of an ineffective warm up routine.</li> <li>To understand the importance of continuing to be physically active outside of school</li> <li>To know how to get involved with clubs/teams/games outside of school.</li> <li>To develop a greater knowledge and understanding of how muscles work.</li> </ul>
Knowledge and understanding	<ul style="list-style-type: none"> <li>To understand the aims of a warm up and explain how a thorough warm up routine can lead to improved performance</li> <li>To plan a warm up routine that all children can take a full and active part in.</li> <li>To recognise specific exercises and targeted activities. suggesting how they each improve speed, strength or stamina.</li> <li>To plan and deliver a short pulse-raising activity for the warm-- up.</li> <li>To plan and deliver the stretching section of the warm-up to a small group</li> <li>To plan and deliver the mobilising section of the warm-up to a small group.</li> <li>To develop a basic understanding of how to improve speed and stamina.</li> <li>To identify which food groups provide energy and understand the potential negative effects of these food groups on overall health (e.g. sugar or a high-calorie diet/ discuss calorie in vs out).</li> <li>To understand how 'dehydration' can affect brain and muscle function</li> </ul>	Knowledge and understanding	<ul style="list-style-type: none"> <li>To lead and perform a sport specific warm-up routine.</li> <li>To recognise how to make a game or activity safe.</li> <li>To know what a good warm--up entails and give ideas on how to warm-up for specific games.</li> <li>To plan and deliver an activity as part of the warm-- up which improves strength or stamina.</li> <li>To identify the role of the major food groups and explain the potential negative effects which may occur from eating too much/ little of each group</li> <li>To identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood.</li> <li>To know that an adequate, varied and balanced diet is needed to help us grow and repair our bodies (proteins), provide us with energy (fats and carbohydrates) and maintain good health (vitamins and minerals).</li> </ul>