

Healthy Active Lifestyles

Year 1

Body awareness	<ul style="list-style-type: none"> • To explain how practising their skills and playing games can make them feel warmer. • To understand and talk about why it is good for them to take part in physical activity. • To understand why they become out of breath during exercise. • To describe how their body feels when they are exercising • To explain what their body feels like when tensed. • To describe how their body feels before starting, during and after a PE lesson. • To explain how their body feels during relaxation.
Knowledge and Understanding	<ul style="list-style-type: none"> • To move apparatus safely. • To know the position of the heart and how dance and exercise affects heartbeat, giving a basic explanation of why changes occur. • To give a basic explanation of why breathing rate increases with exercise. • To identify which type of movements (slow, medium or fast) have the greatest effect on our heartbeat. • To know how to get heart and breathing rate back to normal after exercise.

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Year 2

Body awareness	<ul style="list-style-type: none"> • To describe how their body feels after a running activity. • To talk about how being out of breath can affect their performance. • To describe how their body feels after a catching activity and compare it to a running activity. • To find their heartbeat and describe how it beats. • To explain why the heart beats faster as they move faster. • To describe what happens when their body temperature increases. • To use appropriate language to describe the changes to their bodies during exercise (heart rate, temperature increase/decrease).
Knowledge and Understanding	<ul style="list-style-type: none"> • To use apparatus safely, including the positioning of mats and benches. • To explain how to make an activity safe by introducing/changing equipment and/or the number of children. • To understand what a warm-up is and how it prepares them for the lesson. • To explain the benefits of a thorough warm up

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Year 3

Body awareness	<ul style="list-style-type: none"> • To understand how a warm up is to prepare the body for exercise. • To know when the body is cool, warm and hot and to know what the terms Heart Rate, Breathing Rate and Temperature Control mean. • To compare and comment on heart rates when resting and during activity. • To know why heart rate, breathing rate and temperature change during exercise. • To know the immediate effects of exercise on the body. • To know the effects that a cool down can have on the body and mind and notice how a cool down changes their heart rate • To understand which parts of the body are particularly important for a given activity
Knowledge and Understanding	<ul style="list-style-type: none"> • To know what the term agility means and why it is needed in games. • To know what the term speed means and why it is needed in games. • To know what the term stamina means and why it is needed in games. • To know how to develop stamina and fitness and how games can help with this. • To understand why improving strength and flexibility will help improve their performance. • To work safely and effectively on their own and with a partner • To identify fast and slow periods in the game, giving some examples.

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Year 4

Body awareness	<ul style="list-style-type: none"> • To describe how their body feels and changes during the warm-up and game. • To know why heart rate and breathing rate change during exercise. • To describe how their heart rate is different when moving at different speeds. • To understand why their body changes temperature during exercise. • To describe what happens to the standard of performance when they tire. • To understand why regular exercise is good for health and wellbeing. • To understand what they need to do to ensure throwing activities and games are safe. • To discuss how being physically fit is important for athletes • To talk about how improving strength can help to improve their performance (posture and stability).
Knowledge and Understanding	<ul style="list-style-type: none"> • To explain how stamina can be improved by playing games • To know how to improve strength and how this would improve their passing ability. • To know and understand the term flexibility and how regular stretching improves it. • To know what speed is and how it increases the chance of keeping possession. • To understand how speed is important to get into good defensive positions • To develop and implement their own ideas for a warm-up routine. • To understand what makes a good warm up routine and take responsibility for planning and leading one section of the warm-up. • To plan, as a team, a warm-up activity which improves stamina. • To plan, as a team, a warm-up activity which improves speed.

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Year 5

Body awareness	<ul style="list-style-type: none"> • To develop a basic knowledge and understanding of how muscles work • To explain in greater depth why Heart Rate increases during exercise • To explain in greater depth why breathing rate increases during exercise. • To explain how their bodies change and react during the game. • To understand how muscles work when exercising. • To understand how strength and flexibility can have an effect on their overall health
Knowledge and Understanding	<ul style="list-style-type: none"> • To understand the aims of a warm up and explain how a thorough warm up routine can lead to improved performance • To plan a warm up routine that all children can take a full and active part in. • To choose exercises that are relevant to the upcoming activity when planning and leading a short warm up routine for a group. • To recognise specific exercises and targeted activities. suggesting how they each improve speed, strength or stamina. • To understand how a good warm-up results in a good quality performance. • To plan and deliver a short pulse-raising activity for the warm-- up. • To plan and deliver the stretching section of the warm-up to a small group • To plan and deliver the mobilising section of the warm-up to a small group. • To develop a basic understanding of how to improve speed and stamina.

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Year 6

Body awareness	<ul style="list-style-type: none"> • To understand how efficient movement reduces the onset of fatigue. • To explain why physical activity is good for their fitness, health and wellbeing. • To explain in greater depth why breathing rate increases during exercise. • To know why poor fitness levels can affect performance • To describe how a good warm up routine can have a positive impact on performance and the implications of an ineffective warm up routine. • To understand the importance of continuing to be physically active outside of school • To know how to get involved with clubs/teams/games outside of school. • To develop a greater knowledge and understanding of how muscles work.
Knowledge and Understanding	<ul style="list-style-type: none"> • To lead and perform a sport specific warm-up routine. • To recognise how to make a game or activity safe. • To know what a good warm-- up entails and give ideas on how to warm-up for specific games. • To know what makes a safe area for different activities. • To know what speed is and why it is needed in a specified sport or activity. • To plan an activity as part of the warm-- up which improves speed. • To plan and deliver an activity as part of the warm-- up which improves strength or stamina. • To understand the aims of a warm up and describe what is included in a high quality routine. • To understand how to create a warm up routine that meets the needs of the activity