



Our P.E Learning Journey



Warm-up safely and give reasons and benefits of a warm-up and cool down

Explain some health benefits of exercise



Health & Fitness

To know how the body reacts to exercise.

Developing leadership, communication and listening skills in a team

YEAR 7

Understands the importance of warming up and cooling down

Understands why exercise is good for health, fitness and wellbeing

YEAR 6

Heath & Fitness

Can carry out warm-ups and cool-downs safely and effectively



Can talk about ways to become healthier

Knows and understands the reasons for warming up and cooling down

Can explain some safety principles when preparing for and during exercise

Health & Fitness

YEAR 5

Can describe how the body reacts at different times and how this affects performance

Can explain why exercise is good for your health

YEAR 4

Health & Fitness

Can recognise and describe the effects of exercise on the body



Knows some reasons for warming up and cooling down

Know the importance of strength and flexibility for physical activity

Health & Fitness

YEAR 3

Can explain why it is important to warm up and cool down

Can recognise and describe how the body feels during and after different physical activities

Can talk about different ways to keep healthy

Can explain what they need to stay healthy

YEAR 2

Health & Fitness

Can describe how the body feels before, during and after exercising



Can talk about some ways to keep healthy

YEAR 1

Health & Fitness

EYFS

Can describe how the body feels when still and exercising