

PE- Health and Fitness

Progression and Skills Document

PE is an essential part of the curriculum. It develops pupils physical competence and confidence and their ability to use these to perform in various activities. It promotes physical skill, physical development and knowledge of the body in action. PE provides opportunities for pupils to be creative, competitive, and to face different challenges as individuals, groups and teams. It engenders positive attitudes towards an active and healthy lifestyle. Pupils learn to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through this process pupils discover their aptitudes, abilities and preferred physical activities.

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness						
Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.

