Leighfield Primary P.E. Learning Journey – Health and Fitness

Leighfield Primary School
Learning for Life

EYFS

Children can describe how the body feels when still and exercising

Year 1

Children can describe how the body feels before, during and after exercising.

Children can carry and place equipment safely.

Year 2

Children can recognise and describe how the body feels during and after different physical activities.

Children can explain what they need to stay healthy.

Year 3

Children know the importance of strength and flexibility for physical activity.

Children can explain why it is important to warmup and cool-down.

Children can recognise and describe the effects of exercise on the body.

Year 4

Children can describe how the body reacts at different times and how this affects performance.

Children know some reasons for warming up and cooling down.

Children can explain why exercise is good for your health.

Year 5

Children know and understand the reasons for warming up and cooling down.

Children can explain some safety principles when preparing for and during exercise.

Year 6

Children understand the importance of warming up and cooling down.

Children carry out warm-ups and cool-downs safely and effectively.

Children understand why exercise is good for health, fitness and wellbeing.

Children can demonstrate stamina.

Children can talk about ways that they can become healthier.