

Healthy Active Lifestyles

| Year 1 | | Year 2 | |
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| 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. | | <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 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. | | <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 |