

## Healthy Active Lifestyles

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	Year 3	Year 4	Year 5	Year 6
Body awareness	<ul style="list-style-type: none"> <li>To understand how a warm up is to prepare the body for exercise.</li> <li>To know when the body is cool, warm and hot and to know what the terms Heart Rate, Breathing Rate and Temperature Control mean.</li> <li>To compare and comment on heart rates when resting and during activity.</li> <li>To know why heart rate, breathing rate and temperature change during exercise.</li> <li>To know the immediate effects of exercise on the body.</li> <li>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</li> <li>To understand which parts of the body are particularly important for a given activity</li> </ul>	<ul style="list-style-type: none"> <li>To describe how their body feels and changes during the warm-up and game.</li> <li>To know why heart rate and breathing rate change during exercise.</li> <li>To describe how their heart rate is different when moving at different speeds.</li> <li>To understand why their body changes temperature during exercise.</li> <li>To describe what happens to the standard of performance when they tire.</li> <li>To understand why regular exercise is good for health and wellbeing.</li> <li>To understand what they need to do to ensure throwing activities and games are safe.</li> <li>To discuss how being physically fit is important for athletes</li> <li>To talk about how improving strength can help to improve their performance (posture and stability).</li> </ul>	<ul style="list-style-type: none"> <li>To develop a basic knowledge and understanding of how muscles work</li> <li>To explain in greater depth why Heart Rate increases during exercise</li> <li>To explain in greater depth why breathing rate increases during exercise.</li> <li>To explain how their bodies change and react during the game.</li> <li>To understand how muscles work when exercising.</li> <li>To understand how strength and flexibility can have an effect on their overall health</li> </ul>	<ul style="list-style-type: none"> <li>To understand how efficient movement reduces the onset of fatigue.</li> <li>To explain why physical activity is good for their fitness, health and wellbeing.</li> <li>To explain in greater depth why breathing rate increases during exercise.</li> <li>To know why poor fitness levels can affect performance</li> <li>To describe how a good warm up routine can have a positive impact on performance and the implications of an ineffective warm up routine.</li> <li>To understand the importance of continuing to be physically active outside of school</li> <li>To know how to get involved with clubs/teams/games outside of school.</li> <li>To develop a greater knowledge and understanding of how muscles work.</li> </ul>
Knowledge and Understanding	<ul style="list-style-type: none"> <li>To know what the term agility means and why it is needed in games.</li> <li>To know what the term speed means and why it is needed in games.</li> <li>To know what the term stamina means and why it is needed in games.</li> <li>To know how to develop stamina and fitness and how games can help with this.</li> <li>To understand why improving strength and flexibility will help improve their performance.</li> <li>To work safely and effectively on their own and with a partner</li> <li>To identify fast and slow periods in the game, giving some examples.</li> </ul>	<ul style="list-style-type: none"> <li>To explain how stamina can be improved by playing games</li> <li>To know how to improve strength and how this would improve their passing ability.</li> <li>To know and understand the term flexibility and how regular stretching improves it.</li> <li>To know what speed is and how it increases the chance of keeping possession.</li> <li>To understand how speed is important to get into good defensive positions</li> <li>To develop and implement their own ideas for a warm-up routine.</li> <li>To understand what makes a good warm up routine and take responsibility for planning and leading one section of the warm-up.</li> <li>To plan, as a team, a warm-up activity which improves stamina.</li> <li>To plan, as a team, a warm-up activity which improves speed.</li> </ul>	<ul style="list-style-type: none"> <li>To understand the aims of a warm up and explain how a thorough warm up routine can lead to improved performance</li> <li>To plan a warm up routine that all children can take a full and active part in.</li> <li>To choose exercises that are relevant to the upcoming activity when planning and leading a short warm up routine for a group.</li> <li>To recognise specific exercises and targeted activities. suggesting how they each improve speed, strength or stamina.</li> <li>To understand how a good warm-up results in a good quality performance.</li> <li>To plan and deliver a short pulse-raising activity for the warm-- up.</li> <li>To plan and deliver the stretching section of the warm-up to a small group</li> <li>To plan and deliver the mobilising section of the warm-up to a small group.</li> <li>To develop a basic understanding of how to improve speed and stamina.</li> </ul>	<ul style="list-style-type: none"> <li>To lead and perform a sport specific warm-up routine.</li> <li>To recognise how to make a game or activity safe.</li> <li>To know what a good warm-- up entails and give ideas on how to warm-up for specific games.</li> <li>To know what makes a safe area for different activities.</li> <li>To know what speed is and why it is needed in a specified sport or activity.</li> <li>To plan an activity as part of the warm-- up which improves speed.</li> <li>To plan and deliver an activity as part of the warm-- up which improves strength or stamina.</li> <li>To understand the aims of a warm up and describe what is included in a high quality routine.</li> <li>To understand how to create a warm up routine that meets the needs of the activity</li> </ul>