

St Margaret's CE Primary School

Progression of skills in Health and Fitness.

	<u>Health and Fitness</u>
Year One	<ul style="list-style-type: none">• Describe how the body feels before, during and after exercise.
Year Two	<ul style="list-style-type: none">• Recognise and describe how the body feels during and after different physical activities.• Explain what they need to stay healthy.
Year Three	<ul style="list-style-type: none">• Recognise and describe the effects of exercise on the body.• Know the importance of strength and flexibility for physical activity.• Explain why it's important to warm up and cool down.
Year Four	<ul style="list-style-type: none">• 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.
Year Five	<ul style="list-style-type: none">• Know and understand the reasons for warming up and cooling down.• Explain some safety principles when preparing for and during exercise.
Year Six	<ul style="list-style-type: none">• 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 well-being.• Know ways they can become healthier.

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