PE: St Joseph's Withnell

Fitness, Health and PE Life Skills

These contain statements relating to knowledge, skills and understand that are holistic and transferable across P.E disciplines – 'Health, Fitness and Wellbeing', 'Body Awareness', 'Warm-up and Cool-down', 'Apparatus Safety', 'Evaluation', 'Feedback', 'Peer-coaching', 'Measuring and Improving', 'Leadership' and 'Reciprocal Teaching'.

Fitness, Health and PE Life Skills							
	Reception	**Year 1**	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 6**
Health, Fitness and Wellbeing	Begin to understand the importance of healthy eating and exercise.	Understand the importance of a healthy eating and regular, varied exercise.		Understand the importance of a healthy eating and regular, varied exercise, and have a positive attitude towards it.		Understand and discuss why a range of P.E activities are good for health, fitness and wellbeing, and demonstrate an understanding of how they themselves can be healthier.	
Body Awareness	Recognise and describe how the body changes during exercise.	Recognise and describe how different rhythms, paces and movements make them feel.		Recognise and describe how different rhythms, paces, movements, activities and games can effect specific parts of the body, and how these affect the way they perform. Measure heart rate with support.		Recognise and describe how different rhythms, paces, movements, activities and games can effect specific parts of the body, and how these affect the way they perform. Measure heart rate independently.	
Warm-up and Cool-down		Understand the importance of warm up and cool down.		Understand the importance of warm up and cool down, and begin to understand the importance of suppleness, strength, speed and stamina.		Take safe, necessary steps to independently prepare for a range of P.E activities, using accurate and appropriate warm up and cool down strategies. Understand the importance of suppleness, strength, speed and stamina.	
Apparatus Safety	Know that equipment and apparatus can be harmful.	Demonstrate an appreciation of safety when lifting, moving and placing apparatus and equipment.					
Evaluation	Watch and copy some basic	Watch and describe some basic techniques and movements across a		Describe, interpret, evaluate and compare their own performance and		Describe, critically analyse, interpret, evaluate and compare their own	

	movements in P.E.	range of P.E disciplines and use what they learn to improve their own performance.	that of others, using appropriate language	performance, and that of others, using appropriate language.
Feedback	Express their enjoyment of an activity using simple feedback techniques (e.g. thumbs up/down).	Use peer feedback to improve their own performance and recognise good quality in others.	Use peer feedback to improve their own performance and offer specific ways that others can improve.	Engage in constructive feedback, evaluating, refining and developing their own work and others' work using appropriate peer- and self-review criteria.
Peer-coaching			Positively comment on others whilst working.	Engage in peer-coaching, providing advice and support to others whilst working.
Measuring and Improving		Where appropriate, begin to measure performance and set simple targets to improve.	Where appropriate, independently measure performance and set targets to improve.	Where appropriate, independently measure performance with increasing accuracy and set targets to improve.
Leadership		Demonstrate to a class or group with support from the teacher.	Lead instructions or demonstrations of techniques, skills and movements to a class or group.	Confidently lead instructions or demonstrations of substantial techniques, skills and movements to a class or group.
Reciprocal Teaching				Engage in reciprocal teaching, taking turns to teach each other a new skill or tactic.