



PE: Progression in Knowledge and Skills

Health and Fitness

Key Stage 1 National Curriculum Objectives

Year Group	Key Knowledge and skills			
	Understanding my body	Warming up / cooling down	Balanced Diet	Fitness
Early years	Name body parts and give examples of tasks you can do with them	Follow a fun warm up led by an adult potentially within a mini game	Try a range of different fruits and vegetables	Run for one minute without stopping. Move at a range of speeds and understand when you would use different speeds
Ks1	Begin to look at the skeleton and name key parts of the body	Notice the difference between our bodies at rest, during exercise and after exercise. What is the difference, what changes? What do you notice? Follow an adult led warm up and understand the importance of stretching and preparing our bodies.	Sorting food by category Grouping foods into healthy/unhealthy Design a healthy lunchbox	Complete the daily mile at a steady / slow pace without stopping.
Lks2	Begin to understand key muscle groups and understand how each body part works. And how we can develop our muscles and keep them strong and	In groups design warm ups / which will prepare your body for the activity ahead. In groups create a calm cool down to help end the physical activity.	Understanding how different foods can help the body in different ways. Understanding how too much of certain food types can change the body in	Begin to improve pace and extend distance running.

Uks2	Circulatory and respiratory system. What do they do and how do they help our muscles to work?	Lead a warm up activity for your group to prepare for the activities ahead. Lead a cool down to end the session completed. Explain why warm ups and cool downs are important. Discuss why our heart rate / bodies have changed during the sport and why these changes happened.	Understanding the effects of an unhealthy diet. Explain to others what a balanced diet is and why it is so important. Run healthy eating assembly for ks1	Prepare for long distance cross country racing. Understand the importance of pace. Develop stamina. Understand the difference between a resting heart rate and an active heart rate.
-------------	---	--	---	--