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|  | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| **Knowledge of Health and Fitness** | That exercise causes the heart rate to rise; cheeks might flush, the body may sweat and body temperature rises.The importance of stretching and staying hydrated.Describe how the body feels before, during and after a fitness activity. | Describe how the body feels during different activities and can compare.Explain what their body needs to stay healthy and fitExplain why it is important to warm up and cool down | Sxplain what their body needs to stay healthy and fit– specifically linking to food types and choices Explain some  of the main  principles when  preparing to  exercise.Explain why exercise is important and the effect it has on the body. | Choose appropriate warm up and cool down exercises.Explain how their body reacts to different kinds of exercise. | Can devise and choose appropriate warm up and cool down exercises.Confidently explain why we need regular and safe exercise and understand the effect on the body when this doesn’t happen. | Devise and choose appropriate warm up and cool down exercises.Confidently explain why we need regular and safe exercise and understand the effect on the body when this doesn’t happen. |
| ***Acquiring and developing skills*** | Ccpy actionsRepeat actions and skillsMove with control and care | Copy and remember actionsRepeat and explore actions with control and coordination | Use the most appropriate skills, actions or ideasMove with coordination | Select one and use the most appropriate skills, actions or ideasMove with actions in coordination and control I can make up my own small game | Link skills, techniques and ideas and apply them accuratelyShow good controls in their own movements | Apply skills, techniques and ideas consistentlyShow precision, control and fluency |
| ***Evaluating and improving*** | Talk about what they have doneDescribe what other people did | Talk about what is different between what they did and what someone else didSay how they could improve | Explain how my work is similar and different with that of others.Help to recognise how performances could be improved | Explain how my work is similar and different to othersUse comparison to improve work | Compare and comment on skills and techniques usedUse my observations to improve their own work | Analyse and explain why they have used specific skills or techniquesModify use of skills or techniques to improve their workCreate their own success criteria for evaluating |