



PE ~ Health & Fitness Progression Overview

EYFS includes Nursery and Reception

KS1 and KS2 operate two cycles: **Cycle A** and **Cycle B**.

	EYFS	Y1/2	Y3/4	Y5/6
Learning outcomes	<ul style="list-style-type: none"> * Describe how the body feels when still and when exercising * Talk about what they have done * Talk about what others have done 	<ul style="list-style-type: none"> * Describe how they feels before, during and after physical activities * Carry and place equipment safely * Explain why they need to stay healthy * Watch and describe performances / actions of others * Begin to make suggestions on how they could be improved * Talk about the differences between their work and that of others 	<ul style="list-style-type: none"> * Recognise and describe the effects of exercise on the body * Understand the importance of strength and flexibility for physical activity * Explain some of the benefits of exercise * Know some reasons for warming up and cool down * Watch, describe and evaluate the performances / actions of others * Make suggestions for improvements * Describe how they have improved a performance / action 	<ul style="list-style-type: none"> * Explain the benefits of exercise on the body and mind * Know ways they can become healthier * Explain some safety principles when preparing for exercise * Understand the importance of warming up and cooling down * Carry out some warm up / cool down exercises safely and effectively * Choose criteria to evaluate performances / actions against * Watch, describe and evaluate their own and other people's performances and actions, giving suggestions of how to improve * Practise and modify performances / actions after evaluation
Vocab	<p>Hot Sticky Fast Good Hard</p>	<p>Hot Sticky Sweaty Warm up Heart Beat Fast Good Hard Better Improve Evaluate</p>	<p>Hot Sweaty Warm up Cool Down Breathing Heart Beat Pulse Muscles Stretch Feel good Fast Good Hard Improve Evaluate</p>	<p>Hot Sweaty Warm up Cool down Heart rate Pulse Breathing Muscles Stretch Mental Health Wellbeing Endorphins Evaluate Control</p>