

## HEALTHY ACTIVE LIFESTYLE SKILLS PROGRESSION

KS1	Year 1	Year 2
<p><b>Body Awareness</b></p>	<ul style="list-style-type: none"> <li>• To explain how practising their skills and playing games can make them feel warmer.</li> <li>• To understand and talk about why it is good for them to take part in physical activity.</li> <li>• To understand why they become out of breath during exercise.</li> <li>• To describe how their body feels when they are exercising</li> <li>• To explain what their body feels like when tensed.</li> <li>• To describe how their body feels before starting, during and after a PE lesson.</li> <li>• To explain how their body feels during relaxation.</li> </ul>	<ul style="list-style-type: none"> <li>• To describe how their body feels after a running activity.</li> <li>• To talk about how being out of breath can affect their performance.</li> <li>• To describe how their body feels after a catching activity and compare it to a running activity.</li> <li>• To find their heartbeat and describe how it beats.</li> <li>• To explain why the heart beats faster as they move faster.</li> <li>• To describe what happens when their body temperature increases</li> <li>• To use appropriate language to describe the changes to their bodies during exercise (heart rate, temperature increase/decrease).</li> </ul>
<p><b>Knowledge and Understanding</b></p>	<ul style="list-style-type: none"> <li>• To move apparatus safely.</li> <li>• To know the position of the heart and how dance and exercise affects heartbeat, giving a basic explanation of why changes occur.</li> <li>• To give a basic explanation of why breathing rate increases with exercise.</li> <li>• To identify which type of movements (slow, medium or fast) have the greatest effect on our heartbeat.</li> <li>• To know how to get heart and breathing rate back to normal after exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• To use apparatus safely, including the positioning of mats and benches.</li> <li>• To explain how to make an activity safe by introducing/changing equipment and/or the number of children.</li> <li>• To understand what a warm-up is and how it prepares them for the lesson.</li> <li>• To explain the benefits of a thorough warm up</li> </ul>