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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 fit  Explain 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 actions  Repeat actions and skills  Move with control and care | Copy and remember actions  Repeat and explore actions with control and coordination | Use the most appropriate skills, actions or ideas  Move with coordination | Select one and use the most appropriate skills, actions or ideas  Move with actions in coordination and control I can make up my own small game | Link skills, techniques and ideas and apply them accurately  Show good controls in their own movements | Apply skills, techniques and ideas consistently  Show precision, control and fluency |
| ***Evaluating and improving*** | Talk about what they have done  Describe what other people did | Talk about what is different between what they did and what someone else did  Say 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 others  Use comparison to improve work | Compare and comment on skills and techniques used  Use my observations to improve their own work | Analyse and explain why they have used specific skills or techniques  Modify use of skills or techniques to improve their work  Create their own success criteria for evaluating |