

Health and Fitness (PE) Learning Journey



- Personal Skills
- Team Skills
- Evaluating and Improving
- Health and Wellbeing

Understand why exercise is good for health, fitness and wellbeing.

Know ways they can become healthier.

Carry out warm-ups and cool downs safely and effectively.

YEAR
6

Understand the importance of warming up and cooling down.

Explain some safety principles when preparing for and during exercise.

Know the reasons for warming up and cooling down.

YEAR
5

Know some reasons for warming up and cooling down.

Explain why exercise is good for your health.

Know the importance of strength and flexibility for physical activity.

YEAR
4

Explain why it's important to warm-up and cool-down.

Describe how the body reacts at different times and how this affects performance.

Recognise and describe the effects of exercise on the body.

YEAR
3

Explain how to stay healthy (e.g. exercise, healthy diet, sleep etc.)

Understand how to transport and use equipment safely.

YEAR
2

Describe how the body feels when exercising.

Describe how the body feels when still. when exercising.

Recognise and describe how the body feels during and after different physical activities.

Talk about ways to keep healthy and safe.

Describe how the body feels when still and when exercising.

YEAR
1

Know physical exercise and a healthy diet are important for good health.

Understand how to transport and use equipment safely.

Reception