



Forest Town Primary School

Physical Education

Fitness – Healthy Lifestyles

Be Kind
Be Adventurous
Persevere
Be Responsible
Be Independent
Be Together

KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance and coordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

KS2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other.

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventure activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Fitness – Healthy Lifestyles

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>See FMS knowledge organiser.</p>	<p>Know how to develop components of fitness.</p> <p>Know how to work independently and with others.</p> <p>Know how to persevere and show determination to work for longer periods of time.</p> <p>Recognise changes in their body when exercising.</p> <p>Know that running at a slower speed will allow them to run for a longer period of time – Pace.</p>	<p>Know how to develop components of fitness through challenges to test, monitor and record their data:</p> <ul style="list-style-type: none"> -To test and record baseline fitness scores. -To re-test fitness scores and recognise improvement. <p>Know that there are different areas of fitness and that each area can challenge their body differently.</p> <p>Know how to make the most of opportunities to work at their maximum and improve their fitness levels.</p> <p>Know how to show perseverance when they get tired or when they find a challenge hard and are encouraged to support others to do the same.</p> <p>Know how to recognise areas for improvement and suggest activities that they could do to do this.</p> <p>Know how to work safely and with control when performing new tasks.</p> <p>Know what happens to their body during exercise and how this helps to make them healthier.</p>	<p>Know how to develop components of fitness through challenges to test, monitor and record their data:</p> <ul style="list-style-type: none"> -To test and record baseline fitness scores. -To re-test fitness scores and recognise improvement. <p>Know that there are different areas of fitness and that each area can challenge their body differently.</p> <p>Know how to make the most of opportunities to work at their maximum and improve their fitness levels.</p> <p>Know how to show perseverance when they get tired or when they find a challenge hard and are encouraged to support others to do the same.</p> <p>Know how to recognise areas for improvement and suggest activities that they could do to do this.</p> <p>Know how to work safely and with control when performing new tasks.</p> <p>Know what happens to their body during exercise and how this helps to make them healthier.</p>	<p>Know the different components of fitness and ways to test and develop them.</p> <p>Know how to work with others to organise, manage and record information at a station.</p> <ul style="list-style-type: none"> -To test and record baseline fitness scores. -To re-test fitness scores and recognise improvement. <p>Know how to be aware of what their body is capable of.</p> <p>Know what their maximum effort looks and feels like and be determined to achieve it.</p> <p>Know how to encourage and motivate others to work to their personal best.</p> <p>Know how to use opportunities to work at their maximum and improve their fitness levels.</p> <p>Know how to persevere when they get tired or when they find a challenge hard and are encourage to support others to do the same.</p> <p>Know how to analyse data and recognise areas in which they make the most improvement.</p> <p>Know how different activities can benefit their physical health.</p>	<p>Know the different components of fitness and ways to test and develop them.</p> <p>Know how to work with others to organise, manage and record information at a station.</p> <ul style="list-style-type: none"> -To test and record baseline fitness scores. -To re-test fitness scores and recognise improvement. <p>Know how to be aware of what their body is capable of.</p> <p>Know what their maximum effort looks and feels like and be determined to achieve it.</p> <p>Know how to encourage and motivate others to work to their personal best.</p> <p>Know how to use opportunities to work at their maximum and improve their fitness levels.</p> <p>Know how to persevere when they get tired or when they find a challenge hard and are encourage to support others to do the same.</p> <p>Know how to analyse data and recognise areas in which they make the most improvement.</p> <p>Know how different activities can benefit their physical health.</p>	<p>Know the different components of fitness and ways to test and develop them.</p> <p>Know how to work with others to organise, manage and record information at a station.</p> <ul style="list-style-type: none"> -To test and record baseline fitness scores. -To re-test fitness scores and recognise improvement. <p>Know how to be aware of what their body is capable of.</p> <p>Know what their maximum effort looks and feels like and be determined to achieve it.</p> <p>Know how to encourage and motivate others to work to their personal best.</p> <p>Know how to use opportunities to work at their maximum and improve their fitness levels.</p> <p>Know how to persevere when they get tired or when they find a challenge hard and are encourage to support others to do the same.</p> <p>Know how to analyse data and recognise areas in which they make the most improvement.</p> <p>Know how different activities can benefit their physical health.</p>

Components of fitness

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Agility Balance Coordination Speed Stamina		Agility Balance Coordination Speed Stamina Strength Power		Agility Balance Coordination Speed Stamina Strength Suppleness / Flexibility Power Reaction Time	