



Churchside Federation

Golden Threads of Physical Education

Proverbs 22:6 *Train a child in the way they should go and when they are old they shall not depart from it.*

Year	Healthy Active Lives	Being a Good Sport	Striving to Improve
R	How do we feel after an activity (e.g. after running)? Compare to how they feel when they lay still on the ground. Recognise they might need a drink after exercise or that they can take their jumper off when they get hot to help cool down. What activities do you enjoy?	Play co-operatively and take turns. Talk about how both winning and losing feels.	Encourage children to try new activities. Can they say when they do and when they don't need help? Can they give talk about which activities they enjoy the most?
1	How does exercise affect different parts of our body? Recognise that it increases our heart rate, breathing, temperature etc. Know that they should try to be active every day and be able to describe different things they can do that are active. What are your favourite ways of being active?	Play group games with simple rules. Recognise how other people might be feeling and suggest ways of resolving minor disagreements. Talk about fair and unfair.	Children should be prepared to practice in order to improve. Can they give themselves or others a compliment? Can they talk about how they might get better at an activity?
2	Why do we need to exercise? Recognise that exercise keeps you fit and healthy. Know that exercise make your heart strong. Know that they should try to be active for at least an hour every day and describe different activities that can contribute to this (including routine activities such as walking to school as well as sports and exercise). How can you make exercise fun?	Be supportive towards teammates through complimenting and encouraging them. Know and use rules fairly to keep a game going. Recognise that good sportsmanship includes playing fairly, being kind, avoiding arguments and trying your best.	Children should be able to comment on their own and other's performances, saying what they have done well and suggesting ways they can improve further. After listening to feedback, they should be prepared to practice to improve.
3	Which muscles are we using in this activity? (NB: children are only expected to describe body parts, ie. shoulders, legs etc. not know specific names of muscles). Recognise that muscles get stronger and bigger when we exercise. Know that we need to warm-up before exercise and cool down afterwards. How do you feel when you are exercising? Begin to recognise that it can make them feel better or happier.	Be supportive towards teammates through complimenting and encouraging them. Know and use rules fairly to keep a game going. Recognise that good sportsmanship includes playing fairly, being kind, avoiding arguments and trying your best.	Children should be able to evaluate their own strengths and weaknesses. What did I do well? How could I improve further? They will accept advice from peers as well as adults on how to improve.
4	Why do we need to warm-up before exercise? Recognise that we need to warm-up and stretch muscles before exercise to prevent injury. Know that they need to be active for 60 minutes a day and that this should include routine activity (such as walking to school or playing outside) and aerobic exercise that raises their heart-rate. How does exercise affect how we feel? Recognise that physical activity can make people feel happier.	Take on different roles within a team. Recognise that good sportsmanship means playing fair, staying positive, avoiding arguments and encouraging (not criticising) others. Show respect to opponents, e.g. by congratulating them, complimenting them or shaking hands at the end of a competitive game.	Children try out different techniques, tactics or ways of performing a task and talk about which they prefer. They give & accept constructive feedback. They understand the idea of a personal best.
5	Why does our breathing and heart rate increase when we exercise? Recognise that the heart pumps oxygen round the body and that when we are exercising the body needs more oxygen. Know that we need both aerobic exercise (that raises our heart rate) and exercise that strengthens our muscles and bones to keep ourselves fit and healthy. How does exercise affect our mood and mind? Know that regular exercise can reduce stress, improve concentration and learning, and makes people feel happier and more confident.	Be prepared to compromise for the benefit of the team. Apply rules fairly and consistently. Talk about how yourself and others have shown good sportsmanship. "When you win, don't rub it in". Accept defeat and recognise that you can learn from mistakes and disappointment.	Children compare different techniques, tactics or ways of performing a task – which are most successful? They act on constructive feedback from others and make their own suggestions about how to improve their personal bests.
6	Why do some exercises increase our heart-rate more than others? Recognise that muscles use oxygen and the harder you exercise, the more oxygen is needed, so the faster the heart beats. Compare the muscles and fitness required for different sports and physical activities. Suggest suitable ways of warming-up for different activities. What other benefits does exercise have? Understand the link between physical and mental health and recognise that exercise and time spent outdoors contribute to their overall wellbeing.	Co-operate effectively as part of a team. Be able take part in competitive sport, showing respect to teammates, opponents and those officiating, and abiding by the rules of the game. Demonstrate all aspects of good sportsmanship developed from previous years.	Children evaluate different techniques, tactics or ways of performing a task – what are the strengths and weaknesses of each? Which is most appropriate for a particular situation? They should be able to talk about how they have improved their own performances and personal bests and their plans for improving further.