

PE at Alexandra Primary School: Healthy Body and Mind

Year 2

Awareness of body changes during exercise (heart rate, heavy breath, hot, sweaty).
 An understanding of the need for PE uniform (changing, safety).
 Awareness of how exercise is important for a healthy lifestyle and mind.

Year 3

Awareness of body changes during exercise (heart rate, heavying breath, hot, sweaty).
 An understanding of the need for PE uniform (changing, safety).
 Awareness of how exercise is important for a healthy body and lifestyle.

Year 4

Awareness of body changes during exercise (heart rate, heavying breath, hot, sweaty).
 An understanding of the need for PE uniform (changing, safety).
 Awareness of how exercise is important for a healthy body and lifestyle.
 Awareness of how exercise can help support our mental wellbeing.

Year 1

An understanding of the need for PE uniform (changing, safety).
 Awareness of how exercise is important for a healthy lifestyle and mind.

Year 5

Awareness of body changes during exercise (heart rate, heavying breath, hot, sweaty).
 Awareness of how exercise is important for a healthy body and lifestyle.
 Awareness of how exercise can help support our mental wellbeing.
 Understanding the importance of exercise and sport in social environments.

Early Years

An understanding of the need for PE uniform (changing, safety).

Year 6

Awareness of body changes during exercise (heart rate, heavying breath, hot, sweaty).
 Awareness of how exercise is important for a healthy body and lifestyle.
 Awareness of how exercise can help support our mental wellbeing.
 Understanding the importance of exercise and sport in social environments.

Perform



The learning doesn't stop here!

GO

