Pupils will continue to develop their character and **personal skills.**

Pupils will continue to **understand** why they are implementing a broad range of skills.

Pupils will continue to **develop** their knowledge of how to implement a broad range of skills.

Beyond KS2 pupils will know:

What is **strength** means.

Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Which sports rely on athletes being flexible and/or being strong.

In **Year 6** pupils will know:

Flexibility **Strength**

What **flexibility** means.

Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

How strength and flexibility impact on our bodies performance.

What are the dangers and consequences are of leading an **unhealthy** lifestyle.

Why it is important to cool down.

What are the main functions of the **heart, lungs, blood** and **muscles** are.

Cardiovascular **Fitness**

In **Year 5** pupils will know:

What we mean by **fitness**.

Fitness is the state of being physically, mentally and socially healthy as a result of proper nutrition and exercise.

What the **cardiovascular system** is. The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

How we can use **positive feelings** to combat negative feelings and understand how to put this into practice in our daily lives.

Why it is important to share with other people how we are feeling.

In **Year 4** pupils will know:

Emotions **Mime**

How to utilise various **mediative balances** to improve posture, balance and deep breathing techniques.

When to apply different **mindfulness** techniques to help manage our emotions

What we mean by **emotions** and how different emotions make us feel.

How **deep breathing** techniques to help manage our emotions

How and **when** we can use different relaxation techniques in our day-to-day lives.

What we mean by **relaxation techniques.**

Relaxation techniques are methods, such as breathing, meditation and exercise, that can be used by an individual to help reduce stress and anxiety levels.

Mindfulness **Relaxation**

In **Year 3** pupils will know:

How relaxation techniques can be used to help manage our emotions

How to hold various meditative balances, understanding the benefit of executing the poses correctly.

Why we need to **keep fit** and healthy.

Why it is important to warm up before playing sport.

In **Year 2** pupils will know:

Warm Up **Hand eye-coordination**

What happens to our **heart and muscles** when we perform an activity or play a sport.

Why we need to be agile when playing sport.

Why we need to have good **hand/feet eye coordination** when playing sport.

How **motivation** can help enhance our performance.

What **balance** means. Balance is an even distribution of weight enabling someone or something to remain upright and steady.

Why we need to remain balanced when playing sport.

Coordination **Balance** **Agility**

In **Year 1** pupils will know:

What **coordination** means. Coordination is the ability to use different parts of the body together efficiently

What **agility** means. Agility is the bodies ability to move quickly and easily.

When and why we need to concentrate and focus on the task/listen to the instructions.

Why we need to move and keep active.

In **EYFS** pupils will know:

Healthy **Moving**

Why keeping healthy and active is important.

How to move in different ways with confidence.

Why our heart beats faster when we are active.

Knowledge Progression Journey

Health and Wellbeing, Mindfulness and Health Related Fitness

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