

## EYFS and Key Stage 1 Healthy Lifestyles Skills

EYFS	Year 1	Year 2
Recognise that their bodies change when they start exercising.	Describe how their body feels when they are exercising, noticing some physical changes.	Using some appropriate language, describe how their body feels when they are exercising, noticing some physical changes, including comparing how the body feels after more/ less intensive activities.
Identify how their heart can beat at different speeds.	Talk about why it is good for them to take part in physical activity.	To use apparatus safely, including taking ownership of safety within lessons.
		Using simple terms, discuss what a warm-up is and how it prepares them for the lesson.