

<b>Key Stage 2 Healthy Lifestyles Skills</b>			
Year 3	Year 4	Year 5	Year 6
To work safely and effectively across a range of activities, including on their own and with a partner.	Explain what makes a good warm up routine.	Explain the aims of a warm up, and how a thorough warm up routine can lead to improved performance.	Explain what a good warm-up entails and give ideas on how to warm-up for specific games.
Explain what the terms agility, speed and stamina mean and talk about how they are used within PE.	Explain why regular exercise is good for health and wellbeing.	Explain how strength and flexibility can influence their overall health.	Explain in greater depth why physical activity is good for their fitness, health and wellbeing
To compare and comment on heart rates when resting and during activity.	To describe how their body feels and changes during different activities.	Explain in simple terms why heart rate and breathing rate increase during exercise	Explain in greater depth why both heart rate and breathing rate increase during exercise.
		Plan and deliver a short pulse-raising activity for the warm-up.	Lead an effective warm-up routine independently or as part of a group, including both pulse-raiser activity and stretching.
			Describe how a good warm up routine can have a positive impact on performance and the implications of an ineffective warm up routine.